

## Coaches:

• Eric Wood, Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 14, 2022	Mon	Practice	N/A	3:30 PM	5:30 PM	FM HS Aux Gym		
Nov 15, 2022	Tue	Practice	N/A	3:30 PM	5:30 PM	FM HS Aux Gym		
Nov 16, 2022	Wed	Practice	N/A	3:30 PM	5:30 PM	FM HS Aux Gym		
Nov 17, 2022	Thu	Practice	N/A	3:30 PM	5:30 PM	FM HS Aux Gym		
Nov 18, 2022	Fri	Practice	N/A	3:30 PM	5:30 PM	FM HS Aux Gym		
Nov 19, 2022	Sat	Practice (Weight Certifications)	N/A	9:00 AM	1:00 PM	FM HS House 1 Gym		
Nov 21, 2022	Mon	Practice	N/A	4:00 PM	6:00 PM	FM HS Aux Gym		
Nov 22, 2022	Tue	Practice	N/A	4:00 PM	6:00 PM	FM HS Aux Gym		
Nov 23, 2022	Wed	Practice	N/A	8:00 AM	10:00 AM	FM HS Aux Gym		
Nov 25, 2022	Fri	Practice	N/A	2:00 PM	4:00 PM	FM HS Aux Gym		
Nov 26, 2022	Sat	Practice	N/A	8:00 AM	11:00 AM	FM HS Aux Gym		
Nov 28, 2022	Mon	Practice	N/A	3:15 PM	5:00 PM	FM HS House 2 Gym		
Nov 29, 2022	Tue	Practice	N/A	3:15 PM	4:30 PM	FM HS House 2 Gym		
Nov 30, 2022	Wed	Regular Season	Adirondack	6:00 PM	8:00 PM	FM HS House 2 Gym		L
Dec 1, 2022	Thu	Practice	N/A	3:15 PM	5:00 PM	FM HS Aux Gym		
Dec 2, 2022	Fri	Practice	N/A	3:15 PM	4:45 PM	FM HS House 2 Gym		
Dec 3, 2022	Sat	Regular Season (Anderson Tournament)	Amsterdam (Amsterdam), Camden, Canastota, Central Square, Chittenango, Cortland, Fairport, Falconer, Fonda- Fultonville (Fonda/Johnston), Fulton, General Brown, 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	Departure Point: House 1 Departure Time: 6:30 AM	L
Dec 3, 2022	Sat	Regular Season (Andersen Memorial Tournament)	TBD	TBD		TBD	Departure Point: House 1 Departure Time: 6:30 AM	L

Dec 6, 2022   Mon	DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Dec 7, 2022   Wed   Regular Season   @ Liverpool   Book   Row   Sym   Sym   Chypropol   Book   Sym   Chypropol   Chypropol   Sym   Chypropol   C	Dec 5, 2022	Mon	Practice	N/A					
Dec 1, 2022   Thu	Dec 6, 2022	Tue	Practice	N/A					
Dec 10, 2022   Sat   Regular Season (Phoenix Round Robin )	Dec 7, 2022	Wed	Regular Season	@ Liverpool			MAIN	House 1  Departure Time:	L
Dec 10, 2022   Sat   Regular Season (Phoenix Round Robin)   N/A   Saturation	Dec 8, 2022	Thu	Practice	N/A					
Dec 12, 2022   Mon   Practice   MA   PM   PM   Gym	Dec 10, 2022	Sat	(Phoenix Round	Williamstown (APW/Pulaski), Auburn, Baldwinsville, Cortland, Grand Island, Liverpool, Mexico, New Hartford, Palmyra-Macedon, Rush Henrietta, South Jefferson, Union-Endicott, Vernon-Verona-Sherrill, Whitesboro, Hannibal	8:00		JCB Gym	House 1  Departure Time:	NL
Dec 14, 2022   Wed   Practice (Half Gym)   N/A   PM   PM   PM   Gym   FM   PM   PM   PM   PM   PM   PM   PM	Dec 12, 2022	Mon	Practice	N/A					
Dec 14, 2022   Wed   Gym   N/A   PM   PM   Gym   FM   FM   FM   FM   FM   FM   FM   F	Dec 13, 2022	Tue		N/A					
Dec 15, 2022   Inu   Gym   N/A   PM   PM   Gym	Dec 14, 2022	Wed		N/A					
Dec 17, 2022   Sat				N/A					
Dec 17, 2022   Sat   Memorial Dual Memorial Dual Meet at South Seneca HS)   TBD   TBD   TBD   House 1   Departure Time: 6:00 AM   L	POSTPONED Dec	Fri	· ·	N/A					
Dec 19, 2022   Mon   Practice   N/A   PM   PM   Gym	Dec 17, 2022	Sat	(Paul Davie Memorial Dual Meet at South	TBD	TBD		TBD	House 1  Departure Time:	L
Dec 20, 2022   Tue   Practice   N/A   PM   PM   Gym	Dec 19, 2022	Mon	Practice	N/A					
Dec 21, 2022   Wed   Regular Season   Baldwinsville   PM   Gym   C	Dec 20, 2022	Tue	Practice	N/A			Gym		
POSTPONED Dec Fri Practice N/A PM PM Gym  POSTPONED Dec Fri Practice N/A S:15 5:30 FM HS Aux Gym  Dec 26, 2022 Mon Practice N/A 9:00 11:00 FM HS Aux AM AM Gym  Dec 27, 2022 Tue Practice N/A 9:00 11:00 FM HS Aux AM AM Gym  Dec 28, 2022 Wed Regular Season (Kenneth Haines TBD TBD TBD TBD TBD Departure Point: House 1 Departure Time: 6:00 AM  Dec 30, 2022 Fri Practice N/A 9:00 11:00 FM HS Aux  Dec 30, 2022 Fri Practice N/A 9:00 11:00 FM HS Aux	Dec 21, 2022	Wed	Regular Season	Baldwinsville					L
23, 2022 FII Fractice N/A PM PM Gym  Dec 26, 2022 Mon Practice N/A 9:00 11:00 FM HS Aux AM AM Gym  Dec 27, 2022 Tue Practice N/A 9:00 11:00 FM HS Aux AM AM Gym  Dec 28, 2022 Wed Regular Season (Kenneth Haines Memorial Tournament at SUNY Oswego)  Dec 30, 2022 Fri Practice N/A 9:00 11:00 FM HS Aux  PM PM PM Gym  PM PM Gym  The			Practice	N/A					
Dec 26, 2022 Mon Practice N/A AM AM Gym  Dec 27, 2022 Tue Practice N/A 9:00 11:00 FM HS Aux AM AM Gym  Regular Season (Kenneth Haines Memorial Tournament at SUNY Oswego)  Dec 30, 2022 Fri Practice N/A 9:00 11:00 FM HS Aux  Practice N/A 9:00 11:00 FM HS Aux  9:00 11:00 FM HS Aux		Fri	Practice	N/A					
Dec 28, 2022 Wed Regular Season (Kenneth Haines Dec 28, 2022 Wed Memorial Tournament at SUNY Oswego)  Tournament at SUNY Oswego)  Regular Season (Kenneth Haines House 1 Departure Point: House 1 Departure Time: 6:00 AM	Dec 26, 2022	Mon	Practice	N/A					
Dec 28, 2022 Wed Memorial TBD	Dec 27, 2022	Tue	Practice	N/A					
LIGO 3U 2U22 Fri Practice IV/A	Dec 28, 2022	Wed	(Kenneth Haines Memorial Tournament at	TBD	TBD		TBD	House 1  Departure Time:	L
	Dec 30, 2022	Fri	Practice	N/A	9:00 AM	11:00 AM	FM HS Aux Gym		

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Dec 31, 2022	Sat	Practice	N/A	9:00 AM	11:00 AM	FM HS Aux Gym		
Jan 3, 2023	Tue	Practice	N/A	3:15 PM	4:30 PM	FM HS House 2 Gym		
Jan 4, 2023	Wed	Regular Season	Cicero-North Syracuse	6:00 PM	8:00 PM	FM HS House 2 Gym		L
Jan 5, 2023	Thu	Practice	N/A	3:15 PM	5:15 PM	FM HS Aux Gym		
Jan 7, 2023	Sat	Regular Season (FM Duals)	Chittenango, Whitesboro, Fulton, East Syracuse Minoa, Liverpool, Syracuse City (Syracuse City), Hannibal, Adirondack	9:30 AM	5:00 PM	FM HS House 1 Gym		L
Jan 9, 2023	Mon	Practice	N/A	3:15 PM	5:15 PM	FM HS Aux Gym		
Jan 10, 2023	Tue	Practice	N/A	3:15 PM	5:15 PM	FM HS Aux Gym		
Jan 11, 2023	Wed	Regular Season	@ West Genesee	7:00 PM		WG-HS Lower Gym	Departure Point: House 1 Departure Time: 4:20 PM	L
Jan 12, 2023	Thu	Regular Season	@ Jamesville-Dewitt (JD/CBA/Solvay/WH)	6:00 PM	7:00 PM	JD HS West Gym	Departure Point: House 1 Departure Time: 4:30 PM	NL
Jan 13, 2023	Fri	Practice	N/A	3:15 PM	5:15 PM	FM HS Aux Gym		
Jan 14, 2023	Sat	Meet (Cazenovia Wrestling Invitational)	Vs. Multiple	9:30 AM	7:00 PM	Cazenovia HS Buckley Gym, Cazenovia Middle School Gym	Departure Point: House 1 Departure Time: 6:15 AM	NL
Jan 16, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	FM HS Aux Gym		
Jan 17, 2023	Tue	Practice	N/A	3:15 PM	5:15 PM	FM HS Aux Gym		
Jan 18, 2023	Wed	Regular Season	East Syracuse Minoa	7:00 PM		FM HS House 2 Gym		NL
Jan 19, 2023	Thu	Practice	N/A	3:15 PM	5:15 PM	FM HS Aux Gym		
Jan 20, 2023	Fri	Practice	N/A	3:15 PM	5:15 PM	FM HS Aux Gym		
Jan 23, 2023	Mon	Practice	N/A	3:15 PM	5:15 PM	FM HS Aux Gym		
Jan 24, 2023	Tue	Regular Season ("SENIOR NIGHT")	@ Jordan-Elbridge (Port Byron/Union Springs/Jordan- Elbridge/Cato- Meridian)	6:00 PM	8:00 PM	JE MS Gym	Departure Point: House 1 Departure Time: 3:45 PM	NL
POSTPONED Jan 25, 2023	Wed	Practice	N/A	3:15 PM	5:15 PM	FM HS Aux Gym		
Jan 26, 2023	Thu	Practice	N/A	3:15 PM	5:15 PM	FM HS Aux Gym		
Jan 27, 2023	Fri	Practice (State Dual Meet Practices)	N/A	4:00 PM	10:00 PM	FM HS House 2 Gym		
Feb 6, 2023	Mon	Practice	N/A	3:15 PM	5:15 PM	FM HS Aux Gym		
Feb 7, 2023	Tue	Practice	N/A	3:15 PM	5:15 PM	FM HS Aux Gym		

DATE	WEEK DAY	PE	OPPONENTS	START TIME		LOCATION	LEAG TRANSPORTATION / NON LEAG	<b>V-</b>
Feb 8, 2023	Wed Pra	actice	N/A	3:15 PM	-	FM HS Aux Gym		
Feb 9, 2023	Thu Pra	actice	N/A	3:15 PM		FM HS Aux Gym		
Feb 10, 2023	Fri Pra	actice	N/A	3:15 PM	5:00 PM	FM HS House 2 Gym		

Date: 2025-12-05