

## Coaches:

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

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	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	4:30 PM	Indian River Middle School Gym #3 (Pool Side)	
CANCELLED Jan 11, 2024	Thu	Practice	N/A	2:30 PM	4:30 PM	Indian River Middle School Gym #3 (Pool Side)	
Jan 12, 2024	Fri	Practice	N/A	2:30 PM	4:15 PM	Indian River High School Main Gym	
Jan 16, 2024	Tue	Practice	N/A	2:30 PM	4:30 PM	Indian River Middle School Gym #3 (Pool Side)	
Jan 17, 2024	Wed	Practice	N/A	2:30 PM	4:30 PM	Indian River Middle School Gym #3 (Pool Side)	
CANCELLED Jan 18, 2024	Thu	Practice	N/A	2:30 PM	4:30 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	4:30 PM	Indian River Middle School Gym #3 (Pool Side)	
CANCELLED Jan 24, 2024	Wed	Practice	N/A	2:30 PM	4:30 PM	Indian River Middle School Gym #3 (Pool Side)	
Jan 25, 2024	Thu	Practice	N/A	2:30 PM	4:30 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)	
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 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 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)	
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 15, 2024	Thu	Regular Season	Lowville	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

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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