



Norwich (B) V Wrestling

Coaches:

- Garrett Sylstra, Head Coach
- Luke Marvin, Asst Coach
- Frankie Garcia, Asst Coach
- Joe Downey, Volunteer

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 14, 2022	Mon	Practice (Varsity Wrestling Practice)	N/A	3:45 PM	5:45 PM	Wrestling Room			
Nov 15, 2022	Tue	Practice (Varsity Wrestling Practice)	N/A	3:45 PM	5:45 PM	Wrestling Room			
Nov 16, 2022	Wed	Practice (Varsity Wrestling Practice)	N/A	3:45 PM	5:45 PM	Wrestling Room			
Nov 17, 2022	Thu	Practice (Varsity Wrestling Practice)	N/A	3:45 PM	5:45 PM	Wrestling Room			
Nov 18, 2022	Fri	Practice (Varsity Wrestling Practice)	N/A	3:45 PM	5:45 PM	Wrestling Room			
Nov 19, 2022	Sat	Practice (Varsity Wrestling Practice)	N/A	10:00 AM	12:00 PM	Wrestling Room			
Nov 21, 2022	Mon	Practice (Varsity Wrestling Practice)	N/A	3:45 PM	5:45 PM	Wrestling Room			
Nov 22, 2022	Tue	Practice (Varsity Wrestling Practice)	N/A	3:45 PM	5:45 PM	Wrestling Room			
Nov 23, 2022	Wed	Practice (Varsity Wrestling Practice)	N/A	3:45 PM	5:45 PM	Wrestling Room			
Nov 25, 2022	Fri	Practice (Varsity Wrestling Practice)	N/A	3:45 PM	5:45 PM	Wrestling Room			
Nov 26, 2022	Sat	Practice (Varsity Wrestling Practice)	N/A	10:00 AM	12:00 PM	Wrestling Room			
Nov 28, 2022	Mon	Practice (Varsity Wrestling Practice)	N/A	3:45 PM	5:45 PM	Wrestling Room			
Nov 29, 2022	Tue	Practice (Varsity Wrestling Practice)	N/A	3:45 PM	5:45 PM	Wrestling Room			
Nov 30, 2022	Wed	Practice (Varsity Wrestling Practice)	N/A	3:45 PM	5:45 PM	Wrestling Room			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 1, 2022	Thu	Regular Season 56-18 W	Susquehanna Valley	6:30 PM	9:00 PM	NHS Gym			L
Dec 2, 2022	Fri	Regular Season (Clyde Cole Tournament (Oxford Academy))	@ TBD	3:30 PM		TBD	Class Dismissal: 2:45 PM	Departure Point: High School Gym Doors Departure Time: 3:00 PM	NL
Dec 3, 2022	Sat	Regular Season (Clyde Cole Tournament (Oxford Academy))	@ TBD	8:00 AM		TBD		Departure Point: High School Gym Doors Departure Time: 7:30 AM	NL
Dec 5, 2022	Mon	Practice (Varsity Wrestling Practice)	N/A	3:45 PM	5:45 PM	Wrestling Room			
Dec 6, 2022	Tue	Practice (Varsity Wrestling Practice)	N/A	3:45 PM	5:45 PM	Wrestling Room			
Dec 7, 2022	Wed	Practice (Varsity Wrestling Practice)	N/A	3:45 PM	5:45 PM	Wrestling Room			
Dec 8, 2022	Thu	Regular Season 48-21 W	@ Windsor	6:30 PM	9:00 PM	Windsor High School		Departure Point: High School Gym Doors Departure Time: 4:00 PM	L
Dec 9, 2022	Fri	Practice (Varsity Wrestling Practice)	N/A	3:45 PM	5:45 PM	Wrestling Room			
Dec 10, 2022	Sat	Regular Season (Coach K Duals)	Sidney, Oxford (Greene/Oxford), Dryden, Canastota, Beekmantown	7:00 AM	8:00 PM	NHS Gym			NL
Dec 12, 2022	Mon	Practice (Varsity Wrestling Practice)	N/A	3:45 PM	5:45 PM	Wrestling Room			
Dec 13, 2022	Tue	Practice (Varsity Wrestling Practice)	N/A	3:45 PM	5:45 PM	Wrestling Room			
Dec 14, 2022	Wed	Practice (Varsity Wrestling Practice)	N/A	3:45 PM	5:45 PM	Wrestling Room			
Dec 16, 2022	Fri	Practice (Varsity Wrestling Practice)	N/A	3:45 PM	5:45 PM	Wrestling Room			
Dec 17, 2022	Sat	Practice (Varsity Wrestling Practice)	N/A	10:00 AM	12:00 PM	Wrestling Room			
Dec 19, 2022	Mon	Practice (Varsity Wrestling Practice)	N/A	3:45 PM	5:45 PM	Wrestling Room			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 20, 2022	Tue	Regular Season 25-33 L	Owego Apalachin	6:30 PM	9:00 PM	NHS Gym			L
Dec 21, 2022	Wed	Practice (Varsity Wrestling Practice)	N/A	3:45 PM	5:45 PM	Wrestling Room			
Dec 21, 2022	Wed	Regular Season 40-36 W	@ Chenango Valley	6:30 PM	8:00 PM	CV - HS Gym		Departure Point: High School Gym Doors Departure Time: 4:30 PM	L
Dec 22, 2022	Thu	Practice (Varsity Wrestling Practice)	N/A	3:45 PM	5:45 PM	Wrestling Room			
Dec 23, 2022	Fri	Practice	N/A	9:00 AM	11:00 AM	Wrestling Room			
Dec 23, 2022	Fri	Practice (Varsity Wrestling Practice)	N/A	3:45 PM	5:45 PM	Wrestling Room			
Dec 24, 2022	Sat	Practice	N/A	9:00 AM	11:00 AM	Wrestling Room			
Dec 24, 2022	Sat	Practice (Varsity Wrestling Practice)	N/A	10:00 AM	12:00 PM	Wrestling Room			
Dec 26, 2022	Mon	Practice	N/A	9:00 AM	11:00 AM	Wrestling Room			
Dec 26, 2022	Mon	Practice (Varsity Wrestling Practice)	N/A	3:45 PM	5:45 PM	Wrestling Room			
Dec 27, 2022	Tue	Practice	N/A	9:00 AM	11:00 AM	Wrestling Room			
Dec 27, 2022	Tue	Practice (Varsity Wrestling Practice)	N/A	3:45 PM	5:45 PM	Wrestling Room			
Dec 28, 2022	Wed	Practice	N/A	9:00 AM	11:00 AM	Wrestling Room			
Dec 28, 2022	Wed	Regular Season (Windsor Christmas Tournament)	@ TBD	10:00 AM		TBD		Departure Point: High School Gym Doors Departure Time: 7:00 AM	NL
Dec 29, 2022	Thu	Regular Season (Windsor Christmas Tournament)	@ TBD	9:00 AM		TBD		Departure Point: High School Gym Doors Departure Time: 6:30 AM	NL
Dec 29, 2022	Thu	Practice	N/A	9:00 AM	11:00 AM	Wrestling Room			
Dec 30, 2022	Fri	Practice	N/A	9:00 AM	11:00 AM	Wrestling Room			
Dec 30, 2022	Fri	Practice (Varsity Wrestling Practice)	N/A	3:45 PM	5:45 PM	Wrestling Room			
Dec 31, 2022	Sat	Practice	N/A	9:00 AM	11:00 AM	Wrestling Room			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE
Dec 31, 2022	Sat	Practice (Varsity Wrestling Practice)	N/A	10:00 AM	12:00 PM	Wrestling Room		
Jan 2, 2023	Mon	Practice (Varsity Wrestling Practice)	N/A	3:45 PM	5:45 PM	Wrestling Room		
Jan 3, 2023	Tue	Practice (Varsity Wrestling Practice)	N/A	3:45 PM	5:45 PM	Wrestling Room		
Jan 4, 2023	Wed	Regular Season	@ Chenango Forks	6:00 PM	9:00 PM	High School - Gym	Departure Point: High School Gym Doors Departure Time: 4:30 PM	L
Jan 5, 2023	Thu	Practice (Varsity Wrestling Practice)	N/A	3:45 PM	5:45 PM	Wrestling Room		
Jan 6, 2023	Fri	Practice (Varsity Wrestling Practice)	N/A	3:45 PM	5:45 PM	Wrestling Room		
Jan 7, 2023	Sat	Regular Season (Saratoga Invitational)	@ TBD	9:00 AM		TBD	Departure Point: High School Gym Doors Departure Time: 5:00 AM	L
Jan 9, 2023	Mon	Practice (Varsity Wrestling Practice)	N/A	3:45 PM	5:45 PM	Wrestling Room		
Jan 10, 2023	Tue	Practice (Varsity Wrestling Practice)	N/A	3:45 PM	5:45 PM	Wrestling Room		
Jan 11, 2023	Wed	Practice (Varsity Wrestling Practice)	N/A	3:45 PM	5:45 PM	Wrestling Room		
Jan 12, 2023	Thu	Regular Season 34-36 L	Oneonta	6:30 PM	9:00 PM	NHS Gym		L
Jan 13, 2023	Fri	Practice (Varsity Wrestling Practice)	N/A	3:45 PM	5:45 PM	Wrestling Room		
Jan 14, 2023	Sat	Regular Season (Camden Wrestling Tournament)	@ TBD	8:00 AM		TBD	Departure Point: High School Gym Doors Departure Time: 5:45 AM	NL
Jan 14, 2023	Sat	Practice (Varsity Wrestling Practice)	N/A	10:00 AM	12:00 PM	Wrestling Room		
Jan 16, 2023	Mon	Practice (Varsity Wrestling Practice)	N/A	3:45 PM	5:45 PM	Wrestling Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 17, 2023	Tue	Practice (Varsity Wrestling Practice)	N/A	3:45 PM	5:45 PM	Wrestling Room			
Jan 18, 2023	Wed	Practice (Varsity Wrestling Practice)	N/A	3:45 PM	5:45 PM	Wrestling Room			
Jan 18, 2023	Wed	Regular Season	@ Sherburne-Earlville	6:00 PM		Upper Gym		Departure Point: High School Gym Doors Departure Time: 5:00 AM	L
CANCELLED Jan 19, 2023	Thu	Regular Season	@ Delaware Academy (WDA)	6:00 PM		TBD		Departure Point: High School Gym Doors Departure Time: 4:00 PM	NL
Jan 20, 2023	Fri	Practice (Varsity Wrestling Practice)	N/A	3:45 PM	5:45 PM	Wrestling Room			
Jan 20, 2023	Fri	Post-Season (STAC Championships @ Owego)	@ TBD	5:00 PM	9:00 PM	TBD	Class Dismissal: 1:45 PM	Departure Point: High School Gym Doors Departure Time: 2:00 PM	L
Jan 21, 2023	Sat	Post-Season (STAC Championships @ Owego)	@ TBD	9:00 AM	9:00 PM	TBD		Departure Point: High School Gym Doors Departure Time: 6:00 AM	L
Jan 23, 2023	Mon	Practice (Varsity Wrestling Practice)	N/A	3:45 PM	5:45 PM	Wrestling Room			
Jan 24, 2023	Tue	Practice (Varsity Wrestling Practice)	N/A	3:45 PM	5:45 PM	Wrestling Room			
Jan 25, 2023	Wed	Practice (Varsity Wrestling Practice)	N/A	3:45 PM	5:45 PM	Wrestling Room			
Jan 26, 2023	Thu	Regular Season	@ Bainbridge Guilford (Bears)	6:00 PM		Bainbridge-Guilford HS Gym		Departure Point: High School Gym Doors Departure Time: 4:45 PM	NL
Jan 31, 2023	Tue	Practice (@ Union-Endicott)	N/A	4:30 PM	6:30 PM	TBD		Departure Time: 3:30 PM	
Feb 4, 2023	Sat	Post-Season (Section IV Division II Qualifying tournament)	Chenango Valley, Unatego (Unatego/Unadilla), Marathon, Walton (WDA), Lansing (Co-ed), Odessa-Montour, Oneonta, Dryden, Owego Apalachin, Elmira Heights, Whitney Point @ Tioga	10:00 AM		High School Gym			NL
Feb 24, 2023	Fri	Post-Season (States)	@ TBD	TBD		TBD		Departure Point: High School Gym Doors	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Feb 25, 2023	Sat	Post-Season (States)	@ TBD	TBD		TBD		Departure Point: High School Gym Doors	L

Date: 2024-05-17