



## Coaches:

- Jade Montressor, Head Coach
- Chadd Johnson, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE
Mar 11, 2024	Mon	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		
Mar 12, 2024	Tue	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		
Mar 13, 2024	Wed	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		
Mar 14, 2024	Thu	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		
Mar 15, 2024	Fri	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE
Mar 18, 2024	Mon	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		
Mar 20, 2024	Wed	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		
Mar 21, 2024	Thu	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		
Mar 22, 2024	Fri	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		
Mar 25, 2024	Mon	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		
Mar 26, 2024	Tue	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE
Mar 27, 2024	Wed	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		
Mar 28, 2024	Thu	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		
Apr 2, 2024	Tue	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		
Apr 3, 2024	Wed	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		
Apr 4, 2024	Thu	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		
Apr 5, 2024	Fri	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		
Apr 8, 2024	Mon	Practice	N/A	10:00 AM	11:30 AM	Indian River Outdoor Track		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE
Apr 9, 2024	Tue	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		
Apr 10, 2024	Wed	Regular Season 68-73 L	@ Carthage	4:30 PM		Comet Field	<b>Bus/Driver:</b> Coach Montressor/Johnson//35 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 2:45 PM L <b>Return Date:</b> <b>Return Time:</b> 8:30 PM
Apr 11, 2024	Thu	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		
Apr 12, 2024	Fri	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		
Apr 13, 2024	Sat	Regular Season (South Jeff Invitational)	@ TBD	10:00 AM		SJ Wilson Elem. Track	<b>Bus/Driver:</b> 2 Coaches/30 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 8:00 PM NL <b>Return Date:</b> <b>Return Time:</b> 3:00 PM
Apr 15, 2024	Mon	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		
Apr 16, 2024	Tue	Regular Season	Beaver River @ South Jefferson	4:30 PM		SJ Wilson Elem. Track	<b>Bus/Driver:</b> Coach Montressor/Johnson//35 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 2:30 PM L <b>Return Date:</b> <b>Return Time:</b> 8:30 PM

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE
Apr 17, 2024	Wed	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		
Apr 18, 2024	Thu	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		
CANCELLED Apr 19, 2024	Fri	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		
Apr 22, 2024	Mon	Practice	N/A	4:30 PM	6:00 PM	Indian River Outdoor Track		
Apr 23, 2024	Tue	Practice	N/A	4:30 PM	6:00 PM	Indian River Outdoor Track		
Apr 24, 2024	Wed	Practice	N/A	4:30 PM	6:00 PM	Indian River Outdoor Track		
Apr 25, 2024	Thu	Practice	N/A	4:30 PM	6:00 PM	Indian River Outdoor Track		
Apr 26, 2024	Fri	Practice	N/A	4:30 PM	6:00 PM	Indian River Outdoor Track		
Apr 27, 2024	Sat	Regular Season (SLU Invitational)	@ TBD	10:00 AM		St. Lawrence University, Canton NY	<b>Bus/Driver:</b> 4 Coaches & 30 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 8:00 AM <b>Return Date:</b> NL <b>Return Time:</b> 3:00 PM
Apr 29, 2024	Mon	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE
Apr 30, 2024	Tue	Regular Season	Sandy Creek	5:00 PM	7:00 PM	Wolves Stadium, Turf Facility (Field A)		L
May 1, 2024	Wed	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		
May 2, 2024	Thu	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		
May 3, 2024	Fri	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		
May 3, 2024	Fri	Regular Season (ESM Invitational)	@ TBD	4:30 PM		ESM High School - Stadium	<b>Bus/Driver:</b> 4 Coaches & 30 Athletes <b>Class Dismissal:</b> 1:15 PM	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 1:30 PM <b>Return Date:</b> NL <b>Return Time:</b> 10:00 PM
May 6, 2024	Mon	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		
May 7, 2024	Tue	Regular Season	Watertown, South Lewis	4:30 PM	7:30 PM	Wolves Stadium, Turf Facility (Field A)		L
May 8, 2024	Wed	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE
May 9, 2024	Thu	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		
May 10, 2024	Fri	Regular Season (Oneida Invitational)	@ TBD	3:30 PM		Oneida H S	<b>Bus/Driver:</b> 4 Coaches & 30 Athletes <b>Class Dismissal:</b> 12:15 PM	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 12:30 PM <b>Return Date:</b> NL <b>Return Time:</b> 11:00 PM
May 14, 2024	Tue	Regular Season (Frontier League Co Ed Championships)	Carthage, South Lewis, Watertown, South Jefferson @ Beaver River	4:00 PM	8:45 PM	Beaver River H S	<b>Bus/Driver:</b> Coach Montressor/Johnson//35 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 2:15 PM L <b>Return Date:</b> 9:30 PM <b>Return Time:</b> 9:30 PM
May 15, 2024	Wed	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		
May 16, 2024	Thu	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		
May 17, 2024	Fri	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		
May 18, 2024	Sat	Regular Season (Van Dusen Invitational)	@ TBD	TBD		Ogdensburg Free Academy	<b>Bus/Driver:</b> 4 Coaches & 30 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 8:30 AM NL <b>Return Date:</b> 4:00 PM <b>Return Time:</b> 4:00 PM

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE	LEAGUE
May 20, 2024	Mon	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track			
May 21, 2024	Tue	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track			
May 22, 2024	Wed	Post-Season (Class A Sectional Championship)	Central Square, Oswego, Watertown, Fulton, Whitesboro, Auburn, Corcoran, Nottingham, Fowler, Jamesville-Dewitt, Carthage, New Hartford, Cortland @ East Syracuse Minoa	4:30 PM		ESM High School - Stadium	<b>Bus/Driver:</b> 4 Coaches & 20 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Date:</b> May 24, 2024 <b>Departure Time:</b> NL 7:15 AM <b>Return Date:</b> May 24, 2024 <b>Return Time:</b> 4:00 PM	
May 23, 2024	Thu	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track			
May 30, 2024	Thu	Post-Season (State Qualifier)	@ TBD	4:00 PM		CNS HS-Bragman Stadium	<b>Bus/Driver:</b> 4 Coaches & 20 Athletes <b>Class Dismissal:</b> 1:15 PM	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 1:30 PM <b>Return Date:</b> Return Time: 11:00 PM	L

Date: 2026-01-25