



# 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 11, 2025	Tue	Regular Season	@ Tamarac	6:00 PM		High School		L
Nov 17, 2025	Mon	Practice	N/A	3:35 PM	5:25 PM	Primary Gym		
Nov 18, 2025	Tue	Practice	N/A	3:35 PM	5:25 PM	Salem High School		
Nov 19, 2025	Wed	Practice	N/A	3:35 PM	5:25 PM	Salem High School		
Nov 20, 2025	Thu	Practice	N/A	3:35 PM	5:25 PM	Salem High School		
Nov 21, 2025	Fri	Practice	N/A	3:35 PM	5:25 PM	Salem High School		
Nov 22, 2025	Sat	Practice	N/A	11:15 AM	12:45 PM	Salem High School		
Nov 22, 2025	Sat	Regular Season (We)	@ South Glens Falls	2:00 PM		SGFHS - Blue Gymnasium		NL
Nov 24, 2025	Mon	Practice	N/A	3:35 PM	5:25 PM	Salem High School		
Nov 25, 2025	Tue	Practice	N/A	3:35 PM	5:25 PM	Salem High School		
Nov 26, 2025	Wed	Practice	N/A	9:00 AM	10:50 AM	Salem High School		
Nov 28, 2025	Fri	Practice	N/A	9:00 AM	10:50 AM	Salem High School		
Dec 1, 2025	Mon	Practice	N/A	3:35 PM	5:25 PM	Salem High School		
Dec 5, 2025	Fri	Practice	N/A	3:35 PM	5:25 PM	Salem High School		
Dec 6, 2025	Sat	Regular Season (2025 Morrisville-Eaton Dual Meet Tournament)	East Syracuse Minoa, Rome Free Academy, Cazenovia, Jamesville-Dewitt (JD/CBA/Solvay/WH) @ Morrisville-Eaton (Morrisville-Eaton)	9:30 AM		Middle/High School		NL
Dec 8, 2025	Mon	Practice	N/A	3:35 PM	5:25 PM	Cafeteria C (terrazzo section)		
Dec 9, 2025	Tue	Practice	N/A	3:35 PM	5:25 PM	Cafeteria C (terrazzo section)		
CANCELLED Dec 10, 2025	Wed	Practice	N/A	3:35 PM	5:25 PM	Cafeteria C (terrazzo section)		
Dec 10, 2025	Wed	Regular Season	Corinth (Mountaineers)	6:00 PM		TBD		L
Dec 11, 2025	Thu	Practice	N/A	3:35 PM	5:25 PM	Cafeteria C (terrazzo section)		
Dec 11, 2025	Thu	Regular Season	@ Tamarac	6:00 PM		TBD		L
Dec 12, 2025	Fri	Practice	N/A	3:35 PM	5:25 PM	Cafeteria C (terrazzo section)		

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Dec 15, 2025	Mon	Regular Season	Hoosick Falls	6:00 PM		HS Gym		L
Dec 19, 2025	Fri	Regular Season (Assembly Match)	Glens Falls	1:00 PM		HS Gym		L
Dec 20, 2025	Sat	Regular Season (Tournament )	@ Hudson Falls	10:00 AM	8:00 PM	Hudson Falls HS		L
Dec 31, 2025	Wed	Regular Season	Ravena-Coeymans	1:00 PM	8:00 PM	Cambridge HS		L
Jan 3, 2026	Sat	Regular Season (MT. Anthony Tournament )	@ TBD	9:45 AM		Baseball Field		L
Jan 7, 2026	Wed	Regular Season	@ Hadley-Luzerne	6:00 PM		Hadley-Luzerne Jr Sr High School Gym		L
Jan 9, 2026	Fri	Regular Season (Eastern States @IMPACT Athletic Center - Halfmoon)	@ TBD	TBD		TBD		L
Jan 10, 2026	Sat	Regular Season (Maple Hill Tournament)	@ Maple Hill	9:30 AM		MHHS Gym		L
Jan 10, 2026	Sat	Regular Season (Eastern States @IMPACT Athletic Center - Halfmoon)	@ TBD	TBD		TBD		L
Jan 14, 2026	Wed	Regular Season	Granville (Granville-Whitehall)	6:00 PM		Cambridge HS		L
Jan 17, 2026	Sat	Regular Season	@ TBD	9:30 AM		Pat Riley Sports Center- Main Gym		L
Jan 20, 2026	Tue	Regular Season (Section 2 Dual Meet Championship)	@ TBD	5:00 PM		TBD		L
Jan 21, 2026	Wed	Regular Season	@ Warrensburg (Warrensburg/Lake George)	6:00 PM		Warrensburg High School		L
Jan 24, 2026	Sat	Regular Season (Dual Tournament)	@ Duanesburg	9:00 AM		Duanesburg M/HS		L
Jan 31, 2026	Sat	Regular Season (Ken Baker Classic Tourn)	@ Mechanicville (Mechanicville/Stillwater)	9:30 AM		Mechanicville HS Gym		L
Jan 31, 2026	Sat	Post-Season (NYSPHSAA Dual Meet Championships @SRC Arena)	@ TBD	TBD		TBD		NL
Feb 7, 2026	Sat	Post-Season (Class D Sectionals )	TBD	9:30 AM		Cambridge HS		NL
Feb 14, 2026	Sat	Post-Season (Section 2 State Qualifiers @Harding Mazzotti Arena)	@ TBD	9:45 PM		TBD		NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 27, 2026	Fri	Post-Season (NY State Championships @Albany MVP Arena)	@ TBD	10:00 AM		TBD		NL
Feb 28, 2026	Sat	Post-Season (NY State Championships @Albany MVP Arena)	@ TBD	10:00 AM		TBD		NL

Date: 2025-12-10