



# Salem

## (B) V Wrestling (Salem-Cambridge)

### Coaches:

- Frank Fronhofer, Head Coach
- Trevor LeBlanc, Asst Coach
- Christopher Fronhofer, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 11, 2019	Mon	Practice (V/JV Wrestling Practice)	N/A	9:00 AM	10:45 AM	TBD			
Nov 12, 2019	Tue	Practice (V/JV Wrestling Practice)	N/A	3:35 PM	5:20 PM	TBD			
Nov 13, 2019	Wed	Practice (V/JV Wrestling Practice)	N/A	3:35 PM	5:20 PM	TBD			
Nov 14, 2019	Thu	Practice (V/JV Wrestling Practice)	N/A	3:35 PM	5:20 PM	TBD			
Nov 18, 2019	Mon	Practice (V/JV Wrestling Practice)	N/A	3:35 PM	5:20 PM	TBD			
Nov 19, 2019	Tue	Practice (V/JV Wrestling Practice)	N/A	3:35 PM	5:20 PM	TBD			
Nov 20, 2019	Wed	Practice (V/JV Wrestling Practice)	N/A	3:35 PM	5:20 PM	TBD			
Nov 21, 2019	Thu	Practice (V/JV Wrestling Practice)	N/A	3:35 PM	5:20 PM	TBD			
Nov 22, 2019	Fri	Practice (V/JV Wrestling Practice)	N/A	3:00 PM	4:45 PM	TBD			
Nov 23, 2019	Sat	Practice (Weight Certification @ Queensbury HS)	N/A	8:30 AM	1:00 PM	TBD	<b>Bus/Driver:</b> Cambridge High School	<b>Departure Time:</b> 8:30 AM <b>Return Date:</b> <b>Return Time:</b> 2:00 PM	
Nov 26, 2019	Tue	Practice (Wrestling practice)	N/A	3:00 PM	5:00 PM	TBD			
Nov 27, 2019	Wed	Practice (Wrestling practice)	N/A	9:00 AM	11:00 AM	TBD			
Nov 29, 2019	Fri	Scrimmage	@ Niskayuna High School	10:00 AM		Niskayuna High School	<b>Bus/Driver:</b> Salem	<b>Departure Time:</b> 8:00 AM	NL
Dec 5, 2019	Thu	Regular Season	Tamarac	6:00 PM	8:00 PM	Salem High School	<b>Bus/Driver:</b> Cambridge High School	<b>Departure Time:</b> 3:05 PM <b>Return Date:</b> <b>Return Time:</b> 8:00 PM	NL
Dec 11, 2019	Wed	Regular Season	@ Corinth (Mountaineers)	6:00 PM	8:00 PM	Corinth HS	<b>Bus/Driver:</b> Cambridge High School	<b>Departure Time:</b> 3:30 PM <b>Return Date:</b> <b>Return Time:</b> 8:00 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 14, 2019	Sat	Regular Season (GF Matmania Tournament)	Johnstown (Fonda/Johnstown), Corinth (Mountaineers), Stillwater (Stillwater/Mechanicville), Niskayuna High School, Catskill, Berne-Knox-Westerlo, Guilderland High School, Watervliet, Bethlehem High School, Granville (Granville-Whitehall), Scotia-Glenville @ Glens Falls	9:00 AM	7:00 PM	Glens Falls HS Gym			NL
Dec 14, 2019	Sat	Regular Season (Glens Falls Varsity Tournament)	@ Glens Falls	10:00 AM		Glens Falls HS Gym	<b>Bus/Driver:</b> Cambridge High School	<b>Departure Time:</b> 6:25 AM	NL
Dec 18, 2019	Wed	Regular Season	TBD	6:00 PM	8:00 PM	HS Gym	<b>Bus/Driver:</b> Cambridge High School	<b>Departure Time:</b> 3:05 PM <b>Return Date:</b> <b>Return Time:</b> 8:00 PM	L
Dec 21, 2019	Sat	Regular Season (Hudson Falls Varsity Tournament)	@ Hudson Falls	10:00 AM		Hudson Falls HS	<b>Bus/Driver:</b> Cambridge High School	<b>Departure Time:</b> 6:40 AM	NL
Dec 28, 2019	Sat	Regular Season (Queensbury Varsity Tournament)	@ Queensbury	10:00 AM		Queensbury HS, Blue Gym	<b>Bus/Driver:</b> Cambridge High School	<b>Departure Time:</b> 6:40 AM	NL
Jan 8, 2020	Wed	Regular Season	Hadley-Luzerne	6:00 PM	8:00 PM	HS Gym	<b>Bus/Driver:</b> Cambridge High School	<b>Departure Time:</b> 3:05 PM <b>Return Date:</b> <b>Return Time:</b> 8:00 PM	L
Jan 9, 2020	Thu	Regular Season (JV/V only, no modified)	@ Hoosick Falls	6:00 PM	8:00 PM	Hoosick Falls HS	<b>Bus/Driver:</b> Salem High School	<b>Departure Time:</b> 4:15 PM <b>Return Date:</b> <b>Return Time:</b> 8:00 PM	L
Jan 11, 2020	Sat	Regular Season (Mt Anthony Varsity Tournament)	@ Mount Anthony	9:45 AM		Mount Anthony HS (VT)	<b>Bus/Driver:</b> Salem High School	<b>Departure Time:</b> 7:00 AM	NL
Jan 15, 2020	Wed	Regular Season	@ Granville (Granville-Whitehall)	6:00 PM	8:00 PM	Granville High School-Senior High Gym	<b>Bus/Driver:</b> Cambridge High School	<b>Departure Time:</b> 4:05 PM <b>Return Date:</b> <b>Return Time:</b> 8:00 PM	L
Jan 23, 2020	Thu	Regular Season (VS Salem-Cambridge)	Warrensburg (Warrensburg/Lake George)	6:00 PM	8:00 PM	Cambridge HS	<b>Bus/Driver:</b> Salem High School	<b>Departure Time:</b> 4:00 PM <b>Return Date:</b> <b>Return Time:</b> 8:00 PM	L
Jan 25, 2020	Sat	Regular Season (Kossma Duals At Duaneburg HS)	@ Duaneburg	9:00 AM		TBD	<b>Bus/Driver:</b> Salem High School	<b>Departure Time:</b> 5:45 AM	NL
Jan 30, 2020	Thu	Regular Season (Match at Stillwater)	@ Stillwater (Stillwater/Mechanicville)	6:00 PM		MS Gym	<b>Bus/Driver:</b> Salem High School	<b>Departure Time:</b> 4:00 PM <b>Return Date:</b> <b>Return Time:</b> 8:00 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 1, 2020	Sat	Regular Season (Ken Baker Classic Tournament)	@ Tamarac	9:30 AM		Multi Purpose Gym	<b>Bus/Driver:</b> Salem High School	<b>Departure Time:</b> 6:30 AM	NL
Feb 8, 2020	Sat	Post-Season (Class D Sectionals at Whitehall)	@ Whitehall (Granville/Whitehall)	9:30 AM		Whitehall Jr/Sr High School	<b>Bus/Driver:</b> Cambridge High School	<b>Departure Time:</b> 6:00 AM	NL
Feb 15, 2020	Sat	Post-Season (Section 2 State Qualifiers at Cool Insuring Arena)	TBD	9:45 AM		Cool Insurance Arena	<b>Bus/Driver:</b> Cambridge	<b>Departure Time:</b> 6:20 AM	NL
Feb 28, 2020	Fri	Post-Season (New York State Championships at Times Union Center)	TBD	10:00 AM		Times Union Center			NL
Feb 29, 2020	Sat	Post-Season (New York State Championship at the Times Union Center)	TBD	10:00 AM		Times Union Center			NL

Date: 2025-12-06