

## Coaches:

• Mike Hartle, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 12, 2024	Tue	Practice	N/A	5:00 PM	6:00 PM	GBHS Weight Room		
Nov 14, 2024	Thu	Practice	N/A	5:00 PM	6:00 PM	GBHS Weight Room		
Nov 18, 2024	Mon	Practice	N/A	2:40 PM	4:00 PM	GBHS Weight Room		
Nov 18, 2024	Mon	Practice	N/A	4:00 PM	5:00 PM	GBHS Weight Room-Mat Side		
Nov 19, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	GBHS Weight Room-Mat Side		
Nov 19, 2024	Tue	Practice	N/A	5:00 PM	6:00 PM	GBHS Weight Room		
Nov 20, 2024	Wed	Practice	N/A	2:40 PM	4:00 PM	GBHS Weight Room		
Nov 20, 2024	Wed	Practice	N/A	4:00 PM	5:00 PM	GBHS Weight Room-Mat Side		
Nov 21, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	GBHS Weight Room-Mat Side		
Nov 21, 2024	Thu	Practice	N/A	5:00 PM	6:00 PM	GBHS Weight Room		
Nov 22, 2024	Fri	Practice	N/A	2:40 PM	4:00 PM	GBHS Weight Room		
Nov 22, 2024	Fri	Practice	N/A	4:00 PM	5:00 PM	GBHS Weight Room-Mat Side		
Nov 23, 2024	Sat	Practice	N/A	8:00 AM	10:00 AM	GBHS Weight Room		
Nov 25, 2024	Mon	Practice	N/A	11:00 AM	1:00 PM	GBHS Weight Room-Mat Side		
Nov 26, 2024	Tue	Practice	N/A	12:00 PM	3:00 PM	Dexter Elem Gym		
Nov 26, 2024	Tue	Practice	N/A	5:00 PM	6:00 PM	GBHS Weight Room		
Nov 27, 2024	Wed	Practice	N/A	8:00 AM	10:00 AM	GBHS Weight Room-Mat Side		
Nov 29, 2024	Fri	Practice	N/A	8:00 AM	10:00 AM	GBHS Weight Room-Mat Side		
Nov 30, 2024	Sat	Scrimmage	Gouverneur, Cicero-North Syracuse	9:30 AM		Dexter Elem Gym		NL
Dec 2, 2024	Mon	Practice	N/A	2:40 PM	4:00 PM	GBHS Weight Room		
Dec 2, 2024	Mon	Practice	N/A	4:00 PM	5:00 PM	GBHS Weight Room-Mat Side		
Dec 3, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	GBHS Weight Room-Mat Side		
Dec 3, 2024	Tue	Practice	N/A	5:00 PM	6:00 PM	GBHS Weight Room		
Dec 4, 2024	Wed	Practice	N/A	2:45 PM	3:30 PM	GBHS Weight Room		
Dec 4, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	GBHS Weight Room-Mat Side		
Dec 5, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	GBHS Weight Room-Mat Side		

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Dec 5, 2024	Thu	Practice	N/A	5:00 PM	6:00 PM	GBHS Weight Room		
Dec 6, 2024	Fri	Practice	N/A	2:40 PM	4:00 PM	GBHS Weight Room		
Dec 6, 2024	Fri	Practice	N/A	4:00 PM	5:00 PM	GBHS Weight Room-Mat Side		
Dec 7, 2024	Sat	Practice	N/A	8:00 AM	10:00 AM	GBHS Weight Room		
Dec 9, 2024	Mon	Practice	N/A	2:40 PM	4:00 PM	GBHS Weight Room		
Dec 9, 2024	Mon	Practice	N/A	4:00 PM	5:00 PM	GBHS Weight Room-Mat Side		
Dec 10, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	GBHS Weight Room-Mat Side		
Dec 10, 2024	Tue	Practice	N/A	5:00 PM	6:00 PM	GBHS Weight Room		
Dec 11, 2024	Wed	Regular Season	@ Beaver River	6:30 PM		Beaver River E S	Departure Time: 4:25 PM	L
Dec 12, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	GBHS Weight Room-Mat Side		
Dec 12, 2024	Thu	Practice	N/A	5:00 PM	6:00 PM	GBHS Weight Room		
Dec 13, 2024	Fri	Practice	N/A	2:40 PM	4:00 PM	GBHS Weight Room		
Dec 13, 2024	Fri	Practice	N/A	4:00 PM	5:00 PM	GBHS Weight Room-Mat Side		
Dec 14, 2024	Sat	Regular Season (GB Duals )	Ogdensburg, Canton, Camden, Beaver River	7:00 AM	4:00 PM	GBHS Main Gym, GBHS Weight Room, GBHS Cafeteria, GBHS Concession Stand, GBHS Classroom, GBHS Classroom, GBHS Auxiliary Gym		NL
Dec 16, 2024	Mon	Practice	N/A	2:40 PM	4:00 PM	GBHS Weight Room		
Dec 16, 2024	Mon	Practice	N/A	4:00 PM	5:00 PM	GBHS Weight Room-Mat Side		
Dec 17, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	GBHS Weight Room-Mat Side		
Dec 17, 2024	Tue	Practice	N/A	5:00 PM	6:00 PM	GBHS Weight Room		
Dec 18, 2024	Wed	Regular Season	Lowville	6:00 PM		GBHS Auxiliary Gym		L
Dec 19, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	GBHS Weight Room-Mat Side		
Dec 19, 2024	Thu	Practice	N/A	5:00 PM	6:00 PM	GBHS Weight Room		
Dec 20, 2024	Fri	Meet (North Country Wrestling Tourney Day 1)	Vs. Multiple	5:00 PM	10:00 PM	Indian River Middle School Gym#1 (Main Office), Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side)	Departure Time: 2:30 PM	NL

**OPPONENTS** 

Dec 21, 2024	Sat	Meet (North Country Wrestling Tourney Day 2)	Vs. Multiple	8:00 AM	7:00 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 30, 2024	Mon	Practice	N/A	9:00 AM	11:00 AM	GBHS Weight Room-Mat Side		
Dec 31, 2024	Tue	Practice	N/A	9:00 AM	11:00 AM	GBHS Weight Room-Mat Side		
Jan 2, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	GBHS Weight Room-Mat Side		
Jan 2, 2025	Thu	Practice	N/A	5:00 PM	6:00 PM	GBHS Weight Room		
Jan 4, 2025	Sat	Regular Season (Saratoga Invitational 7:30am Weigh-Ins)	Ballston Spa High School, Canajoharie, Corinth (Mountaineers), Queensbury, Windsor, Northern Adirondack, South Glens Falls, Averill Park High School, Norwich, Mohonasen, TBD, Valley Central, Lansingburgh, Mahopac, Galway, Malone, Putnam Valley, Massena, Gouverneur @ Saratoga Springs High School	9:00 AM		Saratoga Springs High School	Departure Date: Jan 3, 2025 Departure Time: 2:30 PM	NL
Jan 6, 2025	Mon	Practice	N/A	3:00 PM	4:00 PM	GBHS Weight Room		
Jan 6, 2025	Mon	Practice	N/A	4:00 PM	5:00 PM	GBHS Weight Room-Mat Side		
Jan 7, 2025	Tue	Regular Season	@ Copenhagen	6:00 PM		Copenhagen Central School	<b>Departure Time:</b> 4:00 PM	L
Jan 8, 2025	Wed	Practice	N/A	3:00 PM	4:00 PM	GBHS Weight Room		
Jan 8, 2025	Wed	Practice	N/A	4:00 PM	5:00 PM	GBHS Weight Room-Mat Side		
Jan 9, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	GBHS Weight Room-Mat Side		
Jan 9, 2025	Thu	Practice	N/A	5:00 PM	6:00 PM	GBHS Weight Room		
Jan 10, 2025	Fri	Practice	N/A	3:00 PM	4:00 PM	GBHS Weight Room		

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 10, 2025	Fri	Practice	N/A	4:00 PM	5:00 PM	GBHS Weight Room-Mat Side		
Jan 11, 2025	Sat	Practice	N/A	9:00 AM	11:00 AM	GBHS Weight Room-Mat Side		
Jan 11, 2025	Sat	Regular Season (Phoenix Tournament)	@ TBD	TBD		TBD	<b>Departure Time:</b> 6:15 AM	NL
Jan 13, 2025	Mon	Practice	N/A	3:00 PM	4:00 PM	GBHS Weight Room		
Jan 13, 2025	Mon	Practice	N/A	4:00 PM	5:00 PM	GBHS Weight Room-Mat Side		
Jan 14, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	GBHS Weight Room-Mat Side		
Jan 14, 2025	Tue	Practice	N/A	5:00 PM	6:00 PM	GBHS Weight Room		
Jan 15, 2025	Wed	Regular Season	@ Watertown	6:00 PM		Watertown H S	<b>Departure Time:</b> 4:15 PM	L
Jan 16, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	GBHS Weight Room-Mat Side		
Jan 16, 2025	Thu	Practice	N/A	5:00 PM	6:00 PM	GBHS Weight Room		
Jan 17, 2025	Fri	Regular Season	Indian River	7:00 PM		GBHS Main Gym		L
Jan 18, 2025	Sat	Practice	N/A	9:00 AM	11:00 AM	GBHS Weight Room-Mat Side		
Jan 21, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	GBHS Weight Room-Mat Side		
Jan 21, 2025	Tue	Practice	N/A	5:00 PM	6:00 PM	GBHS Weight Room		
Jan 22, 2025	Wed	Practice	N/A	3:00 PM	4:00 PM	GBHS Weight Room		
Jan 22, 2025	Wed	Practice	N/A	4:00 PM	5:00 PM	GBHS Weight Room-Mat Side		
Jan 23, 2025	Thu	Regular Season	South Jefferson	6:00 PM		GBHS Main Gym		L
Jan 24, 2025	Fri	Practice	N/A	3:00 PM	4:00 PM	GBHS Weight Room		
Jan 24, 2025	Fri	Practice	N/A	4:00 PM	5:00 PM	GBHS Weight Room-Mat Side		
Jan 25, 2025	Sat	Regular Season (Varsity Dual Tourn.)	Chittenango, East Syracuse Minoa, Rome Free Academy, Whitesboro @ West Genesee	9:00 AM	5:00 PM	WG-HS Lower Gym		L
Jan 27, 2025	Mon	Practice	N/A	3:00 PM	4:00 PM	GBHS Weight Room		
Jan 27, 2025	Mon	Practice	N/A	4:00 PM	5:00 PM	GBHS Weight Room-Mat Side		
Jan 28, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	GBHS Weight Room-Mat Side		
Jan 28, 2025	Tue	Practice	N/A	5:00 PM	6:00 PM	GBHS Weight Room		
Jan 30, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	GBHS Weight Room-Mat Side		
Jan 30, 2025	Thu	Practice	N/A	5:00 PM	6:00 PM	GBHS Weight Room		
Jan 31, 2025	Fri	Practice	N/A	3:00 PM	4:00 PM	GBHS Weight Room		

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 31, 2025	Fri	Practice	N/A	4:00 PM	5:00 PM	GBHS Weight Room-Mat Side		
Feb 1, 2025	Sat	Regular Season (League Championships)	Indian River, Carthage, Watertown, South Jefferson, Lowville, Beaver River, Copenhagen @ South Lewis	10:00 AM		South Lewis MS Gymnasium, South Lewis HS Gymnasium	<b>Departure Time:</b> 6:45 AM	L
Feb 3, 2025	Mon	Practice	N/A	3:00 PM	4:00 PM	GBHS Weight Room		
Feb 3, 2025	Mon	Practice	N/A	4:00 PM	5:00 PM	GBHS Weight Room-Mat Side		
Feb 4, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	GBHS Weight Room-Mat Side		
Feb 4, 2025	Tue	Practice	N/A	5:00 PM	6:00 PM	GBHS Weight Room		
Feb 5, 2025	Wed	Practice	N/A	3:00 PM	4:00 PM	GBHS Weight Room		
Feb 5, 2025	Wed	Practice	N/A	4:00 PM	5:00 PM	GBHS Weight Room-Mat Side		
Feb 6, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	GBHS Weight Room-Mat Side		
Feb 6, 2025	Thu	Practice	N/A	5:00 PM	6:00 PM	GBHS Weight Room		
Feb 7, 2025	Fri	Practice	N/A	3:00 PM	4:00 PM	GBHS Weight Room		
Feb 7, 2025	Fri	Practice	N/A	4:00 PM	5:00 PM	GBHS Weight Room-Mat Side		
Feb 8, 2025	Sat	Post-Season (Section 3 Class C Wrestling Championship)	Adirondack, Canastota, Cazenovia, Marcellus, Phoenix, Sherburne- Earlville, Tully (Southern Hills), Holland Patent	7:00 AM	6:00 PM	GBHS Main Gym, GBHS Weight Room, GBHS Cafeteria, GBHS Concession Stand, GBHS Classroom, GBHS Classroom, GBHS Weight Room-Mat Side		NL
Feb 15, 2025	Sat	Post-Season (Section III Inter- class tournament	@ TBD	TBD		TBD	<b>Departure Time:</b> 5:45 AM	NL
		@ OCC SRC Arena )		0.00	10.00	ODUO Wainki		
Feb 17, 2025	Mon	Practice	N/A	8:00 AM	AM	GBHS Weight Room-Mat Side		
Feb 18, 2025	Tue	Practice	N/A	8:00 AM	AM	GBHS Weight Room-Mat Side		
Feb 19, 2025	Wed	Practice	N/A	8:00 AM	AM	GBHS Weight Room-Mat Side		
Feb 20, 2025	Thu	Practice	N/A	8:00 AM	AM	GBHS Weight Room-Mat Side		
Feb 21, 2025	Fri	Practice	N/A	8:00 AM	10:00 AM	GBHS Weight Room-Mat Side		
Feb 24, 2025	Mon	Practice	N/A	6:00 PM	8:00 PM	GBHS Weight Room-Mat Side		
Feb 25, 2025	Tue	Practice	N/A	2:30 PM	4:30 PM	GBHS Weight Room-Mat Side		

DATE	WEEK DAY TYPE	OPPONENTS	START EN	ND ME LOCATION	LEAGU TRANSPORTATION / NON- LEAGU
Feb 28, 2025	Fri Post-Seasor	n @ TBD	7:00 AM	TBD	Departure Date: Feb 27, 2025 Departure Time: 10:00 AM

Date: 2025-12-19