



2024-2025 Columbia Varsity Girls Wrestling

1st Week Schedule

Varsity Head Coach: Michael Merhige. – Email: merhigemi@yahoo.com

Varsity Assistant Coach: Tim Satalino – Email: jaydenpops@hotmail.com

11/18/24 Monday	Practice Columbia HS Wrestling Room	3:00 - 5:15pm
11/19/24 Tuesday	Practice Columbia HS Wrestling Room	3:00 - 5:15pm
11/20/24 Wednesday	Practice Columbia HS Wrestling Room	3:00 - 5:15pm
11/21/24 Thursday	Practice Columbia HS Wrestling Room	3:00 - 5:15pm
11/22/24 Friday	Practice Columbia HS Wrestling Room	3:00 - 5:15pm
11/23/24 Saturday	Mandatory Weight Certifications (Coxsackie HS) Bus Departs Columbia HS @ 8:30am	9:40am