

## Coaches:

Jason McManaman

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 25, 2023	Wed	Practice	N/A	2:45 PM	4:15 PM	GBHS Weight Room		
Oct 26, 2023	Thu	Practice	N/A	2:45 PM	4:15 PM	GBHS Weight Room		
Oct 27, 2023	Fri	Practice	N/A	2:45 PM	4:15 PM	GBHS Weight Room		
Oct 30, 2023	Mon	Practice	N/A	2:45 PM	4:15 PM	GBHS Weight Room		
Nov 1, 2023	Wed	Practice	N/A	2:45 PM	4:15 PM	GBHS Weight Room		
Nov 2, 2023	Thu	Practice	N/A	2:45 PM	4:15 PM	GBHS Weight Room		
Nov 3, 2023	Fri	Practice	N/A	2:45 PM	4:15 PM	GBHS Weight Room		
Nov 6, 2023	Mon	Practice	N/A	2:45 PM	4:15 PM	GBHS Weight Room		
Nov 7, 2023	Tue	Practice	N/A	2:45 PM	4:15 PM	GBHS Weight Room		
Nov 8, 2023	Wed	Practice	N/A	2:45 PM	4:15 PM	GBHS Weight Room		
Nov 9, 2023	Thu	Practice	N/A	2:45 PM	4:15 PM	GBHS Weight Room		
Nov 13, 2023	Mon	Practice	N/A	2:45 PM	4:15 PM	GBHS Weight Room		
Nov 14, 2023	Tue	Practice	N/A	2:45 PM	4:15 PM	GBHS Weight Room		
Nov 15, 2023	Wed	Practice	N/A	2:45 PM	4:15 PM	GBHS Weight Room		
Nov 16, 2023	Thu	Practice	N/A	2:45 PM	4:15 PM	GBHS Weight Room		
Nov 17, 2023	Fri	Practice	N/A	2:45 PM	4:15 PM	GBHS Weight Room		
Nov 18, 2023	Sat	Regular Season	Copenhagen, South Jefferson, Watertown, Sandy Creek, Lowville, Beaver River, South Lewis, Carthage @ Indian River	10:00 AM		Indian River Middle School Gym#1 (Main Office)	<b>Departure Time:</b> 8:30 AM	L
Nov 20, 2023	Mon	Regular Season	Watertown, South Jefferson, Copenhagen, Sandy Creek	4:30 PM	6:00 PM	GBHS Main Gym		L
Nov 21, 2023	Tue	Practice	N/A	5:00 PM	6:30 PM	GBHS Weight Room		
Nov 25, 2023	Sat	Practice	N/A	8:00 AM	10:00 AM	GBHS Weight Room		
Nov 27, 2023	Mon	Regular Season	South Lewis, Carthage, Sandy Creek @ Watertown	5:00 PM		Watertown Case M S	<b>Departure Time:</b> 3:45 PM	L
Nov 28, 2023	Tue	Practice	N/A	2:45 PM	4:15 PM	GBHS Weight Room		
Nov 29, 2023	Wed	Practice	N/A	2:45 PM	4:15 PM	GBHS Weight Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 30, 2023	Thu	Regular Season	Sandy Creek, Indian River, Watertown @ South Jefferson	5:00 PM		SJ HS/MS Gym 2 (HS)	Departure Time: 3:30 PM	L
Dec 1, 2023	Fri	Practice	N/A	2:45 PM	4:15 PM	GBHS Weight Room		
Dec 4, 2023	Mon	Practice	N/A	2:45 PM	4:15 PM	GBHS Weight Room		
Dec 5, 2023	Tue	Regular Season	South Jefferson, Carthage, Watertown @ South Lewis	5:00 PM		South Lewis MS Gymnasium	<b>Departure Time:</b> 3:00 PM	L
Dec 6, 2023	Wed	Practice	N/A	2:45 PM	4:15 PM	GBHS Weight Room		
Dec 7, 2023	Thu	Practice	N/A	2:45 PM	4:15 PM	GBHS Weight Room		
Dec 8, 2023	Fri	Practice	N/A	2:45 PM	4:15 PM	GBHS Weight Room		
CANCELLED Dec 9, 2023	Sat	Regular Season	Watertown, Copenhagen, Lowville, South Lewis, South Jefferson, Indian River, Beaver River, Carthage @ Sandy Creek	11:00 AM		Sandy Creek MS/HS Gym	<b>Departure Time:</b> 9:15 AM	L
Dec 11, 2023	Mon	Practice	N/A	2:45 PM	4:15 PM	GBHS Weight Room		
Dec 12, 2023	Tue	Regular Season (Modified Wrestling Tournament)	Indian River, Carthage, Watertown	4:30 PM	6:00 PM	GBHS Auxiliary Gym		L
Dec 13, 2023	Wed	Practice	N/A	2:45 PM	4:15 PM	GBHS Weight Room		
Dec 14, 2023	Thu	Practice	N/A	2:45 PM	4:15 PM	GBHS Weight Room		
Dec 15, 2023	Fri	Practice	N/A	2:45 PM	4:15 PM	GBHS Weight Room		
Dec 16, 2023	Sat	Regular Season (3 Bouts)	Copenhagen, Carthage, Indian River, Watertown, South Lewis, Lowville, Beaver River, Sandy Creek @ South Jefferson	10:00 AM		SJ HS/MS Gym 2 (HS)	<b>Departure Time:</b> 8:30 AM	L
Dec 18, 2023	Mon	Practice	N/A	2:45 PM	4:15 PM	GBHS Weight Room		
Dec 19, 2023	Tue	Practice	N/A	2:45 PM	4:15 PM	GBHS Weight Room		
Dec 20, 2023	Wed	Regular Season	Copenhagen @ Watertown	4:30 PM		Watertown Case M S	<b>Departure Time:</b> 3:15 PM	L

Date: 2024-05-17