








2023 - 2024 Niagara Falls Wrestling Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gold Club -> T&R 5:00-6:00 Need ride home		November				
12	13	14	15	16	17	18
	First Day of Practice 3:00-4:45	Practice 3:00-4:45.	Practice 3:00-4:45	Practice 3:00-4:45	Practice 3:00-4:45 Stack Mats to Side for Baseball	Mandatory Weight Certifications @ NFHS
19	20	21	22	23	24	25
	Practice 3:00-4:45	Morning Practice TBA		Optional off site Afternoon Practice TBA		Practice TBA
December						
26	27	28	29	30	1	
	Practice 3:00-4:45	Practice 3:00-4:45	Practice 3:00-4:45	Practice 3:00-4:45	Stack Mats to Side for Baseball	Southtowns Duals @ St. Francis
3	4	5	6	7	8	9
	Modified @ North Tonawanda 5:00	Practice 3:00-4:45	@ CSAT 5:00	Modified @ CSAT 5:00	Stack Mats to Side for Baseball	Lyndonville Fred Large Invitational
10	11	12	13	14	15	
	Practice 3:00-4:45	Practice 3:00-4:45	Vs. Lewport 5:00	Modified @ Niagara Wheatfield 5:00	Varsity - NCCC - Linda C. Knuutila Tourn.	
17	18	19	20	21	22	23
	Practice 2:50-TBA	Practice 3:00-4:45	@ Lockport 5:30	Modified @ Kenmore	Practice 3:00-4:45	Optional Practice TBA
24	25	26	27	28	29	30
Christmas Eve	Merry Christmas	No Practice	Practice 10:00-11:45	Practice 10:00-11:45	Akron JV Tournament	Akron Varsity Tournament
January						
31	1	2	3	4	5	6
2022 HAPPY NEW YEAR	Practice 10:00-11:45	Practice 3:00-4:45	@ Grand Island 5:30	Practice 3:00-4:45	Stack Mats to Side for Baseball	Section 6 Duals
7	8	9	10	11	12	
	Practice 3:00-4:45	Practice 3:00-4:45	@ North Tonawanda 6:00	Stack Mats to Side for Baseball	Varsity - Lockport Tournament	
				Practice 3:00-4:45	Wrestling Begins @ 4:30pm	Wrestling Begins @ 9:15am

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14	15 	16 Match Setup	17 Vs. Kenmore 5:00 Senior Night 	18  Practice 3:00-4:45	19 Stack Mats to Side for Baseball Practice 3:00-4:45	20 Possible Tournament or in house dual.
21	22 Practice 3:00-4:45	23 Match Setup  Practice 3:00-4:45	24 Vs. Wheatfield 5:00 	25  Practice 3:00-4:45	26 Stack Mats to Side for Baseball Practice 3:00-4:45	27 JV & Varsity at Kenmore West Tournament. 

February

28	29 Practice 3:00-4:45	30  Practice 3:00-4:45	31 Class Seeding Due. Practice 3:00-4:45	1  Practice 3:00-4:45	2 Stack Mats to Side for Baseball Practice 3:00-4:45	3 Class AA Tourn. @ TBA 
4	5 Practice 3:00-4:45	6  Practice 3:00-4:45	7 Practice 3:00-4:45	8  Practice 3:00-4:45	9 Stack Mats to Side for Baseball Practice 3:00-4:45	10 Sectionals @Will-North 
11	12 States Practice TBA	13 States Practice TBA	14 States Practice TBA	15 States Practice TBA	16 States Practice TBA	17 State Seeding Meeting States Practice TBA
18	19 	20 States Practice TBA	21 States Practice TBA	22 States Travel Day	23 NYSPHSAA Championships  @ Albany	