

NOVEMBER

COLUMBIA WRESTLING PRACTICE SCHEDULE 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9 <u>JV & Varsity</u> 2:30 – 5pm	10 <u>JV 3PM-5PM</u> Var. 5pm-7pm <i>Emergency Go Home Drill</i>	11 <u>JV & VAR.</u> 8AM – 10AM <i>Veterans Day NO SCHOOL</i>	12 <u>JV 2:30-4:30</u> <u>VAR. 5pm-7pm</u>	13 <u>JV & Varsity</u> 2:30pm-5pm	14 <u>JV & Var.</u> 9am-11am Media Day-Var. J-Men Clinic & Applebee's Fundraiser
	16 <u>JV 2:30-4:30</u> <u>Var. 5pm-7pm</u>	17 <u>JV & Varsity</u> 4pm-6pm MANDATORY Meet the Coaches Night 7pm	18 <u>Var. 2:30-4:30</u> <u>JV 5pm-7pm</u>	19 SCHEDULE CHANGE <u>JV 2:30-4:30</u> <u>Var. 5pm- 7pm</u>	20 <u>JV 2:30-4:30</u> <u>Var. 5pm- 7pm</u>	21 MANDATORY NYS WEIGHT CERTIFICATION At Schalmont HS Time: TBA AM Time Slot
	23 <u>JV 2:30-4:30</u> <u>Var. 5pm-7pm</u>	24 <u>Varsity & JV</u> Scrimmage 4pm (home)	25 <u>JV & Varsity</u> 9am – 11am	26 NO PRACTICE <i>Happy Thanksgiving</i>	27 <u>JV & Varsity</u> 9am – 11am	28 <u>JV & Varsity</u> 8am -9:30AM <i>NE D1 College Duals at HVCC TBA</i>
	30 <u>JV 2:30-4:30</u> <u>Var. 5pm -7pm</u>					

DECEMBER

COLUMBIA WRESTLING PRACTICE SCHEDULE 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <u>JV 2:30-4:30</u> <u>Var. 5pm-7pm</u>	2 <u>MATCH</u> <u>vs. S. Colonie</u> <u>6pm (H)</u>	3 <u>Var. 2:30 -4:30</u> <u>JV 5PM – 7PM</u>	4 <u>JV 2:30-4:30</u> <u>Var. 5pm -7pm</u>	5 <u>JV at Ravena</u> <u>Tournament</u> <u>Var .9am- 11am</u>
	7 <u>JV 2:30 -4:30</u> <u>Var. 5pm -7pm</u>	8 <u>SCHEDULE</u> <u>CHANGE</u> <u>Var. 2:30-5pm</u> <u>JV 4:30-6:30</u>	9 <u>MATCH</u> <u>At Averill Park</u> <u>6pm</u>	10 <u>Var. 2:30-4:30</u> <u>JV 5pm -7pm</u>	11 <u>JV 2:30-4:30</u> <u>Var. -MATCH</u> <u>At Tamarac</u> <u>4pm</u>	12 <u>Varsity</u> <u>Columbia Duals</u> <u>8:30am-5pm</u> <u>(H)</u>
	14 <u>JV 2:30-4:30</u> <u>Var. 5pm -7pm</u>	15 <u>MATCH</u> <u>vs. Ballston Spa</u> <u>5pm at Goff</u> <u>School</u>	16 <u>Varsity</u> <u>At KSA Duals</u> <u>JV 2:30 -5PM</u>	17 <u>Varsity</u> <u>At KSA Duals</u> <u>JV 2:30 -5PM</u>	18 <u>Varsity</u> <u>At KSA Duals</u> <u>JV 2:30 -5PM</u>	19 <u>Varsity</u> <u>At KSA Duals</u> <u>-----</u> <u>JV at PSAL or</u> <u>Nisky Tourney</u>
20 <u>Varsity Returns</u> <u>from KSA</u> <u>Duals: TBA</u>	21 <u>JV 2:30-4:30</u> <u>Var. 5pm -7pm</u>	22 <u>MATCH</u> <u>vs. Burnt Hills</u> <u>6PM (H)</u>	23 <u>JV & Varsity</u> <u>2:30 – 5pm</u>	24 <u>NO Practice</u>	25 <u>No Practice</u> <u>-----</u> <u>Merry</u> <u>Christmas</u>	26 <u>Varsity</u> <u>9am – 11am</u> <u>-----</u> <u>JV-No Practice</u>
	28 <u>JV 1pm -3PM</u> <u>Var. 4pm - 6pm</u> <u>Tourney Set-Up</u> <u>3pm-4pm</u>	29 <u>Columbia</u> <u>Holiday</u> <u>Tourney: Var.</u> <u>7am Weigh-In</u> <u>9:30am start</u>	30 <u>JV at Shen</u> <u>Duals Tourney</u> <u>-----</u> <u>Varsity</u> <u>No Practice</u>	31 <u>NO PRACTICE</u>		

JANUARY

COLUMBIA WRESTLING PRACTICE SCHEDULE 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 <i>No Practice</i> ----- Happy New Year 2010	2 JV at Guilderland Duals
	4 <u>JV 2:30-4:30</u> <u>Var. 5pm-7pm</u>	5 <u>JV 2:30 -4:30</u> <u>Var. 5pm-7pm</u>	6 MATCH At Saratoga 6pm Bus Departs at 3:45pm	7 <u>Varsity 2:30-4PM</u> JV-TBA	8 Varsity At The Virginia Duals ----- JV -TBA	9 Varsity At The Virginia Duals ----- JV-No Practice
	11 <u>JV 2:30-4:30</u> <u>Var. 5pm-7pm</u>	12 <u>JV 2:30-4:30</u> <u>Var. 5pm-7pm</u>	13 MATCH vs. Guilderland 6pm	14 <u>Var. 2:30-4:30</u> <u>JV 5pm-7pm</u>	15 <u>Varsity & JV</u> 2:30-5PM	16 Varsity N/S Duals at Queensbury- JV At Burnt Hills Tournament
	18 <u>JV 2:30-4:30</u> <u>Var. 5pm-7pm</u>	19 <u>JV 2:30-4:30</u> <u>Var. 5pm- 7pm</u>	20 MATCH At Shenendehowa 6pm Start Bus Departs at 4pm	21 <u>Var. 2:30-4:30</u> <u>JV 5pm-7pm</u>	22 <u>Var. 2:30-4:30</u> <u>JV 5pm – 7pm</u>	23 Varsity At Section II Duals or Fonda Fultonville Duals
	25 <u>JV 2:30-4:30</u> <u>Var. 5pm-7pm</u>	26 <u>JV 3-4:30</u> <u>Var. 5pm-7pm</u>	27 <u>Varsity & JV</u> 3pm – 5pm	28 MATCH vs. Bethlehem 6pm * <i>Senior Night*</i>	29 <u>Varsity & JV</u> 2:30 -5PM	30 JV at Bethlehem Duals Varsity: <i>No Practice</i>

FEBRUARY

COLUMBIA WRESTLING PRACTICE SCHEDULE 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <u>Varsity Practice</u> TBA 2/1- 2/5	2	3	4	5	6 Varsity Class A`s At Shen
	8 <u>Varsity Practice</u> TBA 2/8 – 2/12	9	11	12	13 Section II Championships At GFCC	14 Section II Championships At GFCC
	15 <u>Winter Break</u> No School 2/15 -2/19	16	17	18	19	20
	22	23	24	25	26 NYS Championships At TU Center	27 NYS Championships At TU Center

Practice & Match times may change due to:

Weather / School Cancellations & Coaches discretion.

Dual Match Procedures:

Mandatory Morning Honor Weigh-In: 7am-7:25am

Gym Set-Up for HOME matches is 4pm

Mandatory Matside weigh-In: 5pm

JV Match: 6pm (2 mats) / Varsity Match to start at the completion of the JV Match on 1 mat.

