



# 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	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 15, 2021	Mon	Practice	N/A	3:30 PM	5:30 PM	HS Gym		
Nov 16, 2021	Tue	Practice	N/A	3:30 PM	5:30 PM	HS Gym		
Nov 17, 2021	Wed	Practice	N/A	3:30 PM	5:30 PM	HS Gym		
Nov 18, 2021	Thu	Practice	N/A	3:30 PM	5:30 PM	HS Gym		
Nov 19, 2021	Fri	Practice	N/A	3:00 PM	5:00 PM	Salem High School		
Nov 20, 2021	Sat	Practice	N/A	11:00 AM	1:00 PM	Salem High School		
Nov 22, 2021	Mon	Practice	N/A	3:35 PM	5:20 PM	HS Gym		
Nov 23, 2021	Tue	Practice	N/A	3:00 PM	4:45 PM	HS Gym		
Nov 24, 2021	Wed	Practice	N/A	9:00 AM	10:45 AM	TBD		
Nov 26, 2021	Fri	Practice	N/A	9:00 AM	10:45 AM	TBD		
Nov 29, 2021	Mon	Practice	N/A	3:35 PM	5:20 PM	HS Gym		
Nov 30, 2021	Tue	Practice	N/A	3:35 PM	5:20 PM	HS Gym		
Dec 1, 2021	Wed	Scrimmage	Hoosick Falls	6:00 PM	9:00 PM	Cambridge HS		NL
Dec 2, 2021	Thu	Practice	N/A	3:35 PM	5:20 PM	HS Gym		
Dec 3, 2021	Fri	Practice	N/A	3:00 PM	4:45 PM	HS Gym		
Dec 6, 2021	Mon	Practice	N/A	3:35 PM	5:20 PM	HS Gym		
Dec 7, 2021	Tue	Practice	N/A	3:35 PM	5:20 PM	HS Gym		
Dec 8, 2021	Wed	Regular Season	@ Warrensburg (Warrensburg/Lake George)	6:00 PM		Warrensburg High School		L
Dec 9, 2021	Thu	Practice	N/A	3:35 PM	5:20 PM	HS Gym		
Dec 10, 2021	Fri	Practice	N/A	3:00 PM	4:45 PM	HS Gym		
Dec 11, 2021	Sat	Regular Season (Matmania)	Corinth (Mountaineers), Catskill, Berne-Knox-Westerlo, Manhasset, Niskayuna High School, Fonda-Fultonville (Fonda/Johnston), Watervliet, Mechanicville (Mechanicville/Stillwater), Bethlehem High School, Granville (Granville), Scotia-Glenville, Galway, Beekmantown, Peru @ Glens Falls	10:00 AM		Glens Falls HS Gym		NL

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Dec 14, 2021	Tue	Regular Season	Glens Falls	6:00 PM	9:00 PM	HS Gym		NL
Dec 18, 2021	Sat	Regular Season (Hudson Falls Tournament)	@ Hudson Falls	10:00 AM		Hudson Falls HS		L
Dec 30, 2021	Thu	Regular Season (Queensbury Holiday Tournament)	Hudson Falls, Shaker High School, Hadley-Luzerne (Coed), Lake George (Warrensburg/Lake George), Glens Falls, Schuylerville (Schuylerville/Greenwich), South Glens Falls, Cocksackie-Athens, Corinth (Mountaineers), Rome Free Academy, Guilderland High School @ Queensbury	9:00 AM		Queensbury HS, Gold Gym		NL
Jan 3, 2022	Mon	Practice	N/A	3:35 PM	5:25 PM	Salem High School		
Jan 4, 2022	Tue	Practice	N/A	3:35 PM	5:25 PM	Salem High School		
Jan 5, 2022	Wed	Regular Season	@ Whitehall (Whitehall)	6:00 PM		Whitehall Jr/Sr High School		L
Jan 6, 2022	Thu	Regular Season	Mechanicville (Mechanicville/Stillwater)	6:00 PM		HS Gym		NL
Jan 7, 2022	Fri	Practice	N/A	3:00 PM	4:45 PM	TBD		
Jan 8, 2022	Sat	Regular Season (Mount Anthony Tournament)	Mount Anthony	9:45 AM		Mount Anthony HS (VT)		NL
Jan 10, 2022	Mon	Practice	N/A	3:35 PM	5:25 PM	Salem High School		
Jan 11, 2022	Tue	Practice	N/A	3:35 PM	5:25 PM	Salem High School		
Jan 12, 2022	Wed	Practice	N/A	3:35 PM	5:25 PM	Salem High School		
Jan 13, 2022	Thu	Regular Season	Hoosick Falls	6:00 PM		HS Gym		L
Jan 14, 2022	Fri	Practice	N/A	3:00 PM	4:45 PM	Salem High School		
Jan 15, 2022	Sat	Regular Season (Maple Hill Tournament)	@ Maple Hill	9:30 AM		MHHS Gym		NL
Jan 18, 2022	Tue	Practice	N/A	3:35 PM	5:25 PM	Salem High School		
Jan 19, 2022	Wed	Practice	N/A	3:35 PM	5:25 PM	Salem High School		
Jan 20, 2022	Thu	Regular Season	Granville (Granville)	6:00 PM	9:00 PM	Cambridge HS		L
Jan 21, 2022	Fri	Practice	N/A	3:00 PM	4:45 PM	Salem High School		
Jan 22, 2022	Sat	Regular Season (Duanesburg Dual Tournament)	@ Duanesburg	9:00 AM		Duanesburg M/HS		NL

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Jan 24, 2022	Mon	Regular Season (Foothills JV Throwdown)	South Glens Falls, Queensbury, Scotia-Glenville, Whitehall (Whitehall), LaSalle Institute @ Hudson Falls	5:00 PM		Hudson Falls HS		L
Jan 25, 2022	Tue	Regular Season	@ Lake George (Warrensburg/Lake George)	6:00 PM		Hadley-Luzerne Jr Sr High School Gym		L
Jan 26, 2022	Wed	Practice	N/A	3:35 PM	5:25 PM	Salem High School		
Jan 27, 2022	Thu	Practice	N/A	3:35 PM	5:25 PM	Salem High School		
Jan 28, 2022	Fri	Practice	N/A	3:00 PM	4:45 PM	Salem High School		
Jan 29, 2022	Sat	Regular Season (Ken Baker Classic Tournament)	@ Mechanicville (Mechanicville/Stillwater)	9:00 AM		Mechanicville HS Gym		NL
Feb 5, 2022	Sat	Post-Season (Sectionals @ Cambridge)	Warrensburg (Warrensburg/Lake George)	9:00 AM		Cambridge HS		NL
Feb 5, 2022	Sat	Regular Season (Class D Sectionals)	@ Cambridge (Salem-Cambridge)	9:00 AM		Cambridge HS		NL
Feb 5, 2022	Sat	Post-Season (Class D Sectionals)	Maple Hill	10:00 AM		Cambridge HS		NL

Date: 2024-04-20