



Norwich

(B) 7/8TH Wrestling

Coaches:

- Frankie Garcia, Head Coach
- Luke Marvin, Asst Coach
- Joe Downey, Volunteer
- Terry Hagenbuch

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 11, 2023	Mon	Practice (Modified Wrestling Practice)	N/A	3:30 PM	4:45 PM	Wrestling Room		
Dec 12, 2023	Tue	Practice (Modified Wrestling Practice)	N/A	3:30 PM	4:45 PM	Wrestling Room		
Dec 13, 2023	Wed	Practice (Modified Wrestling Practice)	N/A	3:30 PM	4:45 PM	Wrestling Room		
Dec 14, 2023	Thu	Practice (Modified Wrestling Practice)	N/A	3:30 PM	4:45 PM	Wrestling Room		
Dec 15, 2023	Fri	Practice (Modified Wrestling Practice)	N/A	3:30 PM	4:45 PM	Wrestling Room		
Dec 16, 2023	Sat	Regular Season	Windsor, Oneonta, Waverly, Chenango Forks, Chenango Valley, Owego Apalachin @ Susquehanna Valley	10:00 AM	2:00 PM	SVHS Gym	Departure Time: 7:00 AM	L
Dec 18, 2023	Mon	Practice (Modified Wrestling Practice)	N/A	3:30 PM	4:45 PM	Wrestling Room		
Dec 19, 2023	Tue	Practice (Modified Wrestling Practice)	N/A	3:30 PM	4:45 PM	Wrestling Room		
Dec 20, 2023	Wed	Practice (Modified Wrestling Practice)	N/A	3:30 PM	4:45 PM	Wrestling Room		
Dec 21, 2023	Thu	Practice (Modified Wrestling Practice)	N/A	3:30 PM	4:45 PM	Wrestling Room		
Dec 21, 2023	Thu	Regular Season	Sherburne-Earlville, Morrisville-Eaton, Cooperstown (Modified)	4:30 PM	6:30 PM	NHS Gym		NL
Dec 22, 2023	Fri	Practice (Modified Wrestling Practice)	N/A	3:30 PM	4:45 PM	Wrestling Room		
Jan 2, 2024	Tue	Practice (Modified Wrestling Practice)	N/A	3:30 PM	4:45 PM	Wrestling Room		
Jan 3, 2024	Wed	Practice (Modified Wrestling Practice)	N/A	3:30 PM	4:45 PM	Wrestling Room		
Jan 4, 2024	Thu	Practice (Modified Wrestling Practice)	N/A	3:30 PM	4:45 PM	Wrestling Room		
Jan 5, 2024	Fri	Practice (Modified Wrestling Practice)	N/A	3:30 PM	4:45 PM	Wrestling Room		
Jan 8, 2024	Mon	Practice (Modified Wrestling Practice)	N/A	3:30 PM	4:45 PM	Wrestling Room		
Jan 9, 2024	Tue	Practice (Modified Wrestling Practice)	N/A	3:30 PM	4:45 PM	Wrestling Room		
Jan 10, 2024	Wed	Practice (Modified Wrestling Practice)	N/A	3:30 PM	4:45 PM	Wrestling Room		
Jan 11, 2024	Thu	Practice (Modified Wrestling Practice)	N/A	3:30 PM	4:45 PM	Wrestling Room		
Jan 12, 2024	Fri	Practice (Modified Wrestling Practice)	N/A	3:30 PM	4:45 PM	Wrestling Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 13, 2024	Sat	Regular Season	Oneonta, Susquehanna Valley, Vestal, Maine-Endwell, Union-Endicott, Binghamton, Johnson City @ Windsor	9:30 AM		Windsor High School	Departure Point: HS Gym Doors Departure Time: 7:15 AM	L
Jan 15, 2024	Mon	Practice (Modified Wrestling Practice)	N/A	3:30 PM	4:45 PM	Wrestling Room		
Jan 16, 2024	Tue	Practice (Modified Wrestling Practice)	N/A	3:30 PM	4:45 PM	Wrestling Room		
Jan 17, 2024	Wed	Practice (Modified Wrestling Practice)	N/A	3:30 PM	4:45 PM	Wrestling Room		
Jan 18, 2024	Thu	Practice (Modified Wrestling Practice)	N/A	3:30 PM	4:45 PM	Wrestling Room		
Jan 19, 2024	Fri	Practice (Modified Wrestling Practice)	N/A	3:30 PM	4:45 PM	Wrestling Room		
Jan 22, 2024	Mon	Practice (Modified Wrestling Practice)	N/A	3:30 PM	4:45 PM	Wrestling Room		
Jan 23, 2024	Tue	Practice (Modified Wrestling Practice)	N/A	3:30 PM	4:45 PM	Wrestling Room		
Jan 24, 2024	Wed	Practice (Modified Wrestling Practice)	N/A	3:30 PM	4:45 PM	Wrestling Room		
Jan 25, 2024	Thu	Practice (Modified Wrestling Practice)	N/A	3:30 PM	4:45 PM	Wrestling Room		
Jan 26, 2024	Fri	Practice (Modified Wrestling Practice)	N/A	3:30 PM	4:45 PM	Wrestling Room		
Jan 27, 2024	Sat	Regular Season	Horseheads, Ithaca, Corning-Painted Post, Windsor, Oneonta, Susquehanna Valley @ Elmira	9:00 AM	5:00 PM	EDA Gym	Departure Point: HS Gym Doors Departure Time: 6:15 AM	L
Feb 3, 2024	Sat	Regular Season (Wyckoff-Riddell Modified Wrestling Tournament - Binghamton High School)	@ TBD	9:30 AM		TBD	Departure Point: NHS Gym Doors Departure Time: 7:20 AM	L

Date: 2025-08-13