

## Coaches:

- Janelle Ferris, Head Coach
- Lindsay Hanson, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / No	AGUE ON- AGUE
Nov 13, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	GBHS Main Gym		
Nov 14, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	GBHS Main Gym		
Nov 14, 2023	Tue	Practice	N/A	5:00 PM	5:30 PM	GBHS Weight Room		
Nov 15, 2023	Wed	Practice	N/A	7:00 PM	9:00 PM	GBHS Main Gym		
Nov 16, 2023	Thu	Practice	N/A	7:00 PM	9:00 PM	GBHS Main Gym		
Nov 17, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	GBHS Main Gym		
Nov 17, 2023	Fri	Practice	N/A	5:00 PM	5:30 PM	GBHS Weight Room		
Nov 18, 2023	Sat	Practice	N/A	11:00 AM	1:00 PM	GBHS Main Gym		
Nov 20, 2023	Mon	Practice	N/A	6:00 AM	7:30 AM	GBHS Main Gym		
Nov 20, 2023	Mon	Practice	N/A	6:45 AM	7:15 AM	GBHS Weight Room		
Nov 21, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	GBHS Main Gym		
Nov 22, 2023	Wed	Practice	N/A	9:00 AM	11:00 AM	GBHS Main Gym		
Nov 22, 2023	Wed	Practice	N/A	11:00 AM	11:30 AM	GBHS Weight Room		
Nov 25, 2023	Sat	Scrimmage	Heuvelton	10:00 AM	12:00 PM	GBHS Main Gym	NL	-
Nov 27, 2023	Mon	Practice	N/A	5:00 PM	7:00 PM	GBHS Main Gym		
Nov 27, 2023	Mon	Practice	N/A	7:00 PM	7:30 PM	TBD		
Nov 28, 2023	Tue	Practice	N/A	7:00 PM	9:00 PM	GBHS Main Gym		
Nov 29, 2023	Wed	Practice	N/A	5:00 PM	7:00 PM	GBHS Main Gym		
Nov 30, 2023	Thu	Practice	N/A	5:00 PM	7:00 PM	GBHS Main Gym		
Nov 30, 2023	Thu	Practice	N/A	7:00 PM	7:30 PM	GBHS Weight Room		
Dec 1, 2023	Fri	Practice	N/A	3:00 PM	4:30 PM	GBHS Main Gym		
Dec 2, 2023	Sat	Regular Season	Notre Dame, Utica	12:30 PM	2:00 PM	GBHS Main Gym	NL	-
Dec 4, 2023	Mon	Practice	N/A	4:30 PM	6:00 PM	GBHS Main Gym		
Dec 4, 2023	Mon	Practice	N/A	6:00 PM	6:30 PM	GBHS Weight Room		
Dec 5, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	GBHS Main Gym		
Dec 6, 2023	Wed	Regular Season	South Jefferson	7:15 PM		GBHS Main Gym	L	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE I / NON- LEAGUE
Dec 7, 2023	Thu	Practice	N/A	3:00 PM	4:30 PM	GBHS Main Gym		
Dec 8, 2023	Fri	Regular Season	Lowville	7:15 PM		GBHS Main Gym		L
Dec 10, 2023	Sun	Practice	N/A	12:00 PM	2:00 PM	GBHS Main Gym		
Dec 12, 2023	Tue	Practice	N/A	3:00 PM	4:30 PM	GBHS Main Gym		
Dec 12, 2023	Tue	Practice	N/A	4:30 PM	5:00 PM	GBHS Weight Room		
Dec 14, 2023	Thu	Practice	N/A	5:00 PM	6:30 PM	GBHS Main Gym		
Dec 14, 2023	Thu	Practice	N/A	6:30 PM	7:00 PM	GBHS Weight Room		
Dec 15, 2023	Fri	Practice	N/A	3:00 PM	4:30 PM	GBHS Main Gym		
Dec 16, 2023	Sat	Regular Season	Watertown	11:30 AM		GBHS Main Gym		L
Dec 18, 2023	Mon	Practice	N/A	3:00 PM	4:30 PM	GBHS Main Gym		
Dec 18, 2023	Mon	Practice	N/A	4:30 PM	5:00 PM	GBHS Weight Room		
Dec 19, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	GBHS Main Gym		
Dec 21, 2023	Thu	Practice	N/A	3:00 PM	4:30 PM	GBHS Main Gym		
Dec 22, 2023	Fri	Practice	N/A	10:00 AM	12:00 PM	) GBHS Main Gym		
Dec 23, 2023	Sat	Practice	N/A	10:30 AM	11:30 AM	) GBHS Main Gym		
Dec 26, 2023	Tue	Practice	N/A	12:00 PM	2:00 PM	GBHS Main Gym		
Dec 27, 2023	Wed	Regular Season	Edwards-Knox	6:30 PM		JCC	<b>Departure Time:</b> 4:00 PM	NL
Dec 28, 2023	Thu	Practice	N/A	11:00 AM	1:00 PM	GBHS Main Gym		
Jan 2, 2024	Tue	Practice	N/A	7:00 PM	9:00 PM	GBHS Main Gym		
Jan 3, 2024	Wed	Practice	N/A	5:00 PM	7:00 PM	GBHS Main Gym		
Jan 4, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	GBHS Main Gym		
Jan 5, 2024	Fri	Regular Season	Cortland	6:00 PM	7:30 PM	GBHS Main Gym		L
Jan 8, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	GBHS Main Gym		
Jan 10, 2024	Wed	Practice	N/A	3:00 PM	4:30 PM	GBHS Main Gym		
Jan 12, 2024	Fri	Practice	N/A	3:00 PM	4:30 PM	GBHS Main Gym		
Jan 15, 2024	Mon	Practice	N/A	11:30 AM	1:00 PM	GBHS Main Gym		
Jan 15, 2024	Mon	Practice	N/A	1:00 PM	1:30 PM	GBHS Weight Room		
Jan 16, 2024	Tue	Practice	N/A	3:00 PM	4:30 PM	GBHS Main Gym		
Jan 19, 2024	Fri	Practice	N/A	3:00 PM	4:30 PM	GBHS Main Gym		

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 21, 2024	Sun	Practice	N/A	12:00 PM	2:00 PM	GBHS Main Gym		
Jan 22, 2024	Mon	Regular Season 67-18 W	Carthage	7:15 PM		GBHS Main Gym		L
Jan 23, 2024	Tue	Regular Season	Immaculate Heart Central, Watertown	7:00 PM		Jefferson Community College	<b>Departure Time:</b> 4:30 PM	L
Jan 25, 2024	Thu	Practice	N/A	3:00 PM	4:30 PM	GBHS Main Gym		
Jan 27, 2024	Sat	Regular Season	Hammond	11:00 AM		GBHS Main Gym		NL
Jan 29, 2024	Mon	Practice	N/A	3:00 PM	4:30 PM	GBHS Main Gym		
Jan 31, 2024	Wed	Practice	N/A	3:00 PM	4:30 PM	TBD		
Feb 1, 2024	Thu	Regular Season	Indian River	7:15 PM		GBHS Main Gym		L
Feb 2, 2024	Fri	Practice	N/A	3:00 PM	4:30 PM	GBHS Main Gym		
Feb 5, 2024	Mon	Practice	N/A	6:00 PM	7:30 PM	GBHS Main Gym		
Feb 6, 2024	Tue	Practice	N/A	3:00 PM	4:30 PM	GBHS Main Gym		
Feb 7, 2024	Wed	Post-Season (Playoffs)	South Jefferson	6:00 PM	8:00 PM	GBHS Main Gym		NL
Feb 8, 2024	Thu	Practice	N/A	3:00 PM	4:30 PM	TBD		
Feb 9, 2024	Fri	Practice	N/A	3:00 PM	4:30 PM	GBHS Main Gym		
Feb 10, 2024	Sat	Practice	N/A	1:00 PM	2:00 PM	GBHS Main Gym		
Feb 12, 2024	Mon	Practice	N/A	4:30 PM	6:30 PM	GBHS Main Gym		
Feb 13, 2024	Tue	Practice	N/A	3:00 PM	4:30 PM	GBHS Main Gym		
Feb 14, 2024	Wed	Practice	N/A	4:30 PM	6:30 PM	GBHS Main Gym		
Feb 16, 2024	Fri	Practice	N/A	3:00 PM	4:30 PM	GBHS Main Gym		
Feb 16, 2024	Fri	Practice	N/A	4:30 PM	5:15 PM	GBHS Weight Room		
Feb 17, 2024	Sat	Practice	N/A	11:00 AM		GBHS Main Gym		
Feb 18, 2024	Sun	Practice	N/A	10:00 AM	11:30 AM	GBHS Main Gym		
Feb 18, 2024	Sun	Practice	N/A	11:30 AM	12:00 PM	GBHS Weight Room		
Feb 19, 2024	Mon	Practice	N/A	10:00 AM	12:00 PM	GBHS Main Gym		
Feb 20, 2024	Tue	Practice	N/A	2:00 PM	3:30 PM	GBHS Main Gym		
Feb 21, 2024	Wed	Practice	N/A	11:00 AM	12:00 PM	GBHS Main Gym		
Feb 21, 2024	Wed	Post-Season	Canastota	6:00 PM	8:00 PM	GBHS Main Gym		NL
Feb 22, 2024	Thu	Practice	N/A	11:00 AM	12:30 PM	GBHS Main Gym		
Feb 23, 2024	Fri	Practice	N/A	10:00 AM	10:30 AM	GBHS Weight Room		

DATE	WEE! DAY	<sup>(</sup> TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Feb 23, 2024	Fri	Practice	N/A	10:30 AM	12:00 PM	GBHS Main Gym		
Feb 24, 2024	Sat	Post-Season	Jordan-Elbridge	12:00 PM	2:00 PM	GBHS Main Gym		NL
Feb 26, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	GBHS Main Gym		
Feb 27, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	GBHS Main Gym		
Feb 28, 2024	Wed	Post-Season (Section III Semi- Final)	Marcellus	4:30 PM	6:30 PM	Rome Free Academy	Departure Time: 2:00 PM	NL

Date: 2024-05-02