

## Coaches:

- Amy Heath, Head Coach
- Cortney Evans-Eppolito, Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	LEAGUE TRANSPORTATION / NON- LEAGUE
Jan 8, 2024	Mon	Practice	N/A	2:30 PM	4:30 PM	Indian River Middle School Gym #3 (Pool Side)		
CANCELLED Jan 9, 2024	Tue	Practice	N/A	2:30 PM	4:30 PM	Indian River Middle School Gym #3 (Pool Side)		
CANCELLED Jan 10, 2024	Wed	Practice	N/A	2:30 PM		Indian River Middle School Gym #3 (Pool Side)		
CANCELLED Jan 11, 2024	Thu	Practice	N/A	2:30 PM		Indian River Middle School Gym #3 (Pool Side)		
Jan 12, 2024	Fri	Practice	N/A	2:30 PM		Indian River High School Main Gym		
Jan 16, 2024	Tue	Practice	N/A	2:30 PM		Indian River Middle School Gym #3 (Pool Side)		
Jan 17, 2024	Wed	Practice	N/A	2:30 PM		Indian River Middle School Gym #3 (Pool Side)		
CANCELLED Jan 18, 2024	Thu	Practice	N/A	2:30 PM		Indian River Middle School Gym #3 (Pool Side)		
Jan 19, 2024	Fri	Practice	N/A	2:30 PM	4:30 PM	Indian River Middle School Gym #3 (Pool Side)		
Jan 22, 2024	Mon	Practice	N/A	2:30 PM	4:30 PM	Indian River Middle School Gym #3 (Pool Side)		
Jan 23, 2024	Tue	Practice	N/A	2:30 PM		Indian River Middle School Gym #3 (Pool Side)		
CANCELLED Jan 24, 2024	Wed	Practice	N/A	2:30 PM		Indian River Middle School Gym #3 (Pool Side)		
Jan 25, 2024	Thu	Practice	N/A	2:30 PM		Indian River Middle School Gym#1 (Main Office)		
Jan 26, 2024	Fri	Practice	N/A	2:30 PM	4:30 PM	Indian River Middle School Gym #3 (Pool Side)		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	LEAGU TRANSPORTATION / NON- LEAGU
Jan 29, 2024	Mon	Regular Season	@ Lowville	6:00 PM		Lowville High School	Bus/Driver: Coach Heath/Coach Evans/28 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 2:45 PM L Return Date: Return Time: 9:00 PM
Jan 30, 2024	Tue	Practice	N/A	2:30 PM	4:30 PM	Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym#1 (Main Office)		
Jan 31, 2024	Wed	Practice	N/A	2:30 PM	4:30 PM	Indian River Middle School Gym #3 (Pool Side)		
Feb 2, 2024	Fri	Regular Season	@ General Brown	4:30 PM	6:00 PM	B-GP Elem Gym	Bus/Driver: Coach Heath/Coach Evans/28 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:00 PM Return Date: Return Time: 8:00 PM
Feb 5, 2024	Mon		@ South Jefferson	4:30 PM		SJ HS/MS Gym 2 (HS)	Bus/Driver: Coach Heath/Coach Evans/28 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:00 PM Return Date: Return Time: 8:15 PM
Feb 6, 2024	Tue	Regular Season	Carthage	5:30 PM	7:00 PM	Indian River Middle School Gym#1 (Main Office), Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side)		L
Feb 8, 2024	Thu	Regular Season	@ Carthage	6:30 PM		Carthage Auxiliary Gym	Bus/Driver: Coach Heath/Coach Evans/28 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:45 PM Return Date: Return Time: 9:00 PM
Feb 9, 2024	Fri	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)		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Feb 12, 2024	Mon	Regular Season	Watertown	6:00 PM	7:30 PM	Indian River Middle School Gym#1 (Main Office), Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side)			L
Feb 13, 2024	Tue	Regular Season	@ Watertown	4:30 PM		Watertown H S	Bus/Driver: Coach Heath/Coach Evans/28 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:00 PM Return Date: Return Time: 6:45 PM	L
Feb 15, 2024	Thu	Regular Season		6:30 PM	8:00 PM	Indian River Middle School Gym#1 (Main Office), Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side)			L
CANCELLED Feb 16, 2024	Fri	Practice	N/A	2:30 PM	4:30 PM	Indian River Middle School Gym #3 (Pool Side)			
Feb 26, 2024	Mon	Practice	· N/A	2:30 PM	4:30 PM	Indian River Middle School Gym #3 (Pool Side)			
Feb 28, 2024	Wed	Practice	· N/A	2:30 PM	4:30 PM	Indian River Middle School Gym #3 (Pool Side)			
Feb 29, 2024	Thu	Regular Season	South Jefferson	6:00 PM		Indian River Middle School Gym#1 (Main Office), Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side)			L
Mar 4, 2024	Mon	Regular Season	General Brown	5:00 PM	6:15 PM	Indian River Middle School Gym#1 (Main Office), Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side)			L

Date: 2024-05-17