



# 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 25, 2024	Mon	Practice	N/A	3:35 PM	5:25 PM	TBD		
Nov 26, 2024	Tue	Practice	N/A	3:35 PM	5:25 PM	TBD		
Nov 27, 2024	Wed	Practice	N/A	9:00 AM	10:45 AM	TBD		
Nov 29, 2024	Fri	Practice	N/A	9:00 AM	10:45 AM	TBD		
Nov 30, 2024	Sat	Practice	N/A	9:00 AM	10:45 PM	TBD		
Dec 2, 2024	Mon	Practice	N/A	3:35 PM	5:25 PM	TBD		
Dec 3, 2024	Tue	Practice	N/A	3:35 PM	5:25 PM	TBD		
Dec 4, 2024	Wed	Regular Season	Tamarac	6:00 PM		Cambridge HS		L
Dec 5, 2024	Thu	Practice	N/A	3:35 PM	5:25 PM	TBD		
Dec 6, 2024	Fri	Practice	N/A	3:35 PM	5:25 PM	TBD		
Dec 7, 2024	Sat	Regular Season (Morrisville-Eaton Dual Meet Tournament)	Cazenovia, Jamesville-Dewitt (JD/CBA/Solvay/WH), East Syracuse Minoa, Rome Free Academy @ Morrisville-Eaton (Morrisville-Eaton)	9:30 AM		Middle/High School		NL
Dec 11, 2024	Wed	Regular Season	@ Hoosick Falls	6:00 PM		Hoosick Falls HS		L
Dec 12, 2024	Thu	Regular Season	@ Ravena-Coeymans	6:00 PM		Ravena-Coeymans HS		L
Dec 21, 2024	Sat	Regular Season (Thomas Chickanis Memorial Tournament)	Carthage, Glens Falls, Schenectady High School (Varsity Wrestling), Middletown, Colonie High School, Liberty, Berne-Knox-Westerlo, LaSalle Academy, Scotia-Glenville, Galway, South Glens Falls, Ballston Spa High School, Christian Brothers Academy, Albany @ Hudson Falls	10:00 AM		Hudson Falls HS		NL
Jan 3, 2025	Fri	Regular Season	@ Glens Falls	1:00 PM		Glens Falls HS Gym		NL
Jan 4, 2025	Sat	Regular Season (Mt. Anthony Var Tournament )	@ Mount Anthony	9:45 AM		Mount Anthony HS (VT)		L
Jan 8, 2025	Wed	Regular Season	@ Granville (Granville-Whitehall)	6:30 PM		Whitehall Jr/Sr High School		L
Jan 11, 2025	Sat	Regular Season (Maple Hill Tourn)	@ Maple Hill	9:30 AM		MHHS Gym		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 15, 2025	Wed	Regular Season	Warrensburg (Warrensburg/Lake George)	6:00 PM		HS Gym		L
Jan 21, 2025	Tue	Regular Season (TBD Section 2 Dual Meet Championships @ Cobleskill )	@ TBD	5:00 PM		TBD		L
Jan 22, 2025	Wed	Regular Season	@ Corinth (Mountaineers)	6:00 PM		105 Oak Street Corinth NY 12822		L
Jan 25, 2025	Sat	Regular Season (Duanesburg Dual Tourn)	@ Duanesburg	9:00 AM		Duanesburg M/HS		L
Feb 1, 2025	Sat	Regular Season (Ken Baker Classic Tourn )	@ Mechanicville (Mechanicville/Stillwater)	9:30 PM		Mechanicville HS Gym		L
Feb 8, 2025	Sat	Regular Season	Maple Hill	8:00 AM	6:00 PM	Cambridge HS		L
Feb 15, 2025	Sat	Post-Season (Division 2 Boys Wrestling State Qualifiers)	Hudson Falls, Scotia-Glenville, Glens Falls, Lansingburgh, Ichabod Crane, Johnstown (Fonda/Johnstown), Schuylerville (Schuylerville/Greenwich), Mechanicville (Mechanicville/Stillwater), Ravena-Coeymans, Schalmont, Watervliet, Cobleskill-Richmondville, Catskill, Coxsackie-Athens, Granville (Granville-Whitehall), Corinth (Mountaineers), Hoosick Falls, LaSalle Institute, Greenville, Taconic Hills, Tamarac, Duanesburg, Schoharie, Cairo-Durham, Canajoharie, Fort Plain, Lake George (Warrensburg/Lake George), Berne-Knox-Westerlo, Middleburgh, Rensselaer, Maple Hill, Galway, Hadley-Luzerne, New Lebanon @ Guilderland High School	9:00 AM	8:00 PM	Guilderland High School West (Big) Gym		NL
Feb 15, 2025	Sat	Post-Season (Section 2 State Qualifiers)	@ TBD	9:45 AM		TBD		NL

Date: 2025-12-05