

Coaches:

- Riley Williams, Head Coach
- Steve Moffett, Coach

| DATE | WEEK DAY | ТҮРЕ | OPPONENTS | START | END | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON- LEAGUE |
|---------------------------|-------------|-------------------|------------------|------------|------------|--|---|--|------------------------------|
| POSTPONED Jan 17, 2023 | Tue | Practice | N/A | 2:30 PM | 4:15 PM | Indian River High School Main Gym | | | |
| Jan 18, 2023 | Wed | Practice | N/A | 2:30 PM | 4:00 PM | Indian River High School Main Gym | | | |
| Jan 19, 2023 | Thu | Practice | N/A | 2:30 PM | 4:30 PM | Indian River High School Main Gym | | | |
| Jan 20, 2023 | Fri | Practice | N/A | 2:30 PM | 4:00 PM | TBD | | | |
| Jan 21, 2023 | Sat | Practice | N/A | 1:30 PM | 2:30 PM | Indian River High School Main Gym | | | |
| Jan 23, 2023 | Mon | Regular Season | General Brown | 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 24, 2023 | Tue | Practice | N/A | 2:30 PM | 4:30 PM | Indian River High School Main Gym | | | |
| POSTPONED Jan 25, 2023 | Wed | Practice | N/A | 2:30 PM | 4:30 PM | Indian River High School Main Gym | | | |
| Jan 26, 2023 | Thu | Practice | N/A | 2:30 PM | 4:00 PM | Indian River High School Main Gym | | | |
| Jan 27, 2023 | Fri | Regular Season | @ Lowville | 4:30 PM | | Lowville High School | | | L |
| Jan 30, 2023 | Mon | Regular Season | Carthage | 5:00 PM | | Indian River High School Main Gym | | | L |
| Jan 31, 2023 | Tue | Practice | N/A | 2:30 PM | 4:00 PM | Indian River High School Main Gym | | | |
| Feb 1, 2023 | Wed | Practice | N/A | 2:30 PM | 4:00 PM | Indian River High School Main Gym | | | |
| Feb 2, 2023 | Thu | Practice | N/A | 2:30 PM | 4:30 PM | Indian River High School Main Gym | | | |
| Feb 3, 2023 | Fri | Practice | N/A | 2:30 PM | 4:30 PM | Indian River High School Main Gym | | | |
| Feb 6, 2023 | Mon | Regular Season | @ Sandy Creek | 5:00 PM | | Sandy Creek MS/HS Gym | Bus/Driver: Coaches Moffett/Kenyon and 25 athletes | Departure Point: High School Athletic Doors | L |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON- LEAGUE |
|--------------|-------------|---|--------------------|---------------|-------------|--|---|---|----------------------------|
| Feb 7, 2023 | Tue | Practice | N/A | 2:30 PM | 4:30 PM | Indian River High School Main Gym | | | |
| Feb 8, 2023 | Wed | Practice (Shuttle Bus to IRIS) | N/A | 3:00 PM | 5:00 PM | Indian River Intermediate School Aux Gym, Indian River Intermediate School Main Gym | Bus/Driver: Shuttle Bus 25 athletes | Departure Point: High School Athletic Doors Departure Time: 3:00 PM Return Date: Return Time: 5:10 PM | |
| Feb 9, 2023 | Thu | Regular Season | South Jefferson | 5:00 PM | | Indian River High School Main Gym | | | L |
| Feb 10, 2023 | Fri | Practice | N/A | 2:30 PM | 4:30 PM | Indian River High School PE Classroom | | | |
| Feb 13, 2023 | Mon | Regular Season | Watertown | 5:00 PM | | Indian River High School Main Gym | | | L |
| Feb 15, 2023 | Wed | Practice | N/A | 3:15 PM | 5:00 PM | Indian River Intermediate School Aux Gym, Indian River Intermediate School Main Gym | | | |
| Feb 16, 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) | | | |
| Feb 22, 2023 | Wed | Practice | N/A | 11:00 AM | 1:00 PM | Indian River High School Main Gym | | | |
| Feb 23, 2023 | Thu | Practice | N/A | 11:00 AM | 1:00 PM | Indian River High School Main Gym | | | |
| Feb 27, 2023 | Mon | Practice | N/A | 2:30 PM | 4:00 PM | Indian River High School Main Gym | | | |
| Feb 28, 2023 | Tue | Regular Season | Lowville | 5:00 PM | | Indian River High School Main Gym | | | L |
| Mar 1, 2023 | Wed | Practice | N/A | 2:30 PM | 4:00 PM | Indian River High School Main Gym | | | |
| Mar 2, 2023 | Thu | Regular Season | Sandy Creek | | | 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: Coaches Moffett/Kenyon and 25 athletes | Departure Point: High School Athletic Doors | L |
| Mar 3, 2023 | Fri | Regular Season | @ Watertown | 4:30 PM | | Watertown H S | | | L |
| Mar 6, 2023 | Mon | Regular Season | @ General Brown | 4:30 PM | | GBHS Main Gym | | | L |

Date: 2025-12-06