



Norwich (B) V Wrestling

Coaches:

- Garrett Sylstra, Head Coach
- Evan Wolff, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 18, 2024	Mon	Practice	N/A	3:15 PM	5:30 PM	Wrestling Room			
Nov 19, 2024	Tue	Practice	N/A	3:15 PM	5:30 PM	Wrestling Room			
Nov 20, 2024	Wed	Practice	N/A	3:15 PM	5:30 PM	Wrestling Room			
Nov 21, 2024	Thu	Practice	N/A	3:15 PM	5:30 PM	Wrestling Room			
CANCELLED Nov 22, 2024	Fri	Practice	N/A	3:15 PM	5:30 PM	Wrestling Room			
Nov 23, 2024	Sat	Regular Season (Varsity Wrestling Weight Certifications - Sidney)	@ TBD	TBD		TBD		Departure Point: NHS Gym Doors Departure Time: 10:00 AM	NL
Nov 25, 2024	Mon	Practice (Varsity/JV Wrestling Practice)	N/A	3:15 PM	5:30 PM	Wrestling Room			
Nov 26, 2024	Tue	Practice (Varsity/JV Wrestling Practice)	N/A	3:15 PM	5:30 PM	Wrestling Room			
Nov 27, 2024	Wed	Practice (Varsity/JV Wrestling Practice)	N/A	9:00 AM	11:00 AM	Wrestling Room			
Nov 29, 2024	Fri	Practice (Varsity/JV Wrestling Practice)	N/A	9:00 AM	11:00 AM	Wrestling Room			
Nov 30, 2024	Sat	Practice (Varsity/JV Wrestling Practice)	N/A	9:00 AM	11:00 AM	Wrestling Room			
Dec 2, 2024	Mon	Practice (Varsity/JV Wrestling Practice)	N/A	3:15 PM	5:30 PM	Wrestling Room			
Dec 3, 2024	Tue	Practice (Varsity/JV Wrestling Practice)	N/A	3:15 PM	5:30 PM	Wrestling Room			
Dec 4, 2024	Wed	Practice (Varsity/JV Wrestling Practice)	N/A	3:15 PM	5:30 PM	Wrestling Room			
Dec 5, 2024	Thu	Practice (Varsity/JV Wrestling Practice)	N/A	3:15 PM	5:30 PM	Wrestling Room			
Dec 6, 2024	Fri	Practice (Varsity/JV Wrestling Practice)	N/A	3:15 PM	5:30 PM	Wrestling Room			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 6, 2024	Fri	Regular Season (Clyde Cole Tournament - Oxford)	@ TBD	3:30 PM		TBD	Class Dismissal: 2:30 PM	Departure Point: NHS Gym Doors Departure Time: 2:45 PM	L
Dec 7, 2024	Sat	Regular Season (Clyde Cole Tournament - Oxford)	@ TBD	8:00 AM		TBD		Departure Point: NHS Gym Doors Departure Time: 6:45 AM	L
Dec 7, 2024	Sat	Practice (Varsity/JV Wrestling Practice)	N/A	9:00 AM	11:00 AM	Wrestling Room			
Dec 9, 2024	Mon	Practice (Varsity/JV Wrestling Practice)	N/A	3:15 PM	5:30 PM	Wrestling Room			
Dec 10, 2024	Tue	Practice (Varsity/JV Wrestling Practice)	N/A	3:15 PM	5:30 PM	Wrestling Room			
Dec 10, 2024	Tue	Regular Season 6-60 L	@ Windsor	6:00 PM	8:30 PM	Windsor High School		Departure Point: NHS Gym Doors Departure Time: 4:30 PM	L
Dec 11, 2024	Wed	Practice (Varsity/JV Wrestling Practice)	N/A	3:15 PM	5:30 PM	Wrestling Room			
Dec 12, 2024	Thu	Practice (Varsity/JV Wrestling Practice)	N/A	3:15 PM	5:30 PM	Wrestling Room			
Dec 12, 2024	Thu	Regular Season	@ Canastota	6:00 PM		High School Gym		Departure Point: NHS Gym Doors Departure Time: 3:30 PM	NL
Dec 13, 2024	Fri	Practice (Varsity/JV Wrestling Practice)	N/A	3:15 PM	5:30 PM	Wrestling Room			
Dec 14, 2024	Sat	Regular Season (Coach K Duals)	TBD, Oxford (Greene/Oxford), Dryden, Fulton, Vestal	8:00 AM	9:00 PM	NHS Gym			NL
Dec 14, 2024	Sat	Practice (Varsity/JV Wrestling Practice)	N/A	9:00 AM	11:00 AM	Wrestling Room			
Dec 14, 2024	Sat	Regular Season (Coach K Duals - Varsity Boys)	Spencer-Van Etten (SVEC Eagles)	9:45 AM		NHS Gym			L
Dec 16, 2024	Mon	Practice (Varsity/JV Wrestling Practice)	N/A	3:15 PM	5:30 PM	Wrestling Room			
Dec 17, 2024	Tue	Practice (Varsity/JV Wrestling Practice)	N/A	3:15 PM	5:30 PM	Wrestling Room			
Dec 17, 2024	Tue	Regular Season	@ Bainbridge Guilford (Bears)	6:00 PM		Bainbridge-Guilford HS Gym		Departure Point: NHS Gym Doors Departure Time: 4:30 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 18, 2024	Wed	Practice (Varsity/JV Wrestling Practice)	N/A	3:15 PM	5:30 PM	Wrestling Room		
Dec 19, 2024	Thu	Practice (Varsity/JV Wrestling Practice)	N/A	3:15 PM	5:30 PM	Wrestling Room		
Dec 19, 2024	Thu	Regular Season 21-50 L	Oneonta (Var/JV)	6:00 PM	8:30 PM	NHS Gym		L
Dec 20, 2024	Fri	Practice (Varsity/JV Wrestling Practice)	N/A	3:15 PM	5:30 PM	Wrestling Room		
Dec 21, 2024	Sat	Practice (Varsity/JV Wrestling Practice)	N/A	9:00 AM	11:00 AM	Wrestling Room		
Dec 21, 2024	Sat	Regular Season (Cobleskill-Richmondville 11 th Annual Battle in the Valley Round Robin)	@ TBD	8:00 PM		TBD	Departure Point: NHS Gym Doors	NL
Dec 21, 2024	Sat	Regular Season (Cobleskill Richmondville Annual Battle in the valley round robin)	@ TBD	TBD		TBD	Departure Point: NHS Gym Doors Departure Time: 7:30 AM	L
Dec 23, 2024	Mon	Practice (Varsity/JV Wrestling Practice)	N/A	9:00 AM	11:00 AM	Wrestling Room		
Dec 24, 2024	Tue	Practice (Varsity/JV Wrestling Practice)	N/A	9:00 AM	11:00 AM	Wrestling Room		
Dec 26, 2024	Thu	Practice (Varsity/JV Wrestling Practice)	N/A	9:00 AM	11:00 AM	Wrestling Room		
Dec 27, 2024	Fri	Regular Season (Windsor Christmas Tournment)	@ TBD	8:00 AM		TBD	Bus/Driver: Van - Garrett	Departure Point: NHS Gym Doors Departure Time: 6:30 AM L
Dec 27, 2024	Fri	Practice (Varsity/JV Wrestling Practice)	N/A	9:00 AM	11:00 AM	Wrestling Room		
Dec 28, 2024	Sat	Regular Season (Windsor Christmas Tournament)	@ TBD	8:00 AM		TBD	Bus/Driver: Van - Garrett	Departure Point: NHS Gym Doors Departure Time: 6:30 AM L
Dec 28, 2024	Sat	Practice (Varsity/JV Wrestling Practice)	N/A	9:00 AM	11:00 AM	Wrestling Room		
Dec 30, 2024	Mon	Practice (Varsity/JV Wrestling Practice)	N/A	9:00 AM	11:00 AM	Wrestling Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 31, 2024	Tue	Practice (Varsity/JV Wrestling Practice)	N/A	9:00 AM	11:00 AM	Wrestling Room		
Jan 4, 2025	Sat	Practice (Varsity/JV Wrestling Practice)	N/A	9:00 AM	11:00 AM	Wrestling Room		
Jan 4, 2025	Sat	Regular Season (Saratoga Invitational 7:30am Weigh-Ins)	Ballston Spa High School, Canajoharie, Corinth (Mountaineers), General Brown, Queensbury, Windsor, Northern Adirondack, South Glens Falls, Averill Park High School, Mohonasen, TBD, Valley Central, Lansingburgh, Mahopac, Galway, Malone, Putnam Valley, Massena, Gouverneur @ Saratoga Springs High School	9:00 AM		Saratoga Springs High School	Bus/Driver: Bus Needed	Departure Point: NHS Gym Doors Departure Time: 5:45 AM NL
Jan 6, 2025	Mon	Practice (Varsity/JV Wrestling Practice)	N/A	3:15 PM	5:30 PM	Wrestling Room		
Jan 7, 2025	Tue	Practice (Varsity/JV Wrestling Practice)	N/A	3:15 PM	5:30 PM	Wrestling Room		
Jan 8, 2025	Wed	Practice (Varsity/JV Wrestling Practice)	N/A	3:15 PM	5:30 PM	Wrestling Room		
Jan 8, 2025	Wed	Regular Season 32-39 L	Susquehanna Valley	6:00 PM	8:30 PM	NHS Gym		L
Jan 9, 2025	Thu	Practice (Varsity/JV Wrestling Practice)	N/A	3:15 PM	5:30 PM	Wrestling Room		
Jan 10, 2025	Fri	Practice (Varsity/JV Wrestling Practice)	N/A	3:15 PM	5:30 PM	Wrestling Room		
Jan 10, 2025	Fri	Regular Season (Friends of Section 9 Westling -Half Moon)	@ TBD	TBD		TBD	Bus/Driver: Van Needed - Coach Sylstra	Departure Point: NHS Gym Doors Departure Time: 4:30 AM NL
Jan 11, 2025	Sat	Practice (Varsity/JV Wrestling Practice)	N/A	9:00 AM	11:00 AM	Wrestling Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 11, 2025	Sat	Regular Season (Friends of Section 9 Wrestling - Halfmoon)	@ TBD	TBD		TBD	Bus/Driver: Van Needed - Coach Sylstra	Departure Point: NHS Gym Doors	NL
Jan 13, 2025	Mon	Practice (Varsity/JV Wrestling Practice)	N/A	3:15 PM	5:30 PM	Wrestling Room			
Jan 14, 2025	Tue	Practice (Varsity/JV Wrestling Practice)	N/A	3:15 PM	5:30 PM	Wrestling Room			
Jan 15, 2025	Wed	Practice (Varsity/JV Wrestling Practice)	N/A	3:15 PM	5:30 PM	Wrestling Room			
Jan 16, 2025	Thu	Practice (Varsity/JV Wrestling Practice)	N/A	3:15 PM	5:30 PM	Wrestling Room			
Jan 17, 2025	Fri	Practice (Varsity/JV Wrestling Practice)	N/A	3:15 PM	5:30 PM	Wrestling Room			
Jan 17, 2025	Fri	Regular Season @ Ithaca		6:30 PM	8:00 PM	IHS Bliss Gym (C149)		Departure Point: NHS Gym Doors Departure Time: 3:30 PM	NL
Jan 18, 2025	Sat	Practice (Varsity/JV Wrestling Practice)	N/A	9:00 AM	11:00 AM	Wrestling Room			
Jan 20, 2025	Mon	Regular Season (Windsor Lady Black Knights Invitational)	@ TBD	7:30 AM		TBD	Bus/Driver: Van Needed - Garrett	Departure Point: NHS Gym Doors Departure Time: 6:15 AM	NL
Jan 21, 2025	Tue	Practice (Varsity/JV Wrestling Practice)	N/A	3:15 PM	5:30 PM	Wrestling Room			
Jan 22, 2025	Wed	Practice (Varsity/JV Wrestling Practice)	N/A	3:15 PM	5:30 PM	Wrestling Room			
Jan 23, 2025	Thu	Practice (Varsity/JV Wrestling Practice)	N/A	3:15 PM	5:30 PM	Wrestling Room			
Jan 24, 2025	Fri	Practice (Varsity/JV Wrestling Practice)	N/A	3:15 PM	5:30 PM	Wrestling Room			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 25, 2025	Sat	Post-Season (STAC Championship)	Corning-Painted Post, Elmira, Horseheads, Ithaca, Binghamton, Maine-Endwell, Union-Endicott, Vestal, Chenango Valley, Owego Apalachin, Waverly, Oneonta (Var/JV), Susquehanna Valley, Windsor @ Johnson City	9:00 AM		JC HS Large Gym	Bus/Driver: Bus Needed	Departure Point: NHS Gym Doors Departure Time: 6:00 AM	NL
Jan 25, 2025	Sat	Practice (Varsity/JV Wrestling Practice)	N/A	9:00 AM	11:00 AM	Wrestling Room			
Jan 27, 2025	Mon	Practice (Varsity/JV Wrestling Practice)	N/A	3:15 PM	5:30 PM	Wrestling Room			
Jan 28, 2025	Tue	Practice (Varsity/JV Wrestling Practice)	N/A	3:15 PM	5:30 PM	Wrestling Room			
CANCELLED Jan 28, 2025	Tue	Regular Season	Sherburne-Earlville	6:30 PM	8:00 PM	NHS Gym			NL
Jan 29, 2025	Wed	Practice (Varsity/JV Wrestling Practice)	N/A	3:15 PM	5:30 PM	Wrestling Room			
Jan 30, 2025	Thu	Practice (Varsity/JV Wrestling Practice)	N/A	3:15 PM	5:30 PM	Wrestling Room			
Jan 30, 2025	Thu	Regular Season	Chenango Forks	6:00 PM	8:00 PM	NHS Gym			L
Jan 31, 2025	Fri	Practice (Varsity/JV Wrestling Practice)	N/A	3:15 PM	5:30 PM	Wrestling Room			
Feb 1, 2025	Sat	Regular Season (Homer Lady Legacy Tournament)	@ TBD	6:30 AM		TBD	Bus/Driver: Bus George Ramirez	Departure Point: NHS Gym Doors Departure Time: 5:45 AM	NL
Feb 4, 2025	Tue	Regular Season (Girls @ Greene for dual)	@ TBD	5:30 PM		TBD		Departure Point: NHS Gym Doors	NL
Feb 4, 2025	Tue	Practice (Practice at CF, 2:30 departure.)	N/A	TBD		TBD			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 8, 2025	Sat	Post-Season (Class Championships)	Tioga, Maine-Endwell, Windsor, Newark Valley, Lansing (Co-ed), Oxford (Greene/Oxford), Marathon, Bainbridge Guilford (Bears), Dryden, Susquehanna Valley, Spencer-Van Etten (SVEC Eagles) @ Oneonta (Var/JV)	TBD		Oneonta High School	Bus/Driver: Bus Needed	Departure Point: NHS Gym Doors Departure Time: 6:45 AM NL
Feb 15, 2025	Sat	Post-Season (Girls Section IV State Qualifiers @ Waverly)	@ TBD	8:00 AM		TBD	Bus/Driver: Bus	Departure Point: NHS Gym Doors Departure Time: 6:30 AM NL
Feb 16, 2025	Sun	Post-Season (Boys Section IV Wrestling Championships @ Veterans Memorial Arena Binghamton)	@ TBD	7:00 AM		TBD	Bus/Driver: Bus	Departure Point: NHS Gym Doors Departure Time: 6:00 AM NL
Feb 18, 2025	Tue	Practice	N/A	10:30 AM	12:00 PM	Wrestling Room		
Feb 19, 2025	Wed	Practice	N/A	10:30 AM	12:00 PM	Wrestling Room		
Feb 21, 2025	Fri	Practice	N/A	10:30 AM	12:00 PM	Wrestling Room		
Feb 22, 2025	Sat	Practice	N/A	10:30 AM	12:00 PM	Wrestling Room		
Feb 27, 2025	Thu	Regular Season (State Championships)	@ TBD	TBD		TBD	Bus/Driver: Bus Class Dismissal: 10:15 AM	Departure Point: NHS Gym Doors Departure Time: 10:30 AM L

Date: 2025-12-19