## Coaches:



- Mike Terboss
- Dan Bertoni

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE DEPARTURE TRANSPORTATION / NON- LEAGUE
Feb 19, 2019	Tue	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym	
Feb 20, 2019	Wed	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym	
Feb 21, 2019	Thu	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym	
Feb 26, 2019	Tue	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym	
Feb 27, 2019	Wed	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym	
Feb 28, 2019	Thu	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym	
Mar 4, 2019	Mon	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room	
Mar 5, 2019	Tue	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym	
Mar 5, 2019	Tue	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room	
Mar 6, 2019	Wed	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym	
Mar 6, 2019	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room	
Mar 7, 2019	Thu	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym	
Mar 7, 2019	Thu	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room	
Mar 8, 2019	Fri	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room	
Mar 11, 2019	Mon	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room	
Mar 12, 2019	Tue	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym	
Mar 12, 2019	Tue	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room	

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	LEAGI DEPARTURE TRANSPORTATION / NON- LEAGI
Mar 13, 2019	Wed	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym	
Mar 13, 2019	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room	,
Mar 14, 2019	Thu	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym	
Mar 14, 2019	Thu	Practice	N/A	3:00 PM	4:30 PM	UEHS Frank Sorochinsky Wrestling Room	,
Mar 15, 2019	Fri	Practice	N/A	9:00 AM	10:30 AM	UEHS Frank Sorochinsky Wrestling Room	,
Mar 18, 2019	Mon	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room	,
Mar 19, 2019	Tue	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym	
Mar 19, 2019	Tue	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room	
Mar 20, 2019	Wed	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym	
Mar 20, 2019	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room	,
Mar 21, 2019	Thu	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym	
Mar 21, 2019	Thu	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room	,
Mar 22, 2019	Fri	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room	,
Mar 25, 2019	Mon	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room	,
Mar 26, 2019	Tue	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym	
Mar 26, 2019	Tue	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room	,

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGU / NON- LEAGU
Mar 27, 2019	Wed	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym			
Mar 27, 2019	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room			
Mar 28, 2019	Thu	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym			
Mar 28, 2019	Thu	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room			
Mar 28, 2019	Thu	Scrimmage	@ Chenango Valley	4:00 PM	6:00 PM	CV - HS Warrior Stadium	<b>Bus/Driver:</b> DB1	Departure Point: Fran Angeline Field House Departure Time: 3:00 PM Return Date: Return Time: 6:00 PM	NL
Mar 29, 2019	Fri	Practice	N/A	3:30 PM	5:30 PM	UEHS Frank Sorochinsky Wrestling Room			
Apr 1, 2019	Mon	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track			
Apr 2, 2019	Tue	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym			
Apr 2, 2019	Tue	Regular Season 91-40 W	Maine- Endwell	4:15 PM	7:00 PM	UEHS Mike Miller Track			L
Apr 3, 2019	Wed	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym			
Apr 3, 2019	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track			
Apr 4, 2019	Thu	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym			
Apr 4, 2019	Thu	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track			
Apr 5, 2019	Fri	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track			
Apr 6, 2019	Sat	Meet (NY/PA Invitational)	Vs. Multiple	10:00 AM		Windsor High School Track	<b>Bus/Driver:</b> DB2	Departure Point: Fran Angeline Field House Departure Time: 8:30 PM Return Date: Return Time: 4:00 PM	NL
Apr 8, 2019	Mon	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track			
Apr 9, 2019	Tue	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym			
Apr 9, 2019	Tue	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track			
Apr 10, 2019	Wed	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym			
Apr 10, 2019	Wed	Regular Season 76-50 W	Johnson City	4:15 PM	7:00 PM	UEHS Mike Miller Track			L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Apr 11, 2019	Thu	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym			
Apr 11, 2019	Thu	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track			
Apr 11, 2019	Thu	Meet (CSI Invite)	Vs. Multiple	4:30 PM	7:00 PM	- Stadium	<b>Bus/Driver:</b> DB2	Departure Point: Fran Angeline Field House Departure Time: 3:30 PM Return Date: Return Time: 7:00 PM	NL
Apr 12, 2019	Fri	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track			
Apr 13, 2019	Sat	Meet (Square Deal Invitational)	Vs. Multiple	12:00 PM	4:00 PM	JC HS Track	<b>Bus/Driver:</b> DB2	Departure Point: UEHS Upper Parking Lot Departure Time: 10:45 AM Return Date: Return Time: 4:00 PM	NL
Apr 15, 2019	Mon	Practice	N/A	10:00 AM	11:30 AM	UEHS Mike Miller Track			
Apr 16, 2019	Tue	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym			
Apr 16, 2019	Tue	Practice	N/A	10:00 AM	11:30 AM	UEHS Mike Miller Track			
Apr 17, 2019	Wed	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym			
Apr 17, 2019	Wed	Practice	N/A	10:00 AM	11:30 AM	UEHS Mike Miller Track			
Apr 18, 2019	Thu	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym			
Apr 18, 2019	Thu	Practice	N/A	10:00 AM	11:30 AM	UEHS Mike Miller Track			
Apr 23, 2019	Tue	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym			
Apr 23, 2019	Tue	Regular Season 110-21 W	Vestal	4:15 PM	7:00 PM	UEHS Mike Miller Track			L
Apr 24, 2019	Wed	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym			
Apr 24, 2019	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track			
Apr 25, 2019	Thu	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym			
Apr 25, 2019	Thu	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track			
Apr 26, 2019	Fri	Meet (Ithaca Relays)	Vs. Multiple	4:00 PM	9:00 PM	IHS Moresco Stadium	<b>Bus/Driver:</b> DB2	Departure Point: Fran Angeline Field House Departure Time: 2:15 PM Return Date: Return Time: 9:00 PM	NL
Apr 29, 2019	Mon	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track			
Apr 30, 2019	Tue	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym			
May 1, 2019	Wed	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym			

	WEEK		STADT E	ND	L	LEAGUE
DATE	WEEK DAY	OPPONENTS	TIME T	IME LOCATION	L DEPARTURE TRANSPORTATION /	NON-
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May 1, 2019	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track			
May 1, 2019	Wed	Regular Season 82-59 W	@ Owego Apalachin	4:30 PM		Newark Valley High School	<b>Bus/Driver:</b> DB2	Departure Point: Fran Angeline Field House Departure Time: 3:00 PM Return Date: Return Time: 6:30 PM	L
May 2, 2019	Thu	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym			
May 2, 2019	Thu	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track			
May 3, 2019	Fri	Meet (Golden Bear Invitational)	Vs. Multiple	4:00 PM	9:00 PM	Vestal Dick Hoover Stadium	<b>Bus/Driver:</b> DB1	Departure Point: Fran Angeline Field House Departure Time: 2:50 PM Return Date: Return Time: 9:00 PM	NL
May 6, 2019	Mon	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track			
May 7, 2019	Tue	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym			
May 7, 2019	Tue	Regular Season 107-33 W	@ Binghamton	4:15 PM	6:30 PM	Alumni Stadium	<b>Bus/Driver:</b> DB2	Departure Point: Fran Angeline Field House Departure Time: 3:00 PM Return Date: Return Time: 6:30 PM	L
May 8, 2019	Wed	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym			
May 8, 2019	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track			
May 9, 2019	Thu	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym			
May 9, 2019	Thu	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track			
May 10, 2019	Fri	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track			
May 11, 2019	Sat	Meet (Parkhurst Invitational)	Vs. Multiple	12:00 PM	6:00 PM	UEHS Mike Miller Track			NL
May 14, 2019	Tue	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym			
May 14, 2019	Tue	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track			
May 15, 2019	Wed	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym			
May 15, 2019	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track			
May 16, 2019	Thu	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym			
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DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
May 16, 2019	Thu	Meet (STAC Meet)	Vs. Multiple	4:00 PM		JC HS Track	<b>Bus/Driver:</b> DB1	Departure Point: Fran Angeline Field House Departure Time: 2:30 PM Return Date: Return Time: 7:30 PM	NL
May 17, 2019	Fri	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track			
May 20, 2019	Mon	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track			
May 21, 2019	Tue	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym			
May 21, 2019	Tue	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track			
May 21, 2019	Tue	Meet (Class A/B Meet)	Vs. Multiple	4:00 PM	7:30 PM	Vestal Dick Hoover Stadium	<b>Bus/Driver:</b> DB1	Departure Point: Fran Angeline Field House Departure Time: 2:30 PM Return Date: Return Time: 8:30 PM	NL
May 22, 2019	Wed	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym			
May 23, 2019	Thu	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym			
May 23, 2019	Thu	Practice	N/A	9:00 AM	10:30 AM	UEHS Mike Miller Track			
May 23, 2019	Thu	Meet (Need 4 Speed Invitational & 3 Bald Guys Pentathlon)	Vs. Multiple	3:30 PM	6:30 PM	JC HS Track	<b>Bus/Driver:</b> DB1	Departure Point: Fran Angeline Field House Departure Time: 2:30 PM Return Date: Return Time: 6:30 PM	NL
May 27, 2019	Mon	Practice	N/A	5:30 PM	6:30 PM	UEHS Mike Miller Track			
May 28, 2019	Tue	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym			
May 28, 2019	Tue	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track			
May 29, 2019	Wed	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym			
May 29, 2019	Wed	Post-Season (State Qualifiers)	Candor (Candor)	5:00 PM		TBD			L
May 29, 2019	Wed	Post-Season (Sectional Championships)	Notre Dame, Elmira	5:00 PM		UEHS Ty Cobb Stadium			L
May 29, 2019	Wed	Post-Season (Post Season State Qualifiers Day 1)	Harpursville (Afton/Harpur)	5:00 PM		UEHS Mike Miller Track			L
May 29, 2019	Wed	Meet (State Qualifier)	Vs. Multiple	5:00 PM		UEHS Mike Miller Track			NL
May 30, 2019	Thu	Practice (Throwers)	N/A	6:00 AM	7:15 AM	UEHS Small Gym			
May 30, 2019	Thu	Meet (State Qualifier)	Vs. Multiple	5:00 PM		UEHS Mike Miller Track			NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jun 3, 2019	Mon	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track			
Jun 4, 2019	Tue	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track			
Jun 5, 2019	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track			
Jun 6, 2019	Thu	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track			
Jun 7, 2019	Fri	Meet (State Championships)	Vs. Multiple	11:30 AM		Middletown HS	Bus/Driver: DB1	<b>Departure Point:</b> Fran Angeline Field House	NL
Jun 8, 2019	Sat	Meet (State Championships)	Vs. Multiple	10:00 AM		Middletown HS	Bus/Driver: DB1	<b>Departure Point:</b> Fran Angeline Field House	NL

Date: 2024-07-23