

Coaches:

- Jim Whitley, Head Coach
- Fred LaVancha, Asst Coach
- Cortney Evans-Eppolito, Volunteer

DATE	WEE! DAY	⁽ TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 5, 2024	Tue	Practice (Intramurals)	N/A	2:45 PM	4:45 PM		Bus/Driver: Shuttle Bus 25 athletes	Departure Point: HS Athletic Doors (1st pickup) & MS Pool Entrance (2nd pickup) Departure Time: 2:25 PM Return Date: Return Time: 5:00 PM	
Nov 7, 2024	Thu	Practice (Intramurals)	N/A	2:45 PM	4:45 PM		Bus/Driver: Shuttle Bus 25 athletes	Departure Point: HS Athletic Doors (1st pickup) & MS Pool Entrance (2nd pickup) Departure Time: 2:25 PM Return Date: Return Time: 5:00 PM	
Nov 18, 2024	Mon	Practice	N/A	2:30 PM	4:30 PM	Indian River High School Main Gym			
Nov 19, 2024	Tue	Practice	N/A	4:30 PM	6:30 PM	Indian River Middle School Gym#1 (Main Office), Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side)			
Nov 20, 2024	Wed	Practice	N/A	4:30 PM	6:30 PM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym#1 (Main Office)	ı		

DATE	WEEK DAY	⁽ ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 21, 2024	Thu	Practice	N/A	2:30 PM	4:15 PM	Indian River Middle School Gym#1 (Main Office), Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side)			
Nov 22, 2024	Fri	Practice	N/A	2:30 PM	4:30 PM	Indian River High School Main Gym			
Nov 23, 2024	Sat	Practice	N/A	8:00 AM	10:00 AM	Main Gym			
Nov 25, 2024	Mon	Scrimmage	Sackets Harbor	5:00 PM	7:00 PM	Indian River High School Main Gym			L
Nov 26, 2024	Tue	Scrimmage	@ Cicero- North Syracuse	5:00 PM	7:00 PM	NSJHS Main Gym	Bus/Driver: 3 Coaches/ 30 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:00 PM Return Date: Return Time: 8:00 PM	L
Nov 27, 2024	Wed	Practice	N/A	8:00 AM	10:00 AM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym#1 (Main Office)			
Nov 29, 2024	Fri	Scrimmage	Gouverneur	10:00 AM	12:00 PM	Indian River High School Main Gym			NL
Nov 30, 2024	Sat	Practice	N/A	8:00 AM	10:00 AM	Indian River High School Main Gym			
Dec 2, 2024	Mon	Practice	N/A	2:30 PM	4:30 PM	Indian River High School Main Gym			
Dec 3, 2024	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	Indian River Middle School Gym#1 (Main Office), Indian River Middle School Gym #2 (Center)			

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
CANCELLED Dec 4, 2024	Wed	Practice	N/A	2:45 PM	4:45 PM	Indian River Intermediate School Main Gym			
Dec 5, 2024	Thu	Practice (Practice)	N/A	2:30 PM	4:30 PM	Indian River High School Main Gym			
Dec 6, 2024	Fri	Regular Season	Fayetteville- Manlius	7:30 PM	9:00 PM	Indian River High School Main Gym			NL
Dec 7, 2024	Sat	Practice	N/A	9:00 AM	11:00 AM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym#1 (Main Office)			
Dec 9, 2024	Mon	Practice	N/A	2:30 PM	4:30 PM	Indian River High School Main Gym			
Dec 10, 2024	Tue	Regular Season	@ General Brown	7:00 PM		GBHS Main Gym	Bus/Driver: 3 Coaches/ 30 Athletes	Departure Point: High School Athletic Doors Departure Time: 4:15 PM Return Date: Return Time: 9:30 PM	L
Dec 11, 2024	Wed	Practice	N/A	2:30 PM	4:30 PM	Indian River High School Main Gym			
Dec 12, 2024	Thu	Practice	N/A	2:30 PM	4:30 PM	Indian River High School Main Gym			
Dec 13, 2024	Fri	Regular Season	Watertown	6:00 PM	8:00 PM	Indian River High School Main Gym			L
Dec 14, 2024	Sat	Practice	N/A	8:00 AM	10:00 AM	Indian River High School Main Gym			
Dec 16, 2024	Mon	Regular Season	@ South Jefferson	6:00 PM		SJ HS/MS Gym 1 (MS)	Bus/Driver: 3 Coaches/ 30 Athletes	Departure Point: High School Athletic Doors Departure Time: 4:00 PM Return Date: Return Time: 9:30 PM	L
Dec 18, 2024	Wed	Practice	N/A	2:30 PM	4:30 PM	Indian River High School Main Gym			
Dec 19, 2024	Thu	Regular Season	Lowville	7:00 PM	8:30 PM	Indian River High School Main Gym			L
Dec 20, 2024	Fri	Practice	N/A	2:30 PM	4:30 PM	Indian River High School Main Gym			

Dec 21, 2024 Sat Regular Season Paratice N/A 3.00 10.00 Main Gym Season Main Gym Paratice N/A 3.00 Main Gym Mai	DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Dec 26, 2024	Dec 21, 2024	Sat		@ Cortland			Sr HS	Coaches/ 30	High School Athletic Doors Departure Time: 8:00 AM Return Date: Return Time: 5:00	L
Dec 27, 2024 Fri Practice N/A SM	Dec 26, 2024	Thu	Practice	N/A			High School			
Dec 29, 2024 Sun Practice N/A Sun Practice N/A Sun Sun Practice N/A Sun	Dec 27, 2024	Fri	Practice	N/A			High School			
Dec 29, 2024 Sun Practice N/A AM	Dec 28, 2024	Sat	Practice	N/A			High School			
Dec 30, 2024 Mon Season Practice N/A Season Practice N/A Practice N/A Practice N/A Practice N/A Practice N/A Practice N/A Practice Pract	Dec 29, 2024	Sun	Practice	N/A			High School			
Jan 2, 2025 Thu Practice N/A AM AM AM Main Gym Jan 3, 2025 Fri Practice N/A 9:00 11:00 AM AM AM Main Gym Jan 3, 2025 Fri Practice N/A 9:00 11:00 AM AM AM Main Gym Jan 4, 2025 Sat Regular Season @ Lowville Season	Dec 30, 2024	Mon	Season (NEXUS						High School Athletic Doors Departure Time: 10:00 AM Return Date: Return Time: 7:30	NL
Jan 3, 2025 Fri Practice N/A AM	Jan 2, 2025	Thu	Practice	N/A			High School			
Jan 4, 2025 Sat Regular Season @ Lowville PM	Jan 3, 2025	Fri	Practice	N/A			High School			
Jan 6, 2025 Mon Practice N/A 2:30 4:30 School Gym #3 (Pool Gym #3 (Poo	Jan 4, 2025	Sat		@ Lowville			High School	Coaches/ 30	High School Athletic Doors Departure Time: 10:30 AM Return Date: Return Time: 4:00	L
Jan 7, 2025 Tue Regular Season Regular Season Regular Season Regular Season PM P	Jan 6, 2025	Mon	Practice	N/A			Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym#1 (Main	ı		
Jan 8, 2025 Wed Practice N/A 2:30 4:30 High School	Jan 7, 2025	Tue		Immaculate Heart Central,			Heart	Coaches/ 30	High School Athletic Doors Departure Time: 4:15 PM Return Date: Return Time: 9:30	L
	Jan 8, 2025	Wed	Practice	N/A			High School			

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Jan 9, 2025	Thu	Practice	N/A	2:30 PM	4:30 PM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym#1 (Main Office)			
Jan 10, 2025	Fri	Practice	N/A	2:30 PM	4:30 PM	Indian River High School Main Gym			
Jan 11, 2025	Sat	Regular Season 49-27 W	Carthage	12:00 PM	1:45 PM	Indian River High School Main Gym			L
Jan 13, 2025	Mon	Practice	N/A	2:30 PM	4:30 PM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side)			
Jan 14, 2025	Tue	Practice	N/A	2:30 PM	4:30 PM	Indian River Middle School Gym #2 (Center)			
Jan 15, 2025	Wed	Practice	N/A	4:30 PM	6:30 PM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side)			
Jan 16, 2025	Thu	Practice	N/A	4:30 PM	6:30 PM	Indian River High School Main Gym			
Jan 17, 2025	Fri	Regular Season	General Brown	7:00 PM	7:00 PM	Indian River High School Main Gym			L
Jan 18, 2025	Sat	Practice	N/A	9:00 AM	11:00 AM	Indian River High School Main Gym			
Jan 20, 2025	Mon	Practice	N/A	9:00 AM	11:00 AM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym#1 (Main Office)			

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Jan 22, 2025	Wed	Practice	N/A	2:30 PM	4:30 PM	Indian River Middle School Gym #2 (Center)			
Jan 23, 2025	Thu	Regular Season	South Jefferson	7:00 PM	8:30 PM	Indian River High School Main Gym			L
Jan 24, 2025	Fri	Practice	N/A	2:30 PM	4:15 PM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym#1 (Main Office)	ı		
Jan 25, 2025	Sat	Regular Season	@ Watertown	2:00 PM		Watertown Case M S	Bus/Driver: 3 Coaches/ 30 Athletes	Departure Point: High School Athletic Doors Departure Time: 1:45 PM Return Date: Return Time: 7:00 PM	L
Jan 28, 2025	Tue	Practice	N/A	2:30 PM	4:30 PM	Indian River Middle School Gym#1 (Main Office), Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side)			
Jan 29, 2025	Wed	Practice	N/A	11:00 AM	1:00 PM	Indian River High School Main Gym			
Jan 30, 2025	Thu	Regular Season	Immaculate Heart Central, Watertown	7:00 PM	9:00 PM	Indian River High School Main Gym			L
Feb 1, 2025	Sat	Regular Season	Christian Brothers Academy, Dewitt	12:45 PM	2:30 PM	Indian River High School Main Gym			L
Feb 3, 2025	Mon	Practice	N/A	2:30 PM	4:15 PM	Indian River High School Main Gym			
Feb 4, 2025	Tue	Regular Season 49-39 W	@ Carthage	5:30 PM		Carthage HS Gym	Bus/Driver: 3 Coaches/ 30 Athletes	Departure Point: High School Athletic Doors Departure Time: 4:30 PM Return Date: Return Time: 8:00 PM	L

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Feb 5, 2025	Wed	Practice	N/A	2:30 PM	4:15 PM	Indian River Middle School Gym #3 (Pool Side)			
CANCELLED Feb 6, 2025	Thu	Practice	N/A	2:30 PM	4:30 PM	Indian River High School Main Gym			
Feb 7, 2025	Fri	Regular Season	LaFargeville	7:30 PM	9:00 PM	Indian River High School Main Gym			NL
Feb 8, 2025	Sat	Practice	N/A	9:00 AM	11:00 AM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym#1 (Main Office)			
Feb 10, 2025	Mon	Practice	N/A	2:30 PM	4:30 PM	Indian River Middle School Gym #3 (Pool Side)			
Feb 11, 2025	Tue	Practice	N/A	2:30 PM	4:30 PM	Indian River Middle School Gym#1 (Main Office)			
Feb 12, 2025	Wed	Post-Season (Frontier League Semi- Final)	Immaculate Heart Central, Watertown	6:15 PM	8:30 PM	Indian River High School Main Gym			L
Feb 13, 2025	Thu	Practice	N/A	4:30 PM	6:30 PM	Indian River High School Main Gym			
Feb 14, 2025	Fri	Practice	N/A	2:30 PM	4:30 PM	Indian River High School Main Gym			
Feb 15, 2025	Sat	Regular Season ((Hold) Frontier League Tournament Final)	General Brown	12:00 PM	1:30 PM	Jefferson Community College			L
Feb 15, 2025	Sat	Post-Season (Frontier League Championship)	TBD	12:00 PM	2:00 PM	Jefferson Community College	Bus/Driver: Coach Whitley/LaVancha/16 Athletes	Departure Point: High School Athletic Doors Departure Time: 10:30 AM Return Date: Return Time: 2:30 PM	L
Feb 17, 2025	Mon	Practice	N/A	10:00 AM	11:30 AM	Indian River High School Main Gym			
Feb 19, 2025	Wed	Practice	N/A	1:00 PM	3:00 PM	Indian River High School Main Gym			

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Feb 19, 2025	Wed	Regular Season	@ Fayetteville- Manlius	5:00 PM	6:30 PM	FM HS House 1 Gym	Bus/Driver: 3 Coaches/ 30 Athletes	Departure Point: High School Athletic Doors Departure Time: 10:15 AM Return Date: Return Time: 5:00 PM	L
Feb 20, 2025	Thu	Practice	N/A	9:00 AM	11:00 AM	Indian River High School Main Gym			
POSTPONED Feb 20, 2025	Thu	Scrimmage	Lisbon	5:00 PM	7:00 PM	Indian River High School Main Gym			NL
Feb 21, 2025	Fri	Post-Season (Section 3 First Round)	Chittenango	6:00 PM	8:00 PM	Indian River High School Main Gym			NL
Feb 24, 2025	Mon	Practice	N/A	2:30 PM	4:30 PM	Indian River Middle School Gym#1 (Main Office)			
Feb 25, 2025	Tue	Practice	N/A	2:30 PM	4:30 PM	Indian River Middle School Gym#1 (Main Office)			
Feb 26, 2025	Wed	Post-Season	@ Christian Brothers Academy, Dewitt	5:00 PM		John F. Lynch Gym	Bus/Driver: Coach Whitley/LaVancha/16 Athletes	Departure Point: High School Athletic Doors Departure Time: 2:15 PM Return Date: Return Time: 8:30 PM	NL
Feb 27, 2025	Thu	Practice	N/A	2:30 PM	4:30 PM	Indian River High School Main Gym			
Feb 28, 2025	Fri	Practice	N/A	2:30 PM	4:30 PM	Indian River High School Main Gym			
Mar 1, 2025	Sat	Practice	N/A	9:00 AM	10:45 AM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym#1 (Main Office), Indian River Middle School Gym #3 (Pool Side)			
Mar 2, 2025	Sun	Practice	N/A	9:00 AM	10:45 AM	Main Gym			
Mar 3, 2025	Mon	Post-Season (Sectional Semi Final)	@ Notre Dame, Utica	6:45 PM		Central Square High School			NL

Date: 2025-12-21