

Coaches:

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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	LEAGUE TRANSPORTATION / NON- LEAGUE
Jan 9, 2023	Mon	Practice (Modified (G) 7/8 Basketball)	N/A	2:30 PM	4:00 PM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side)		
Jan 10, 2023	Tue	Practice (Modified (G) 7/8 Basketball)	N/A	2:30 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 11, 2023	Wed	Practice (Modified (G) 7/8 Basketball)	N/A	2:30 PM	4:00 PM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side)		
Jan 12, 2023	Thu	Practice (Modified (G) 7/8 Basketball)	N/A	2:30 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 13, 2023	Fri	Practice (Modified (G) 7/8 Basketball)	N/A	2:30 PM	4:00 PM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side)		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME		DEPARTURE	LEAGUE TRANSPORTATION / NON- LEAGUE
POSTPONED Jan 17, 2023	Tue	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 18, 2023	Wed	Practice	N/A	2:30 PM	4:00 PM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side)		
Jan 19, 2023	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 20, 2023	Fri	Practice	N/A	2:30 PM	4:00 PM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side)		
Jan 24, 2023	Tue	Regular Season	General Brown	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
Jan 26, 2023	Thu	Regular Season	@ Lowville	4:30 PM		Lowville High School	Bus/Driver: Coach Montressor/Heath/Walsh/30 Athletes	Departure Point: Middle School Pool L Entrance

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 30, 2023	Mon	Regular Season	Carthage	5:00 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
Jan 31, 2023	Tue	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 1, 2023	Wed	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 2, 2023	Thu	Practice	N/A	2:30 PM		Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym#1 (Main Office)			

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Feb 3, 2023	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 4, 2023	Sat	Regular Season	@ South Lewis	10:00 AM		South Lewis MS Gymnasium	Bus/Driver: Coach Montressor/Heath/Walsh/30 Athletes	Departure Point: Middle School Pool L Entrance
Feb 6, 2023	Mon	Regular Season	Belleville Henderson	5:00 PM		Indian River Middle School Gym#1 (Main Office), Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side)	Bus/Driver: Coach Montressor/Heath/Walsh/30 Athletes	Departure Point: Middle School Pool L Entrance
Feb 7, 2023	Tue	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 8, 2023	Wed	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)		

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Feb 9, 2023	Thu	Regular Season	South Jefferson	5:00 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 10, 2023	Fri	Practice	N/A	2:30 PM		Indian River Middle School Gym#1 (Main Office), Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side)			
Feb 13, 2023	Mon	Regular Season	Watertown	5:00 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 15, 2023	Wed	Practice	N/A	2:30 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 16, 2023	Thu	Regular Season	@ General Brown	6:00 PM		B-GP Elem Gym	Bus/Driver: Coach Montressor/Heath/Walsh/30 Athletes	Departure Point: Middle School Pool Entrance	L

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Feb 17, 2023	Fri Practice	N/A	2:30 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 27, 2023	Mon 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)			
Feb 28, 2023	Tue Regular Season	Lowville	5:00 PM		Indian River Middle School Gym#1 (Main Office), Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side)		I	L
Mar 1, 2023	Wed 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)			
Mar 2, 2023	Thu Regular Season	@ Watertown	4:30 PM		Watertown H S	Bus/Driver: Coach Montressor/Heath/Wals Athletes	Departure Point: h/30 Middle School Pool I Entrance	L

Date: 2024-05-03