

## 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	(Anderson Tournament )	Amsterdam (Amsterdam/Broadalbin-Perth), 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

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Dec 5, 2022	Mon	Practice	N/A	3:15 PM	5:30 PM	FM HS Aux Gym		
Dec 6, 2022	Tue	Practice	N/A	3:15 PM	5:00 PM	FM HS House 2 Gym		
Dec 7, 2022	Wed	Regular Season	@ Liverpool	6:00 PM	8:00 PM	LIVERPOOL HS MAIN GYMNASIUM	Departure Point: House 1 Departure Time: 4:30 PM	L
Dec 8, 2022	Thu	Practice	N/A	3:15 PM	5:30 PM	FM HS Aux Gym		
Dec 10, 2022	Sat		Altmar-Parish-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 @ Phoenix	8:00 AM		JCB Gym	Departure Point: House 1 Departure Time: 6:00 AM	NL
Dec 12, 2022	Mon	Practice	N/A	3:15 PM	5:00 PM	FM HS Aux Gym		
Dec 13, 2022	Tue	Practice (Half Gym)	N/A	3:15 PM	5:00 PM	FM HS House 2 Gym		
Dec 14, 2022	Wed	Practice (Half Gym)	N/A	3:15 PM	4:30 PM	FM HS House 2 Gym		
Dec 15, 2022	Thu	Practice (Half Gym)	N/A	3:15 PM	5:00 PM	FM HS House 2 Gym		
POSTPONED Dec 16, 2022	Fri	Practice (Half Gym)	N/A	3:15 PM	5:00 PM	FM HS House 2 Gym		
Dec 17, 2022	Sat	Regular Season (Paul Davie Memorial Dual Meet at South Seneca HS)	TBD	TBD		TBD	Departure Point: House 1 Departure Time: 6:00 AM	L
Dec 19, 2022	Mon	Practice	N/A	3:15 PM	5:30 PM	FM HS Aux Gym		
Dec 20, 2022	Tue	Practice	N/A	3:15 PM	5:30 PM	FM HS House 2 Gym		
Dec 21, 2022	Wed	Regular Season	Baldwinsville	6:00 PM		FM HS House 2 Gym		L
Dec 22, 2022	Thu	Practice	N/A	3:15 PM	5:30 PM	FM HS Aux Gym		
POSTPONED Dec 23, 2022	Fri	Practice	N/A	3:15 PM	5:30 PM	FM HS Aux Gym		
Dec 26, 2022	Mon	Practice	N/A	9:00 AM	AM	FM HS Aux Gym		
Dec 27, 2022	Tue	Practice	N/A	9:00 AM	11:00 AM	FM HS Aux Gym		
Dec 28, 2022	Wed	Regular Season (Kenneth Haines Memorial Tournament at SUNY Oswego)	TBD	TBD		TBD	Departure Point: House 1 Departure Time: 6:00 AM	L
Dec 30, 2022	Fri	Practice	N/A	9:00 AM	11:00 AM	FM HS Aux Gym		
Dec 31, 2022	Sat	Practice	N/A	9:00 AM	11:00 AM	FM HS Aux Gym		

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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)	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		
Feb 8, 2023	Wed	Practice	N/A	3:15 PM	5:15 PM	FM HS Aux Gym		

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Feb 9, 2023	Thu	Practice	N/A	3:15 PM		FM HS Aux Gym		
Feb 10, 2023	Fri	Practice	N/A	3:15 PM	5:00 PM	FM HS House 2 Gym		

Date: 2024-04-27