



# Salem

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

Coaches:

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
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		
Dec 2, 2022	Fri	Practice	N/A	3:00 PM	4:45 PM	Salem High School		
Dec 3, 2022	Sat	Regular Season (Tournament)	Shenendehowa High School, Warrensburg (Warrensburg/Lake George), Colonie High School, Saratoga Springs High School @ Burnt Hills-Ballston Lake HS	10:00 AM		BH-BL HS Gym		NL
Dec 3, 2022	Sat	Regular Season (Burnt Hills JV Tournament)	TBD	9:00 PM		BH- BL HS	<b>Departure Date:</b> Dec 3, 2022 <b>Departure Time:</b> 6:45 AM	NL
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		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 10, 2022	Sat	Regular Season (Ballston Spa JV Tournament)	@ Ballston Spa High School	9:30 AM		Ballston Spa High School Gym	<b>Departure Date:</b> Dec 10, 2022 <b>Departure Time:</b> 6:45 AM	NL
Dec 12, 2022	Mon	Practice	N/A	3:35 PM	5:20 PM	Salem High School		
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		Salem High School		L
Dec 16, 2022	Fri	Practice	N/A	3:00 PM	4:45 PM	Salem High School		
Dec 17, 2022	Sat	Regular Season (JV Tournament)	Shenendehowa High School, Ballston Spa High School, Shaker High School, Colonie High School, Saratoga Springs High School, Guilderland High School, Scotia-Glenville @ Niskayuna High School	10:00 AM		Niskayuna High School		L

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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 23, 2022	Fri	Practice	N/A	9:00 PM	10:45 PM	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		
Jan 3, 2023	Tue	Practice	N/A	3:35 PM	5:20 PM	Salem High School		
Jan 4, 2023	Wed	Practice	N/A	3:35 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 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 (Roxanne Weller Tourney)	Warrensburg (Warrensburg/Lake George), Queensbury, Niskayuna High School, Hadley-Luzerne @ South Glens Falls	9:30 AM		SGFHS - Blue Gymnasium		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 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 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 2, 2023	Thu	Practice	N/A	3:35 PM	5:25 PM	Salem High School		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Feb 3, 2023	Fri	Practice	N/A	3:00 PM	4:45 PM	Salem High School		

Date: 2025-12-05