

Coaches:

• Brent Ostrander, Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 23, 2019	Sat	Regular Season (Weight Assessment)	Cortland	12:30 PM	1:00 PM	FM HS House 1 Gym		NL
Nov 25, 2019	Mon	Practice (Practice)	N/A	3:15 PM	5:15 PM	FM HS Aux Gym		
Nov 26, 2019	Tue	Regular Season	East Syracuse Minoa	6:30 PM		FM HS House 1 Gym		NL
Nov 27, 2019	Wed	Practice (Practice)	N/A	8:00 AM	10:00 AM	FM HS Aux Gym		
Nov 29, 2019	Fri	Practice (Practice)	N/A	3:15 AM	5:15 PM	FM HS Aux Gym		
Nov 30, 2019	Sat	Practice (Practice)	N/A	8:00 AM	10:00 AM	FM HS Aux Gym		
Dec 2, 2019	Mon	Practice (Practice)	N/A	3:15 AM	5:15 PM	FM HS Aux Gym		
Dec 3, 2019	Tue	Practice (Practice)	N/A	3:15 AM	5:15 PM	FM HS Aux Gym		
Dec 4, 2019	Wed	Practice (Practice)	N/A	3:15 AM	5:15 PM	FM HS Aux Gym		
Dec 5, 2019	Thu	Regular Season	TBD	6:30 PM		FM HS House 1 Gym		NL
Dec 6, 2019	Fri	Practice (Practice)	N/A	3:15 PM	5:15 PM	FM HS Aux Gym		
Dec 11, 2019	Wed	Regular Season	Liverpool	6:30 PM		FM HS House 2 Gym		L
Dec 12, 2019	Thu	Practice (Practice)	N/A	3:15 PM	5:15 PM	FM HS Aux Gym		
Dec 13, 2019	Fri	Regular Season (Phoenix Round Robin Tournament)	@ TBD	4:00 PM		TBD	Departure Point: FMHS HS 1 Departure Time: 2:30 PM	NL
Dec 16, 2019	Mon	Practice (Practice)	N/A	3:15 PM		FM HS Aux Gym		
Dec 17, 2019	Tue	Practice (Practice)	N/A	3:15 PM	5:15 PM	FM HS Aux Gym		
Dec 19, 2019	Thu	Practice (Practice)	N/A	3:15 PM	5:15 PM	FM HS Aux Gym		
Dec 20, 2019	Fri	Practice (Practice)	N/A	3:15 PM	5:15 PM	FM HS Aux Gym		
Dec 23, 2019	Mon	Practice (Practice)	N/A	8:00 AM	10:00 AM	FM HS Aux Gym		
Dec 27, 2019	Fri	Practice (Practice)	N/A	8:00 AM	10:00 AM	FM HS Aux Gym		
Dec 28, 2019	Sat	Practice (Practice)	N/A	8:00 AM	10:00 AM	FM HS Aux Gym		
Dec 30, 2019	Mon	Practice (Practice)	N/A	8:00 AM	10:00 AM	FM HS Aux Gym		
Dec 31, 2019	Tue	Practice (Practice)	N/A	8:00 AM	10:00 AM	FM HS Aux Gym		
Jan 3, 2020	Fri	Regular Season (West Genesee RR Tournament)	@ TBD	9:30 AM		WG-HS Lower Gym	Departure Point: FMHS HS 1 Departure Time: 7:00 AM	NL

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 9, 2020	Thu	Regular Season	Baldwinsville	6:30 PM	7:00 PM	FM HS House 2 Gym		L
Jan 11, 2020	Sat	Regular Season (Cazenovia Invitational)	@ TBD	10:00 AM		Cazenovia Middle School Gym	Departure Point: FMHS HS 1 Departure Time: 7:00 AM	NL
Jan 15, 2020	Wed	Regular Season	Cicero-North Syracuse	6:30 PM		FM HS House 1 Gym		L
Jan 29, 2020	Wed	Regular Season	@ West Genesee	6:00 PM		WG-HS Lower Gym	Departure Point: FMHS HS 1 Departure Time: 4:30 PM	L

Date: 2025-12-27