



# Salem

## (B) MOD7/8/9 Wrestling (Salem-Cambridge)

### Coaches:

- Rory (Hunter) Day

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 13, 2023	Mon	Practice	N/A	3:35 PM	5:20 PM	Salem High School		
Nov 14, 2023	Tue	Practice	N/A	3:35 PM	5:20 PM	Salem High School		
Nov 15, 2023	Wed	Practice	N/A	3:35 PM	5:20 PM	Salem High School		
Nov 16, 2023	Thu	Practice	N/A	3:35 PM	5:20 PM	Salem High School		
Nov 17, 2023	Fri	Practice	N/A	3:00 PM	4:45 PM	Salem High School		
Nov 20, 2023	Mon	Practice	N/A	3:35 PM	5:20 PM	Salem High School		
Nov 21, 2023	Tue	Practice	N/A	3:00 PM	4:45 PM	Salem High School		
Nov 22, 2023	Wed	Practice	N/A	9:00 AM	10:45 AM	Salem High School		
Nov 24, 2023	Fri	Practice	N/A	9:00 AM	10:45 AM	Salem High School		
Nov 27, 2023	Mon	Practice	N/A	3:35 PM	5:20 PM	Salem High School		
Nov 28, 2023	Tue	Practice	N/A	3:35 PM	5:20 PM	Salem High School		
Nov 29, 2023	Wed	Practice	N/A	3:35 PM	5:20 PM	Salem High School		
Nov 30, 2023	Thu	Practice	N/A	3:35 PM	5:20 PM	Salem High School		
Dec 1, 2023	Fri	Practice	N/A	3:00 PM	4:45 PM	Salem High School		
Dec 4, 2023	Mon	Practice	N/A	3:35 PM	5:20 PM	Salem High School		
Dec 5, 2023	Tue	Practice	N/A	3:35 PM	5:20 PM	Salem High School		
Dec 6, 2023	Wed	Practice	N/A	3:35 PM	5:20 PM	Salem High School		
Dec 7, 2023	Thu	Practice	N/A	3:35 PM	5:20 PM	Salem High School		
POSTPONED Dec 11, 2023	Mon	Practice	N/A	3:35 PM	5:20 PM	Salem High School		
Dec 12, 2023	Tue	Regular Season	Granville (Granville-Whitehall)	6:00 PM		HS Gym		L
Dec 13, 2023	Wed	Practice	N/A	3:35 PM	5:20 PM	Salem High School		
Dec 14, 2023	Thu	Practice	N/A	3:35 PM	5:20 PM	Salem High School		
Dec 15, 2023	Fri	Practice	N/A	3:00 PM	4:45 PM	Salem High School		
Dec 18, 2023	Mon	Practice	N/A	3:35 PM	5:20 PM	Salem High School		
Dec 19, 2023	Tue	Practice	N/A	3:35 PM	5:20 PM	Salem High School		
Dec 20, 2023	Wed	Practice	N/A	3:35 PM	5:20 PM	Salem High School		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 26, 2023	Tue	Practice	N/A	9:00 AM	10:45 AM	Salem High School		
Dec 27, 2023	Wed	Practice	N/A	9:00 AM	10:45 AM	Salem High School		
Dec 29, 2023	Fri	Practice	N/A	9:00 AM	10:45 AM	Salem High School		
Jan 2, 2024	Tue	Practice	N/A	3:35 PM	5:25 PM	Salem High School		
Jan 3, 2024	Wed	Regular Season	@ Warrensburg	6:00 PM		Warrensburg High School		L
Jan 4, 2024	Thu	Practice	N/A	3:35 PM	5:25 PM	Salem High School		
Jan 5, 2024	Fri	Practice	N/A	3:00 PM	4:45 PM	Salem High School		
Jan 8, 2024	Mon	Practice	N/A	3:35 PM	5:20 PM	TBD		
Jan 10, 2024	Wed	Regular Season	Hadley-Luzerne	6:00 PM		Cambridge HS		L
Jan 11, 2024	Thu	Practice	N/A	3:35 PM	5:20 PM	TBD		
Jan 12, 2024	Fri	Practice	N/A	3:00 PM	4:45 PM	Salem High School		
POSTPONED Jan 16, 2024	Tue	Practice	N/A	3:35 PM	5:25 PM	Salem High School		
Jan 18, 2024	Thu	Practice	N/A	3:35 PM	5:25 PM	Salem High School		
Jan 19, 2024	Fri	Practice	N/A	3:00 PM	4:45 PM	Salem High School		
Jan 22, 2024	Mon	Practice	N/A	3:35 PM	5:25 PM	Salem High School		
Jan 23, 2024	Tue	Practice	N/A	3:35 PM	5:25 PM	Salem High School		
Jan 24, 2024	Wed	Practice	N/A	3:35 PM	5:25 PM	Salem High School		
Jan 25, 2024	Thu	Practice	N/A	3:35 PM	5:25 PM	Salem High School		
Jan 26, 2024	Fri	Practice	N/A	3:00 PM	4:45 PM	Salem High School		
Jan 29, 2024	Mon	Regular Season (Salem Fun Day)	Granville (Granville-Whitehall)	4:30 PM		HS Gym		NL
Jan 29, 2024	Mon	Regular Season	Hadley-Luzerne	5:30 PM		HS Gym		NL

Date: 2025-02-18