

## Coaches:

• Eric Wood, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 17, 2025	Mon	Practice	N/A	3:15 PM	5:15 PM	FM HS House 2 Gym		
Nov 18, 2025	Tue	Practice	N/A	3:15 PM	5:15 PM	FM HS House 2 Gym		
Nov 19, 2025	Wed	Practice	N/A	3:15 PM	6:15 PM	FM HS Aux Gym		
Nov 20, 2025	Thu	Practice	N/A	3:15 PM	5:15 PM	FM HS House 2 Gym		
Nov 21, 2025	Fri	Practice	N/A	3:15 PM	5:15 PM	FM HS House 2 Gym		
Nov 24, 2025	Mon	Practice	N/A	3:15 PM	5:15 PM	FM HS House 2 Gym		
Nov 25, 2025	Tue	Practice	N/A	3:15 PM	5:15 PM	FM HS House 2 Gym		
Nov 26, 2025	Wed	Practice	N/A	12:00 PM	2:00 PM	FM HS House 2 Gym		
Nov 28, 2025	Fri	Practice	N/A	10:00 AM	12:00 PM	FM HS House 2 Gym		
Nov 29, 2025	Sat	Practice	N/A	8:00 AM	10:00 AM	FM HS House 2 Gym		
Dec 1, 2025	Mon	Practice	N/A	3:15 PM	5:15 PM	FM HS House 2 Gym		
Dec 2, 2025	Tue	Practice	N/A	3:15 PM	5:15 PM	FM HS House 2 Gym		
Dec 3, 2025	Wed	Practice	N/A	3:15 PM	5:15 PM	FM HS House 2 Gym		
Dec 4, 2025	Thu	Practice	N/A	3:15 PM	5:15 PM	FM HS House 2 Gym		
Dec 5, 2025	Fri	Regular Season	Fairport	7:00 PM	9:00 PM	FM HS House 2 Gym		L
Dec 6, 2025	Sat	Regular Season (Ballston Spa Tournament)	TBD	7:30 AM	4:00 PM	Ballston Spa High School Gym	Departure Point: House 1 Departure Time: 5:00 AM	NL
Dec 8, 2025	Mon	Practice	N/A	3:15 PM	5:15 PM	FM HS House 2 Gym		
Dec 9, 2025	Tue	Practice	N/A	3:15 PM	5:15 PM	FM HS House 2 Gym		
Dec 10, 2025	Wed	Practice	N/A	3:15 PM	6:15 PM	FM HS Aux Gym		
Dec 11, 2025	Thu	Practice	N/A	3:15 PM	5:15 PM	FM HS House 2 Gym		
Dec 12, 2025	Fri	Practice	N/A	3:15 PM	5:15 PM	FM HS House 2 Gym		
Dec 13, 2025	Sat	Practice	N/A	10:00 AM	12:00 PM	FM HS House 2 Gym		
Dec 15, 2025	Mon	Practice	N/A	3:15 PM	5:15 PM	FM HS House 2 Gym		
Dec 16, 2025	Tue	Practice	N/A	5:15 PM	7:15 PM	FM HS House 2 Gym		
Dec 17, 2025	Wed	Regular Season	East Syracuse Minoa	7:00 PM	9:00 PM	FM HS House 2 Gym		NL

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Dec 18, 2025	Thu	Practice	N/A	3:15 PM	5:15 PM	FM HS House 2 Gym		
Dec 19, 2025	Fri	Practice	N/A	3:15 PM	5:15 PM	FM HS House 2 Gym		
Dec 20, 2025	Sat	Meet (NC Wrestling Tourney)	Vs. Multiple	8:00 AM	8:00 PM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym#1 (Main Office), Indian River Middle School Mezzanine		NL
Dec 20, 2025	Sat	Practice	N/A	8:00 AM	10:00 AM	FM HS House 2 Gym		
Dec 22, 2025	Mon	Practice	N/A	10:00 AM	12:00 PM	FM HS House 2 Gym		
Dec 23, 2025	Tue	Practice	N/A	10:00 AM	12:00 PM	FM HS House 2 Gym		
Dec 26, 2025	Fri	Practice	N/A	12:00 PM	2:00 PM	FM HS House 2 Gym		
Dec 27, 2025	Sat	Practice	N/A	10:00 AM	12:00 PM	FM HS House 2 Gym		
Jan 2, 2026	Fri	Practice	N/A	12:00 PM	2:00 PM	FM HS House 2 Gym		
Jan 3, 2026	Sat	Regular Season (Hornet Duals)	Mexico, Fulton, Indian River, Marcellus, Syracuse City (Syracuse City), Chittenango, Cazenovia, Phoenix, Rome Free Academy	8:00 AM	4:00 PM	FM HS House 2 Gym, FM HS House 1 Gym, FM HS Aux Gym		NL
Jan 3, 2026	Sat	Regular Season (F-M duals)	Mexico	9:00 AM	4:00 PM	FM HS House 2 Gym		NL
Jan 7, 2026	Wed	Regular Season	Central Square	7:00 PM	9:00 PM	FM HS House 2 Gym		L
Jan 10, 2026	Sat	Meet (Cazenovia Wrestling Invitational)	Vs. Multiple	9:00 AM	8:00 PM	Aux Gym - Caz HS/MS, Cazenovia HS Buckley Gym, Cazenovia Middle School Gym		NL
Jan 10, 2026	Sat	Regular Season (PHX Mid Winter Classic )	Canastota, Canton, Carthage, Central Square, Chenango Valley, Cicero-North Syracuse, Fulton, Gouverneur, Jamesville-Dewitt (JD/CBA/Solvay/WH), Liverpool, Peru, Syracuse City (Syracuse City), West Genesee @ Phoenix	9:30 AM	5:00 PM	JCB Gym		NL
Jan 14, 2026	Wed	Regular Season (Senior Night)	@ Auburn	6:30 PM		Auburn HS - Game Gyms 1,2,3		L

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Jan 23, 2026	Fri	Regular Season	Fulton	7:00 PM	9:00 PM	FM HS House 2 Gym		L
Jan 27, 2026	Tue	Regular Season (Senior Night)	@ Oswego	6:00 PM	8:30 PM	Oswego HS-Old Gym		L

Date: 2025-12-15