



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 17, 2025	Mon	Practice	N/A	3:15 PM	5:30 PM	Wrestling Room			
Nov 18, 2025	Tue	Practice	N/A	3:15 PM	5:30 PM	Wrestling Room			
Nov 19, 2025	Wed	Practice	N/A	3:15 PM	5:30 PM	Wrestling Room			
Nov 20, 2025	Thu	Practice	N/A	3:15 PM	5:30 PM	Wrestling Room			
Nov 21, 2025	Fri	Practice	N/A	3:15 PM	5:30 PM	Wrestling Room			
Nov 22, 2025	Sat	Regular Season (Certification @ Sidney CSD)	@ TBD	TBD		TBD	Bus/Driver: Bus	Departure Point: NHS Gym Doors Departure Time: 11:30 AM	NL
Dec 3, 2025	Wed	Practice	N/A	3:15 PM	5:30 PM	Wrestling Room			
Dec 4, 2025	Thu	Practice	N/A	3:15 PM	5:30 PM	Wrestling Room			
Dec 5, 2025	Fri	Regular Season (62nd Annual Clyde Cole Tournament)	@ TBD	3:30 PM	10:00 PM	TBD	Bus/Driver: Bus	Departure Point: NHS Gym Doors	NL
Dec 6, 2025	Sat	Regular Season (62nd Annual Clyde Cole Tournament)	@ TBD	TBD		TBD	Bus/Driver: Bus	Departure Point: NHS Gym Doors	L
Dec 8, 2025	Mon	Practice	N/A	3:15 PM	5:30 PM	Wrestling Room			
Dec 9, 2025	Tue	Regular Season	Windsor	6:30 PM	8:30 PM	NHS Gym			L
Dec 10, 2025	Wed	Practice	N/A	3:15 PM	5:30 PM	Wrestling Room			
Dec 11, 2025	Thu	Practice	N/A	3:15 PM	5:30 PM	Wrestling Room			
Dec 12, 2025	Fri	Practice	N/A	3:15 PM	5:30 PM	Wrestling Room			
Dec 13, 2025	Sat	Regular Season (Coach K Duals)	TBD	9:00 AM	4:00 PM	NHS Gym	Bus/Driver: Bus	Departure Point: NHS Gym Doors	NL
Dec 15, 2025	Mon	Practice	N/A	3:15 PM	5:30 PM	Wrestling Room			
Dec 16, 2025	Tue	Regular Season	@ Oneonta (Var/JV)	6:00 PM	8:30 PM	Oneonta High School		Departure Point: NHS Gym Doors Departure Time: 4:15 PM	L
Dec 17, 2025	Wed	Practice	N/A	3:15 PM	5:30 PM	Wrestling Room			
Dec 18, 2025	Thu	Practice	N/A	3:15 PM	5:30 PM	Wrestling Room			
POSTPONED Dec 18, 2025	Thu	Regular Season	Bainbridge Guilford (Bears)	6:30 PM	9:00 PM	NHS Gym	Bus/Driver: Bus	Departure Point: NHS Gym Doors	NL
Dec 19, 2025	Fri	Practice	N/A	3:15 PM	5:30 PM	Wrestling Room			

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Dec 20, 2025	Sat	Regular Season (Cobleskill-Richmondville 12th Annual Battle in the Valley Round)	@ TBD	8:00 AM	7:00 PM	TBD	Bus/Driver: Bus	Departure Point: NHS Gym Doors Departure Time: 6:30 AM	NL
Dec 20, 2025	Sat	Regular Season (Beast of the East)	@ TBD	TBD		TBD	Bus/Driver: Bus	Departure Point: NHS Gym Doors	NL
Dec 29, 2025	Mon	Regular Season (Windsor Xmas Tournament)	@ TBD	8:00 AM	9:00 PM	TBD	Bus/Driver: Bus	Departure Point: NHS Gym Doors	NL
Dec 30, 2025	Tue	Regular Season (Windsor Xmas Tournament)	@ TBD	8:00 AM	9:00 PM	TBD	Bus/Driver: Bus	Departure Point: NHS Gym Doors	NL
Jan 3, 2026	Sat	Regular Season (Saratoga Invitational)	@ TBD	7:30 AM	9:00 PM	TBD	Bus/Driver: Bus	Departure Point: NHS Gym Doors	NL
Jan 3, 2026	Sat	Regular Season (Saratoga Invitational 7:30am Weigh-Ins)	Ballston Spa High School, Queensbury, Windsor, Columbia High School, South Glens Falls, Averill Park High School, Mohonasen, Shaker High School, Lansingburgh, Mahopac, Galway, Malone, Putnam Valley, Colonie High School @ Saratoga Springs High School	9:00 AM		Saratoga Springs High School			NL
Jan 8, 2026	Thu	Regular Season	@ Susquehanna Valley	6:30 PM	8:30 PM	SVHS Gym			L
Jan 9, 2026	Fri	Regular Season (Eastern States)	@ TBD	TBD		TBD	Bus/Driver: Bus	Departure Point: NHS Gym Doors	NL
Jan 10, 2026	Sat	Regular Season (Eastern States)	@ TBD	TBD		TBD	Bus/Driver: Bus	Departure Point: NHS Gym Doors	NL
Jan 12, 2026	Mon	Regular Season	Ithaca	6:30 PM	9:00 PM	NHS Gym	Bus/Driver: Bus	Departure Point: NHS Gym Doors	NL
Jan 19, 2026	Mon	Regular Season (2nd Annual Windsor Lady Black Knights Invitational @ Windsor)	@ TBD	TBD		TBD	Bus/Driver: Bus	Departure Point: NHS Gym Doors	NL
Jan 20, 2026	Tue	Regular Season	@ Chenango Forks	6:00 PM		High School - Gym			NL
Jan 23, 2026	Fri	Regular Season (STAC Championships)	@ TBD	TBD		TBD	Bus/Driver: Bus	Departure Point: NHS Gym Doors	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 24, 2026	Sat	Regular Season (STAC Championships)	@ TBD	TBD		TBD	Bus/Driver: Bus	Departure Point: NHS Gym Doors	L
Jan 29, 2026	Thu	Regular Season	Canastota	6:30 PM	9:00 PM	NHS Gym	Bus/Driver: Bus	Departure Point: NHS Gym Doors	NL
Jan 31, 2026	Sat	Regular Season (Lady Legacy Tournament @ Homer)	@ TBD	6:30 AM	4:00 PM	TBD	Bus/Driver: Bus	Departure Point: NHS Gym Doors	NL

Date: 2025-12-20