



# Salem

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

### Coaches:

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

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		
Dec 2, 2024	Mon	Practice	N/A	3:35 PM		TBD		
Dec 3, 2024	Tue	Practice	N/A	3:35 PM		TBD		
Dec 4, 2024	Wed	Practice	N/A	3:35 PM		TBD		
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 8, 2024	Sun	Regular Season (Girls Tournament)	Hadley-Luzerne	9:00 AM		HS Gym		NL
Dec 8, 2024	Sun	Regular Season (Salem/Cambridge Invitational )	TBD	9:30 AM		Cambridge High School		NL
Dec 8, 2024	Sun	Regular Season (Salem-Cambridge Invitational)	Glens Falls	9:30 AM		Cambridge High School		NL
Dec 11, 2024	Wed	Regular Season	@ TBD	6:00 PM		Hoosick Falls HS		L
Dec 17, 2024	Tue	Regular Season	Hadley-Luzerne	6:00 PM		HS Gym		L
Dec 20, 2024	Fri	Regular Season (Holiday Headlocks)	Shaker High School, Shenendehowa High School, Albany High School, Averill Park High School, Colonie High School, Little Falls, Hadley-Luzerne, Amsterdam, Bethlehem High School, Columbia High School, Watervliet (Watervliet), Glens Falls @ Niskayuna High School (Niskayuna/Schenectady Girls Wrestling)	5:30 PM		NHS NEW GYM		NL
Dec 23, 2024	Mon	Regular Season	@ Hoosick Falls	9:00 AM		HS Gym		L
Dec 30, 2024	Mon	Regular Season (Coxsackie-Athens Tournament)	@ Coxsackie-Athens	9:00 AM		High School Gym		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 5, 2025	Sun	Regular Season (Dame of Thrones Tournament @ Impact Athletic Center)	@ TBD	9:30 AM		TBD		L
Jan 8, 2025	Wed	Regular Season	@ Granville (Granville-Whitehall Girls Wrestling)	5:55 PM		Whitehall Jr/Sr High School		L
CANCELLED Jan 13, 2025	Mon	Regular Season ( tri-meet )	@ Cocksackie-Athens	6:00 PM		Cocksackie-Athens HS		L
Jan 14, 2025	Tue	Regular Season (Lansingburgh Girls )	TBD	6:00 PM		HS Gym		L
Jan 18, 2025	Sat	Regular Season (Columbia )	@ TBD	TBD		TBD		L
Jan 26, 2025	Sun	Meet (Queen Bison Invitational)	Vs. Multiple	9:30 AM		Shaker High School- H Gym		NL
Feb 7, 2025	Fri	Regular Season (Small School Championship)	@ TBD	TBD		Mechanicville HS		L
Feb 17, 2025	Mon	Post-Season (State qualifier @ Guilderland)	@ TBD	TBD		TBD		L
Feb 27, 2025	Thu	Post-Season (State Final @ MVP Arena)	@ TBD	TBD		TBD		L

Date: 2025-12-19