

Coaches:

Jason McManaman

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE TRANSPORTATION / NON-
Oct 26, 2022	Wed	Practice	N/A	3:00 PM	4:30 PM	GBHS Weight Room	LEAGUE
Oct 27, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	GBHS Weight Room	
Oct 28, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	GBHS Weight Room	
Oct 31, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	GBHS Weight Room	
Nov 1, 2022	Tue	Practice	N/A	3:00 PM	4:30 PM	GBHS Weight Room	
Nov 2, 2022	Wed	Practice	N/A	3:00 PM	4:30 PM	GBHS Weight Room	
Nov 3, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	GBHS Weight Room	
Nov 4, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	GBHS Weight Room	
Nov 7, 2022	Mon	Practice (Boys Modified Wrestling Practice)	N/A	3:00 PM	5:00 PM	GBHS Weight Room	
Nov 8, 2022	Tue	Practice (Boys Modified Wrestling Practice)	N/A	3:00 PM	5:00 PM	GBHS Weight Room	
Nov 9, 2022	Wed	Practice (Boys Modified Wrestling Practice)	N/A	3:00 PM	5:00 PM	GBHS Weight Room	
Nov 10, 2022	Thu	Practice (Boys Modified Wrestling Practice)	N/A	3:00 PM	5:00 PM	GBHS Weight Room	
Nov 12, 2022	Sat	Practice (Boys Modified Wrestling Practice)	N/A	9:00 AM	11:00 AM	GBHS Weight Room	
Nov 14, 2022	Mon	Practice (Modified Wrestling Practice)	N/A	3:00 PM	5:00 PM	GBHS Weight Room	
Nov 15, 2022	Tue	Practice (Modified Wrestling Practice)	N/A	3:00 PM	5:00 PM	GBHS Weight Room	
Nov 16, 2022	Wed	Practice (Modified Wrestling Practice)	N/A	3:00 PM	5:00 PM	GBHS Weight Room	
Nov 17, 2022	Thu	Practice (Modified Wrestling Practice)	N/A	3:00 PM	5:00 PM	GBHS Weight Room	
CANCELLED Nov 18, 2022	Fri	Practice (Modified Wrestling Practice)	N/A	3:00 PM	5:00 PM	GBHS Weight Room	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
POSTPONED Nov 19, 2022	['] Sat	Regular Season	Carthage, Copenhagen, South Jefferson, Watertown, Indian River, Sandy Creek, Lowville, South Lewis @ Beaver River	11:00 AM		Beaver River H S	Departure Time: 9:00 AM	L
Nov 21, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	GBHS Weight Room		
POSTPONED Nov 21, 2022	['] Mon	Regular Season	Sandy Creek, South Jefferson, Watertown, Carthage, Lowville, Beaver River, Copenhagen, South Lewis @ Indian River	5:00 PM		Indian River Middle School Gym#1 (Main Office)	Departure Time: 3:30 PM	L
Nov 22, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	GBHS Weight Room		
CANCELLED Nov 24, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	GBHS Weight Room		
Nov 28, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	GBHS Weight Room		
Nov 29, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	GBHS Weight Room		
Nov 30, 2022	Wed	Regular Season	Carthage, Indian River, Sandy Creek, Watertown	5:00 PM		Dexter Elem Gym		L
Dec 1, 2022	Thu	Practice (Boys Modified Wrestling Practice)	N/A	3:00 PM	5:00 PM	GBHS Weight Room		
CANCELLED Dec 2, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	GBHS Weight Room		
Dec 2, 2022	Fri	Regular Season (Mod Wrestling (2 bouts))	South Jefferson, Watertown, Ogdensburg, Gouverneur, Canton, Carthage, Lowville, Beaver River, Copenhagen, South Lewis, Sandy Creek @ Indian River	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)		L
Dec 5, 2022	Mon	Regular Season	South Jefferson, South Lewis, Watertown @ Carthage	5:00 PM		Carthage HS Gym	Departure Time: 4:00 PM	L
Dec 6, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	GBHS Weight Room		
Dec 7, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	GBHS Weight Room		
Dec 8, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	GBHS Weight Room		
Dec 9, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	GBHS Weight Room		
Dec 10, 2022	Sat	Regular Season	Carthage, Copenhagen, Lowville, South Lewis, South Jefferson, Indian River @ Watertown	10:00 AM		Watertown Case M S	Departure Time: 9:15 AM	L

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Dec 12, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	GBHS Weight Room		
Dec 13, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	GBHS Weight Room		
Dec 14, 2022	Wed	Regular Season	Copenhagen, Beaver River, Lowville, Carthage, Watertown	5:00 PM		GBHS Auxiliary Gym		L
Dec 15, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	GBHS Weight Room		
Dec 16, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	GBHS Weight Room		
Dec 17, 2022	Sat	Regular Season (3 Bouts)	Copenhagen, Carthage, South Jefferson, Indian River, Watertown, Lowville, Beaver River, Sandy Creek @ South Lewis	10:00 AM		South Lewis HS Gymnasium	Departure Time: 8:30 AM	L
Dec 19, 2022	Mon	Regular Season	Indian River	4:30 PM	6:00 PM	Dexter Elem Gym		L

Date: 2024-05-21