

## Coaches:

• Mike Hartle, Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 14, 2022	Mon	Practice (Varsity Wrestling Practice)	N/A	4:00 PM	6:30 PM	GBHS Weight Room		
Nov 15, 2022	Tue	Practice (Varsity Wrestling Practice)	N/A	4:00 PM	6:30 PM	GBHS Weight Room		
Nov 16, 2022	Wed	Practice (Varsity Wrestling Practice)	N/A	4:00 PM	6:30 PM	GBHS Weight Room		
Nov 16, 2022	Wed	Scrimmage (Weigh in at South Jeff )	@ TBD	5:00 PM	5:20 PM	TBD	<b>Departure Time:</b> 4:30 PM	NL
Nov 17, 2022	Thu	Practice (Varsity Wrestling Practice)	N/A	10:30 AM	12:30 PM	GBHS Weight Room		
CANCELLED Nov 18, 2022	Fri	Practice (Varsity Wrestling Practice)	N/A	4:00 PM	6:30 PM	GBHS Weight Room		
CANCELLED Nov 19, 2022	Sat	Practice	N/A	12:00 PM	2:00 PM	GBHS Weight Room		
Nov 20, 2022	Sun	Practice	N/A	3:00 PM	5:00 PM	TBD		
Nov 21, 2022	Mon	Practice (Varsity Wrestling Practice)	N/A	4:00 PM	6:30 PM	GBHS Weight Room		
Nov 22, 2022	Tue	Practice (Varsity Wrestling Practice)	N/A	4:00 PM	6:30 PM	GBHS Weight Room		
Nov 23, 2022	Wed	Practice (Varsity/JV Wrestling Practice)	N/A	8:00 AM	10:00 AM	GBHS Weight Room		
Nov 23, 2022	Wed	Practice (Varsity Wrestling Practice)	N/A	4:00 PM	6:30 PM	GBHS Weight Room		
Nov 25, 2022	Fri	Practice (Varsity Wrestling Practice)	N/A	4:00 PM	6:30 PM	GBHS Weight Room		
CANCELLED Nov 26, 2022	Sat	Practice (Varsity Wrestling Practice)	N/A	8:00 AM	10:30 AM	GBHS Weight Room		
Nov 26, 2022	Sat	Practice (Varsity/JV Wrestling Practice)	N/A	4:00 PM	6:00 PM	GBHS Weight Room		
Nov 28, 2022	Mon	Practice (Varsity/JV Wrestling Practice)	N/A	4:00 PM	6:30 PM	GBHS Weight Room		
Nov 29, 2022	Tue	Practice (Varsity/JV Wrestling Practice)	N/A	4:00 PM	6:30 PM	GBHS Weight Room		
Nov 30, 2022	Wed	Practice	N/A	3:00 PM	4:30 PM	GBHS Weight Room		

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Dec 1, 2022	Thu	Practice (Varsity/JV Wrestling Practice)	N/A	4:00 PM	6:30 PM	GBHS Weight Room		
Dec 2, 2022	Fri	Practice (Varsity/JV Wrestling Practice)	N/A	3:00 PM	4:30 PM	GBHS Weight Room		
Dec 3, 2022	Sat	Regular Season (CNS 2022 Anderson Wrestling Tournament)	@ TBD	7:00 AM	7:00 PM	CNS HS-Main Gym	Departure Date: Dec 3, 2022 Departure Time: 6:50 AM	NL
CANCELLED Dec 3, 2022	Sat	Practice (Varsity Wrestling Practice)	N/A	8:00 AM	10:30 AM	GBHS Weight Room		
Dec 3, 2022	Sat	Regular Season (Anderson Tournament)	Amsterdam (Amsterdam/Broadalbin-Perth), Camden, Canastota, Central Square, Chittenango, Cortland, Fayetteville- Manlius, Fairport, Falconer, Fonda- Fultonville (Fonda/Johnston), Fulton, Homer, Indian River, Lansing (Co-ed), Marcellus, New Hartford, Watertown, Syracuse City (Syracuse City), Windsor, West Genesee @ Cicero-North Syracuse	9:00 AM	6:00 PM	CNS HS-Main Gym		L
Dec 5, 2022	Mon	Practice (Varsity/JV Wrestling Practice)	N/A	3:30 PM	5:30 PM	GBHS Weight Room		
Dec 6, 2022	Tue	Practice (Varsity/JV Wrestling Practice)	N/A	4:00 PM	6:30 PM	GBHS Weight Room		
Dec 7, 2022	Wed	Practice (Varsity/JV Wrestling Practice)	N/A	4:00 PM	6:30 PM	GBHS Weight Room		
Dec 8, 2022	Thu	Practice	N/A	4:00 PM	6:30 PM	GBHS Weight Room		
Dec 8, 2022	Thu	Practice (Varsity/JV Wrestling Practice)	N/A	4:00 PM		GBHS Weight Room		
Dec 9, 2022	Fri	Practice (Varsity/JV Wrestling Practice)	N/A	6:00 PM	8:00 PM	Dexter Elem Gym		
Dec 10, 2022	Sat	Practice (Varsity Wrestling Practice)	N/A	8:00 AM	10:30 AM	GBHS Weight Room		
Dec 10, 2022	Sat	Regular Season (General Brown Dual Meet Tournament)	Camden, Ogdensburg, Watertown, Beaver River, Canton	9:30 AM	3:00 PM	GBHS Main Gym, GBHS Cafeteria		NL

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Dec 12, 2022	Mon	Regular Season	Beaver River	6:00 PM		GBHS Main Gym		L
Dec 13, 2022	Tue	Practice (Varsity/JV Wrestling Practice)	N/A	4:00 PM	6:30 PM	GBHS Weight Room		
Dec 14, 2022	Wed	Practice (Varsity/JV Wrestling Practice)	N/A	3:00 PM	5:00 PM	GBHS Weight Room		
Dec 15, 2022	Thu	Practice (Varsity/JV Wrestling Practice)	N/A	4:00 PM	6:30 PM	GBHS Weight Room		
Dec 16, 2022	Fri	Regular Season (2022 North Country Invitational Tournament)	@ Indian River	3:00 PM	9:00 PM	Indian River Middle School Gym #2 (Center)	Departure Date: Dec 16, 2022 Departure Time: 2:30 PM	NL
Dec 16, 2022	Fri	Practice (Varsity/JV Wrestling Practice)	N/A	4:00 PM	6:30 PM	GBHS Weight Room		
Dec 16, 2022	Fri	Meet (North Country Wrestling Invite Day 1)	Vs. Multiple	4:00 PM	10:00 PM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side)		NL
Dec 17, 2022	Sat	Meet (North Country Wrestling Invite Day 2)	Vs. Multiple	8:00 AM	8:00 PM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym#1 (Main Office)		NL
Dec 17, 2022	Sat	Regular Season (2022 North Country Invitational Tournament)	@ Indian River	8:00 AM	8:00 PM	Indian River Middle School Gym #2 (Center)	Departure Date: Dec 17, 2022 Departure Time: 7:00 AM	NL
CANCELLED Dec 17, 2022	Sat	Practice (Varsity Wrestling Practice)	N/A	8:00 AM	10:30 AM	GBHS Weight Room		
Dec 19, 2022	Mon	Practice (Varsity/JV Wrestling Practice)	N/A	4:00 PM	6:30 PM	GBHS Weight Room		
Dec 20, 2022	Tue	Practice (Varsity/JV Wrestling Practice)	N/A	4:00 PM	6:30 PM	GBHS Weight Room		
Dec 21, 2022	Wed	Regular Season	Sandy Creek @ South Jefferson	6:30 PM		SJ HS/MS Gym 2 (HS)	<b>Departure Time:</b> 4:45 PM	L
Dec 22, 2022	Thu	Practice (Varsity/JV Wrestling Practice)	N/A	4:00 PM	6:30 PM	GBHS Weight Room		

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Dec 27, 2022	Tue	Practice (Varsity/JV Wrestling Practice)	N/A	5:00 PM	7:00 PM	GBHS Weight Room		
Dec 28, 2022	Wed	Practice (Varsity/JV Wrestling Practice)	N/A	8:00 AM	10:00 AM	GBHS Weight Room		
Dec 29, 2022	Thu	Practice (Varsity/JV Wrestling Practice)	N/A	8:00 AM	10:00 AM	GBHS Weight Room		
Dec 30, 2022	Fri	Practice (Varsity/JV Wrestling Practice)	N/A	8:00 AM	10:00 AM	GBHS Weight Room		
Dec 31, 2022	Sat	Practice (Varsity Wrestling Practice)	N/A	8:00 AM	10:30 AM	GBHS Weight Room		
Jan 3, 2023	Tue	Practice (Varsity/JV Wrestling Practice)	N/A	4:00 PM	6:30 PM	GBHS Weight Room		
Jan 4, 2023	Wed	Regular Season	@ Lowville	6:30 PM		Lowville High School	<b>Departure Time:</b> 4:45 PM	L
Jan 5, 2023	Thu	Regular Season	South Lewis	6:00 PM		GBHS Main Gym		L
Jan 6, 2023	Fri	Practice (Varsity/JV Wrestling Practice)	N/A	4:00 PM	6:30 PM	GBHS Weight Room		
Jan 7, 2023	Sat	Practice (Varsity Wrestling Practice)	N/A	8:00 AM	10:30 AM	GBHS Weight Room		
Jan 7, 2023	Sat	Regular Season (Saratoga Invitational)	Shenendehowa High School, Ballston Spa High School, Shaker High School, South Lewis, Scotia-Glenville @ Saratoga Springs High School	9:30 AM		SSHS BLUE GYM	Departure Date: Jan 6, 2023 Departure Time: 3:00 PM	NL
Jan 9, 2023	Mon	Practice	N/A	4:30 PM	6:30 PM	GBHS Weight Room		
Jan 10, 2023	Tue	Regular Season 24-49 L	Carthage	6:00 PM		GBHS Main Gym		L
Jan 11, 2023	Wed	Regular Season	Indian River	6:30 PM		GBHS Main Gym		L
Jan 12, 2023	Thu	Practice	N/A	4:30 PM	6:30 PM	GBHS Weight Room		
Jan 13, 2023	Fri	Practice	N/A	4:30 PM	6:30 PM	GBHS Weight Room		
Jan 14, 2023	Sat	Practice (Varsity Wrestling Practice)	N/A	8:00 AM	10:30 AM	GBHS Weight Room		

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Jan 14, 2023	Sat	Regular Season (PHX Mid Winter Classic)	Canton, Central Square, Chenango Valley, Churchville-Chili, Cicero-North Syracuse, Copenhagen, Gouverneur, Jamesville- Dewitt (JD/CBA/Solvay), West Genesee, Goshen, Carthage, Little Falls, North Rose- Wolcott, Owego Apalachin @ Phoenix			JCB Gym	<b>Departure Time:</b> 6:45 AM	NL
Jan 16, 2023	Mon	Practice (Varsity Wrestling Practice)	N/A	4:00 PM	6:30 PM	GBHS Weight Room		
Jan 18, 2023	Wed	Post-Season (Section III Duals 1st round )	@ TBD	TBD		TBD		NL
Jan 19, 2023	Thu	Practice (Varsity Wrestling Practice)	N/A	4:00 PM	6:30 PM	GBHS Weight Room		
Jan 19, 2023	Thu	Post-Season (Section III Duals 2nd round)	@ TBD	TBD		Cicero- North Syracuse High School		NL
Jan 20, 2023	Fri	Practice (Varsity Wrestling Practice)	N/A	4:00 PM	6:30 PM	GBHS Weight Room		
Jan 21, 2023	Sat	Practice (Varsity Wrestling Practice)	N/A	8:00 AM	10:30 AM	GBHS Weight Room		
Jan 21, 2023	Sat	Regular Season (FL Wrestling Tournament)	Carthage, Copenhagen, Immaculate Heart Central, Watertown, Indian River, Lowville, Sandy Creek, South Jefferson, South Lewis, Watertown @ Beaver River	8:00 AM		Beaver River H S	<b>Departure Time:</b> 6:30 AM	L
Jan 23, 2023	Mon	Practice (Varsity/JV Wrestling Practice)	N/A	4:00 PM	6:30 PM	GBHS Weight Room		
Jan 24, 2023	Tue	Regular Season	@ Copenhagen	6:00 PM		Copenhagen Central School	<b>Departure Time:</b> 4:30 PM	L
Jan 25, 2023	Wed	Practice (Varsity/JV Wrestling Practice)	N/A	4:00 PM	6:30 PM	GBHS Weight Room		
Jan 26, 2023	Thu	Practice (Varsity/JV Wrestling Practice)	N/A	4:00 PM	6:30 PM	GBHS Weight Room		
Jan 26, 2023	Thu	Regular Season	Immaculate Heart Central, Watertown @ Watertown	6:00 PM		Watertown Case M S	<b>Departure Time:</b> 5:00 PM	L
Jan 26, 2023	Thu	Regular Season	Lowville, Immaculate Heart Central, Watertown @ Watertown	6:30 PM		Watertown Case M S		L

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Jan 27, 2023	Fri	Practice (Varsity/JV Wrestling Practice)	N/A	4:00 PM	6:30 PM	GBHS Weight Room		
Jan 28, 2023	Sat	Practice (Varsity Wrestling Practice)	N/A	8:00 AM	10:30 AM	GBHS Weight Room		
Jan 30, 2023	Mon	Practice (Varsity/JV Wrestling Practice)	N/A	4:00 PM	6:30 PM	GBHS Weight Room		
Feb 1, 2023	Wed	Practice (Varsity/JV Wrestling Practice)	N/A	4:00 PM	6:30 PM	GBHS Weight Room		
Feb 2, 2023	Thu	Practice (Varsity/JV Wrestling Practice)	N/A	4:00 PM	6:30 PM	GBHS Weight Room		
Feb 3, 2023	Fri	Practice (Varsity/JV Wrestling Practice)	N/A	4:00 PM	6:30 PM	GBHS Weight Room		
Feb 4, 2023	Sat	Post-Season (Section 3 Class C Meet)	Phoenix, Hannibal, Cazenovia, Holland Patent, Adirondack, Lowville, Altmar-Parish- Williamstown (APW/Pulaski), Tully (Southern Hills) @ Little Falls	10:00 AM		HS Gym	<b>Departure Time:</b> 5:30 AM	NL
Feb 11, 2023	Sat	Practice (Varsity Wrestling Practice)	N/A	8:00 AM	10:30 AM	GBHS Weight Room		
Feb 11, 2023	Sat	Post-Season	@ TBD	9:30 AM		TBD	<b>Departure Time:</b> 6:30 AM	NL
Feb 18, 2023	Sat	Practice (Varsity Wrestling Practice)	N/A	8:00 AM	10:30 AM	GBHS Weight Room		
Feb 25, 2023	Sat	Practice (Varsity Wrestling Practice)	N/A	8:00 AM	10:30 AM	GBHS Weight Room		

Date: 2024-04-29