



# 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 14, 2022	Mon	Practice	N/A	3:35 PM	5:20 PM	Salem High School		
Nov 15, 2022	Tue	Practice	N/A	3:35 PM	5:20 PM	Salem High School		
Nov 16, 2022	Wed	Practice	N/A	3:35 PM	5:20 PM	Salem High School		
Nov 17, 2022	Thu	Practice	N/A	3:35 PM	5:20 PM	Salem High School		
Nov 18, 2022	Fri	Practice	N/A	3:00 PM	4:45 PM	Salem High School		
Nov 28, 2022	Mon	Practice	N/A	3:35 PM	5:20 PM	Salem High School		
Nov 29, 2022	Tue	Practice	N/A	3:35 PM	5:20 PM	Salem High School		
Nov 30, 2022	Wed	Practice	N/A	3:35 PM	5:20 PM	Salem High School		
Dec 1, 2022	Thu	Practice	N/A	3:35 PM	5:20 PM	Salem High School		
CANCELLED Dec 1, 2022	Thu	Regular Season	TBD	6:00 PM		TBD		L
CANCELLED Dec 1, 2022	Thu	Scrimmage	Hoosick Falls	6:00 PM	9:00 PM	HS Gym		NL
Dec 2, 2022	Fri	Practice	N/A	3:00 PM	4:45 PM	Salem High School		
Dec 5, 2022	Mon	Practice	N/A	3:35 PM	5:20 PM	Salem High School		
Dec 6, 2022	Tue	Practice	N/A	3:35 PM	5:20 PM	Salem High School		
Dec 7, 2022	Wed	Regular Season	@ Granville (Granville-Whitehall)	6:00 PM		Granville High School-Senior High Gym	<b>Departure Date:</b> Dec 7, 2022 <b>Departure Time:</b> 4:15 PM	L
Dec 8, 2022	Thu	Practice	N/A	3:35 PM	5:20 PM	Salem High School		
Dec 9, 2022	Fri	Practice	N/A	3:00 PM	4:45 PM	Salem High School		
Dec 12, 2022	Mon	Practice	N/A	3:35 PM	5:20 PM	Salem High School		
Dec 13, 2022	Tue	Regular Season	Tamarac	6:00 PM		Salem High School		L
Dec 14, 2022	Wed	Practice	N/A	3:35 PM	5:20 PM	Salem High School		
Dec 15, 2022	Thu	Regular Season (Mod JV V)	Warrensburg (Warrensburg/Lake George)	6:00 PM		HS Gym		L
Dec 16, 2022	Fri	Practice	N/A	3:00 PM	4:45 PM	Salem High School		
Dec 17, 2022	Sat	Regular Season (Chickanis Tournament)	Carthage, Glens Falls, Colonie High School, Schenectady High School (Varsity Wrestling), Scotia-Glenville, South Glens Falls, Middletown @ Hudson Falls	10:00 AM		Hudson Falls HS		NL

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Dec 19, 2022	Mon	Practice	N/A	3:35 PM	5:20 PM	Salem High School		
Dec 20, 2022	Tue	Practice	N/A	3:35 PM	5:20 PM	Salem High School		
Dec 21, 2022	Wed	Practice	N/A	3:35 PM	5:20 PM	Salem High School		
Dec 22, 2022	Thu	Regular Season	Mechanicville (Mechanicville/Stillwater)	1:00 PM		Cambridge HS	<b>Departure Date:</b> Dec 22, 2022 <b>Departure Time:</b> 11:30 AM	L
Dec 23, 2022	Fri	Practice	N/A	9:00 AM	10:45 AM	Salem High School		
Dec 27, 2022	Tue	Practice	N/A	9:00 AM	10:45 AM	Salem High School		
Dec 28, 2022	Wed	Practice	N/A	9:00 AM	10:45 AM	Salem High School		
Dec 29, 2022	Thu	Practice	N/A	9:00 AM	10:45 AM	Salem High School		
Dec 30, 2022	Fri	Practice	N/A	9:00 AM	10:45 AM	Salem High School		
Dec 31, 2022	Sat	Regular Season (Queensbury Holiday Wrestling Festival)	Schuylerville (Schuylerville/Greenwich), Corinth (Mountaineers), Hadley-Luzerne, Glens Falls, South Glens Falls, Shenendehowa High School, Warrensburg (Warrensburg/Lake George), Bethlehem High School @ Queensbury	10:00 AM		Queensbury HS, Blue Gym		L
Jan 3, 2023	Tue	Practice	N/A	3:15 PM	5:20 PM	Salem High School		
Jan 4, 2023	Wed	Practice	N/A	3:15 PM	5:20 PM	Salem High School		
Jan 5, 2023	Thu	Regular Season	@ Hadley-Luzerne	6:00 PM		Hadley-Luzerne Jr Sr High School Gym		L
Jan 6, 2023	Fri	Practice	N/A	3:00 PM	4:45 PM	Salem High School		
Jan 9, 2023	Mon	Practice	N/A	3:35 PM	5:25 PM	Salem High School		
Jan 10, 2023	Tue	Practice	N/A	3:35 PM	5:25 PM	Salem High School		
Jan 11, 2023	Wed	Regular Season	Whitehall (Granville/Whitehall)	6:00 PM		Salem High School		L
Jan 12, 2023	Thu	Practice	N/A	3:35 PM	5:25 PM	Salem High School		
Jan 13, 2023	Fri	Practice	N/A	3:00 PM	4:25 PM	Salem High School		
Jan 14, 2023	Sat	Regular Season (Maple Hill Tournament)	@ Maple Hill	9:30 AM		MHHS Gym	<b>Departure Date:</b> Jan 14, 2023 <b>Departure Time:</b> 6:00 AM	NL
Jan 16, 2023	Mon	Practice	N/A	9:00 AM	10:45 AM	Salem High School		
Jan 17, 2023	Tue	Practice	N/A	3:35 PM	5:25 PM	Salem High School		
Jan 18, 2023	Wed	Regular Season	@ Glens Falls	6:00 PM		Glens Falls HS Gym		NL

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Jan 19, 2023	Thu	Practice	N/A	3:35 PM	5:25 PM	Salem High School		
Jan 20, 2023	Fri	Practice	N/A	3:00 PM	4:45 PM	Salem High School		
Jan 23, 2023	Mon	Practice	N/A	3:35 PM	5:25 PM	Salem High School		
Jan 24, 2023	Tue	Practice	N/A	3:35 PM	5:25 PM	Salem High School		
Jan 27, 2023	Fri	Practice	N/A	3:00 PM	4:45 PM	Salem High School		
Jan 30, 2023	Mon	Practice	N/A	3:35 PM	5:25 PM	Salem High School		
Jan 31, 2023	Tue	Practice	N/A	3:35 PM	5:25 PM	Salem High School		
Feb 1, 2023	Wed	Regular Season	@ Granville (Granville-Whitehall)	5:00 PM		Granville High School-Senior High Gym		L
Feb 2, 2023	Thu	Practice	N/A	3:35 PM	5:25 PM	Salem High School		
Feb 3, 2023	Fri	Practice	N/A	3:00 PM	4:45 PM	Salem High School		
Feb 6, 2023	Mon	Practice	N/A	3:35 PM	5:25 PM	Salem High School		
Feb 7, 2023	Tue	Practice	N/A	3:35 PM	5:25 PM	Salem High School		
Feb 8, 2023	Wed	Practice	N/A	3:35 PM	5:25 PM	Salem High School		
Feb 9, 2023	Thu	Practice	N/A	3:35 PM	5:25 PM	Salem High School		
Feb 10, 2023	Fri	Practice	N/A	3:00 PM	4:45 PM	Salem High School		

Date: 2025-12-14