

## Coaches:

• Mike Hartle, Head Coach

DATE	WEEK	TYPE	OPPONENTS	START		LOCATION	TRANSPORTATION	LEAGUE I / NON-
	DAY			<b>TIME</b> 4:15	<b>TIME</b> 6:00	GBHS Weight		LEAGUE
Nov 13, 2023	Mon	Practice	N/A	PM	PM	Room		
Nov 14, 2023	Tue	Practice	N/A	4:15 PM	6:00 PM	GBHS Weight Room		
Nov 15, 2023	Wed	Practice	N/A	4:15 PM	6:00 PM	GBHS Weight Room		
Nov 16, 2023	Thu	Practice	N/A	4:15 PM	6:00 PM	GBHS Weight Room		
Nov 17, 2023	Fri	Practice	N/A	4:15 PM	6:00 PM	GBHS Weight Room		
Nov 18, 2023	Sat	Practice	N/A	8:00 AM	10:00 AM	GBHS Weight Room		
Nov 20, 2023	Mon	Practice	N/A	1:00 PM	3:00 PM	GBHS Weight Room		
Nov 21, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	GBHS Weight Room		
Nov 22, 2023	Wed	Practice	N/A	8:00 AM	10:00 AM	GBHS Weight Room		
Nov 24, 2023	Fri	Practice	N/A	8:00 AM	10:00 AM	GBHS Weight Room		
Nov 25, 2023	Sat	Practice	N/A	8:00 AM	10:00 AM	GBHS Weight Room		
Nov 27, 2023	Mon	Practice	N/A	4:00 PM	6:00 PM	GBHS Weight Room		
Nov 28, 2023	Tue	Practice	N/A	6:00 PM	8:00 PM	GBHS Weight Room		
Nov 29, 2023	Wed	Practice	N/A	6:00 PM	8:00 PM	GBHS Weight Room		
Nov 30, 2023	Thu	Practice	N/A	4:00 PM	6:00 PM	GBHS Weight Room		
Dec 1, 2023	Fri	Practice	N/A	6:00 PM	8:00 PM	GBHS Weight Room		
Dec 4, 2023	Mon	Practice	N/A	4:15 PM	6:00 PM	GBHS Weight Room		
Dec 5, 2023	Tue	Regular Season	@ Indian River	6:30 PM	8:00 PM	Indian River Middle School Gym#1 (Main Office), Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side)	<b>Departure Time:</b> 5:00 PM	L
Dec 6, 2023	Wed	Practice	N/A	4:15 PM	6:00 PM	GBHS Weight Room		
Dec 7, 2023	Thu	Regular Season	@ Beaver River	6:30 PM		Beaver River H S	<b>Departure Time:</b> 4:00 PM	L
Dec 8, 2023	Fri	Practice	N/A	4:15 PM	6:00 PM	GBHS Weight Room		
Dec 8, 2023	Fri	Practice (GB Dual Setup )	N/A	7:00 PM	10:00 PM	GBHS Main Gym		

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Dec 9, 2023	Sat	Regular Season (GB Duals )	Canton, Ogdensburg, Watertown, Beaver River, Camden	7:30 AM	9:00 PM	GBHS Main Gym, GBHS Cafeteria		NL
Dec 11, 2023	Mon	Practice	N/A	4:15 PM	6:30 PM	GBHS Weight Room		
Dec 12, 2023	Tue	Practice	N/A	4:15 PM	6:30 PM	GBHS Weight Room		
Dec 13, 2023	Wed	Regular Season	Copenhagen	6:00 PM		GBHS Main Gym, GBHS Cafeteria		L
Dec 14, 2023	Thu	Practice	N/A	4:15 PM	6:30 PM	GBHS Weight Room		
Dec 15, 2023	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#1 (Main Office), Indian River Middle School Gym #3 (Pool Side)	<b>Departure Time:</b> 2:30 PM	NL
Dec 16, 2023	Sat	Meet (North Country Wrestling Invite Day 2)	Vs. Multiple	8:00 AM	8:00 PM	Indian River Middle School Gym#1 (Main Office), Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side)	<b>Departure Time:</b> 7:30 AM	NL
Dec 18, 2023	Mon	Practice	N/A	4:15 PM	6:00 PM	GBHS Weight Room		
Dec 19, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	GBHS Weight Room		
Dec 20, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	GBHS Weight Room		
POSTPONED Dec 20, 2023	Wed	Regular Season	Lowville	6:00 PM		GBHS Main Gym		L
Dec 21, 2023	Thu	Practice	N/A	4:00 PM	6:00 PM	GBHS Weight Room		
Jan 2, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	GBHS Weight Room		
Jan 3, 2024	Wed	Practice	N/A	3:30 PM	5:30 PM	GBHS Weight Room		
Jan 4, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	GBHS Weight Room		
Jan 4, 2024	Thu	Regular Season 12-58 L	@ Carthage	6:00 PM		Carthage HS Gym	<b>Departure Time:</b> 4:30 PM	L
Jan 5, 2024	Fri	Practice	N/A	3:30 PM	5:30 PM	GBHS Weight Room		
Jan 8, 2024	Mon	Practice	N/A	3:30 PM	5:30 PM	GBHS Weight Room		
Jan 9, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	GBHS Weight Room		
Jan 10, 2024	Wed	Practice	N/A	3:30 PM	5:30 PM	GBHS Weight Room		
Jan 11, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	GBHS Weight Room		

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 12, 2024	Fri	Regular Season	Watertown	6:00 PM		GBHS Main Gym		L
Jan 16, 2024	Tue	Practice	N/A	3:15 PM	5:15 PM	GBHS Weight Room		
Jan 17, 2024	Wed	Practice	N/A	3:15 PM	5:15 PM	GBHS Weight Room		
POSTPONED Jan 18, 2024	Thu	Regular Season	South Jefferson	6:00 PM		GBHS Auxiliary Gym		L
Jan 19, 2024	Fri	Practice	N/A	3:15 PM	5:15 PM	GBHS Weight Room		
Jan 20, 2024	Sat	Regular Season (Frontier League Tournament)	Carthage, South Jefferson, Watertown, Indian River, Copenhagen, Lowville, South Lewis, Beaver River	8:00 AM	6:00 PM	GBHS Main Gym, GBHS Auxiliary Gym, GBHS Weight Room, GBHS Concession Stand		L
Jan 22, 2024	Mon	Practice	N/A	3:15 PM	5:30 PM	GBHS Weight Room		
Jan 23, 2024	Tue	Regular Season	@ South Lewis	6:30 PM		South Lewis MS Gymnasium	<b>Departure Time:</b> 4:00 PM	L
Jan 24, 2024	Wed	Practice	N/A	3:15 PM	5:30 PM	GBHS Weight Room		
Jan 25, 2024	Thu	Regular Season	Lowville	6:00 PM	7:30 PM	GBHS Main Gym		L
Feb 3, 2024	Sat	Post-Season (Section III Class C Championships)	Adirondack, Altmar-Parish- Williamstown (APW/Pulaski), Cazenovia, Hannibal, Holland Patent, Lowville, Phoenix, Tully (Southern Hills) @ Canastota	10:00 AM		Dimao Gym	<b>Departure Time:</b> 7:00 AM	NL
Feb 10, 2024	Sat	Post-Season (Inter- Class Sectional Tournament @ OCC)	@ TBD	TBD		Onondoga Community College	<b>Departure Time:</b> 7:00 AM	NL

Date: 2024-04-10