



# Salem

## (G) V Wrestling (Salem-Cambridge)

### Coaches:

- Chris Fronhoffer, Head Coach
- Allise Hemmerling, Coach
- Lisa Oswald, Volunteer

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	TBD	5:20 PM	Salem High School		
Dec 7, 2023	Thu	Practice	N/A	3:35 PM	5:20 PM	Salem High School		
Dec 8, 2023	Fri	Regular Season (vs. Ravena)	TBD	6:00 PM		Cambridge HS	<b>Departure Date:</b> Dec 8, 2023 <b>Departure Time:</b> 4:00 PM	L
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 Girls Wrestling)	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		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 15, 2023	Fri	Regular Season (Niskayuna Tournament)	TBD, Colonie High School, Shaker High School, Shenendehowa High School, Guilderland High School, Burnt Hills-Ballston Lake HS, Whitehall, Bethlehem High School @ Niskayuna High School (Niskayuna/Schenectady Girls Wrestling)	4:00 PM		Niskayuna High School		NL
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		
Dec 26, 2023	Tue	Practice	N/A	9:00 AM	11:00 AM	Auditorium		
Dec 26, 2023	Tue	Scrimmage (Shared practice)	Granville (Granville-Whitehall Girls Wrestling)	9:00 AM	10:30 AM	Auditorium		NL
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 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	5:25 PM	Salem High School		
POSTPONED Jan 9, 2024	Tue	Practice	N/A	3:35 PM	5:25 PM	Salem High School		
Jan 11, 2024	Thu	Practice	N/A	3:35 PM	5:25 PM	Salem High School		
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 17, 2024	Wed	Regular Season	@ Whitehall	6:00 PM		Whitehall Jr/Sr High School		L
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 21, 2024	Sun	Meet (Queen Bison Invitational)	Vs. Multiple	9:00 AM		Shaker High School- H Gym		NL
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		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
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		

Date: 2025-12-15