



Indian River

(G) V Wrestling

Coaches:

- Scarlett De Witt, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 18, 2024	Mon	Practice	N/A	2:45 PM	5:00 PM	Indian River Intermediate School Aux Gym	Bus/Driver: Shuttle Bus 15 Athletes	Departure Point: High School Athletic Doors Departure Time: 2:45 PM Return Date: Return Time: 5:00 PM	
Nov 19, 2024	Tue	Practice	N/A	2:45 PM	5:00 PM	Indian River Intermediate School Aux Gym	Bus/Driver: Shuttle Bus 15 Athletes	Departure Point: High School Athletic Doors Departure Time: 2:45 PM Return Date: Return Time: 5:00 PM	
Nov 20, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Indian River Intermediate School Aux Gym	Bus/Driver: Shuttle Bus 15 Athletes	Departure Point: High School Athletic Doors Departure Time: 2:45 PM Return Date: Return Time: 5:00 PM	
Nov 21, 2024	Thu	Practice	N/A	2:30 PM	4:00 PM	Indian River Intermediate School Aux Gym	Bus/Driver: Shuttle Bus 15 Athletes	Departure Point: High School Athletic Doors Departure Time: 2:45 PM Return Date: Return Time: 5:00 PM	
Nov 22, 2024	Fri	Practice	N/A	2:45 PM	5:00 PM	Indian River Intermediate School Aux Gym	Bus/Driver: Shuttle Bus 15 Athletes	Departure Point: High School Athletic Doors Departure Time: 2:45 PM Return Date: Return Time: 5:00 PM	
Nov 25, 2024	Mon	Practice	N/A	10:45 AM	1:00 PM	Indian River Middle School Mezzanine			
Nov 26, 2024	Tue	Practice	N/A	10:45 AM	1:00 PM	Indian River Middle School Mezzanine			
Nov 27, 2024	Wed	Practice	N/A	10:00 AM	12:00 PM	Indian River Middle School Mezzanine		Departure Time: 2:45 PM Return Date: Return Time: 5:00 PM	
Nov 29, 2024	Fri	Practice	N/A	10:00 AM	12:00 PM	Indian River Middle School Mezzanine			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 30, 2024	Sat	Practice	N/A	9:30 AM	12:00 PM	TBD	Bus/Driver: Coach De Witt / 13 Athletes	Departure Point: High School Athletic Doors Departure Time: 8:30 AM Return Date: Return Time: 1:00 PM	
Dec 2, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Indian River Intermediate School Aux Gym	Bus/Driver: Shuttle Bus 15 Athletes	Departure Point: High School Athletic Doors Departure Time: 2:45 PM Return Date: Return Time: 5:00 PM	
CANCELLED Dec 3, 2024	Tue	Practice	N/A	2:45 PM	5:00 PM	Indian River Intermediate School Aux Gym	Bus/Driver: Shuttle Bus 15 Athletes	Departure Point: High School Athletic Doors Departure Time: 2:45 PM Return Date: Return Time: 5:00 PM	
CANCELLED Dec 4, 2024	Wed	Practice	N/A	2:30 PM	4:15 PM	Indian River Middle School Mezzanine	Bus/Driver: Shuttle Bus 15 Athletes	Departure Point: High School Athletic Doors Departure Time: 2:45 PM Return Date: Return Time: 5:00 PM	
Dec 5, 2024	Thu	Practice	N/A	2:30 PM	4:15 PM	Indian River Middle School Mezzanine	Bus/Driver: Shuttle Bus 15 Athletes	Departure Point: High School Athletic Doors Departure Time: 2:45 PM Return Date: Return Time: 5:00 PM	
Dec 6, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Indian River Intermediate School Aux Gym	Bus/Driver: Shuttle Bus 15 Athletes	Departure Point: High School Athletic Doors Departure Time: 2:45 PM Return Date: Return Time: 5:00 PM	
Dec 7, 2024	Sat	Practice	N/A	8:00 AM	10:00 PM	Indian River Middle School Mezzanine			
Dec 9, 2024	Mon	Regular Season	Camden, Mexico @ General Brown (General Brown)	6:00 PM		GBHS Main Gym	Bus/Driver: Coach De Witt / 13 Athletes	Departure Point: High School Athletic Doors Departure Time: 4:15 PM Return Date: Return Time: 10:30 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 10, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Indian River Intermediate School Aux Gym	Bus/Driver: Shuttle Bus 15 Athletes	Departure Point: High School Athletic Doors Departure Time: 2:45 PM Return Date: Return Time: 5:00 PM	
Dec 11, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Indian River Intermediate School Aux Gym	Bus/Driver: Shuttle Bus 15 Athletes	Departure Point: High School Athletic Doors Departure Time: 2:45 PM Return Date: Return Time: 5:00 PM	
Dec 12, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Indian River Intermediate School Aux Gym	Bus/Driver: Shuttle Bus 15 Athletes	Departure Point: High School Athletic Doors Departure Time: 2:45 PM Return Date: Return Time: 5:00 PM	
Dec 13, 2024	Fri	Regular Season (Phoenix Round Robin Scramble)	@ TBD	5:00 PM	10:00 PM	TBD	Bus/Driver: Coach De Witt / 13 Athetes	Departure Point: High School Athletic Doors Departure Time: 2:30 PM Return Date: Return Time: 11:00 PM	L
Dec 13, 2024	Fri	Regular Season (Phoenix Girls Scramble)	Harpursville (I - 88 HORNETS), Little Falls, TBD, Baldwinsville, Camden, Cicero-North Syracuse, Fulton, General Brown (General Brown), Holland Patent, Horseheads (Girls Wrestling Varsity), Mexico, Waverly, West Genesee, Fayetteville-Manlius @ Phoenix	5:00 PM	9:00 PM	JCB Gym			L
Dec 16, 2024	Mon	Practice	N/A	2:30 PM	4:15 PM	Indian River Middle School Mezzanine	Bus/Driver: Shuttle Bus 15 Athletes	Departure Point: High School Athletic Doors Departure Time: 2:45 PM Return Date: Return Time: 5:00 PM	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 17, 2024	Tue	Regular Season	Phoenix, Mexico	6:00 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
Dec 18, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Indian River Middle School Mezzanine	Bus/Driver: Shuttle Bus 15 Athletes	Departure Point: High School Athletic Doors Departure Time: 2:45 PM Return Date: Return Time: 5:00 PM	
Dec 19, 2024	Thu	Practice	N/A	2:30 PM	4:15 PM	Indian River Middle School Mezzanine	Bus/Driver: Shuttle Bus 15 Athletes	Departure Point: High School Athletic Doors Departure Time: 2:45 PM Return Date: Return Time: 5:00 PM	
Dec 20, 2024	Fri	Regular Season (CNS Wrestling Tournament)	@ TBD	4:30 PM	11:00 PM	NSJHS Main Gym	Bus/Driver: Coach De Witt / 13 Athetes Class Dismissal: 1:20 PM	Departure Point: High School Athletic Doors Departure Time: 1:30 PM Return Date: Return Time: 11:00 PM	NL
Jan 2, 2025	Thu	Practice	N/A	10:00 AM	12:00 PM	Indian River Middle School Mezzanine		Departure Time: 2:45 PM Return Date: Return Time: 5:00 PM	
Jan 3, 2025	Fri	Practice	N/A	10:00 AM	12:00 PM	Indian River Middle School Mezzanine			
Jan 4, 2025	Sat	Regular Season (Baldwinsville Queen Bee Tourney)	@ TBD	8:00 AM	8:00 PM	Bville - Baker High School	Bus/Driver: Coach De Witt / 13 Athetes	Departure Point: High School Athletic Doors Departure Time: 5:30 AM Return Date: Return Time: 10:00 PM	L
Jan 6, 2025	Mon	Practice	N/A	2:30 PM	4:30 PM	Indian River Middle School Mezzanine	Bus/Driver: Shuttle Bus 15 Athletes	Departure Point: High School Athletic Doors Departure Time: 2:45 PM Return Date: Return Time: 5:00 PM	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 7, 2025	Tue	Practice	N/A	2:45 PM	4:30 PM	Indian River Middle School Mezzanine	Bus/Driver: Shuttle Bus 15 Athletes	Departure Point: High School Athletic Doors Departure Time: 2:45 PM Return Date: Return Time: 5:00 PM	
Jan 8, 2025	Wed	Practice	N/A	2:30 PM	4:30 PM	Indian River Middle School Mezzanine	Bus/Driver: Shuttle Bus 15 Athletes	Departure Point: High School Athletic Doors Departure Time: 2:45 PM Return Date: Return Time: 5:00 PM	
Jan 10, 2025	Fri	Practice	N/A	2:30 PM	4:30 PM	Indian River Middle School Mezzanine	Bus/Driver: Shuttle Bus 15 Athletes	Departure Point: High School Athletic Doors Departure Time: 2:45 PM Return Date: Return Time: 5:00 PM	
Jan 13, 2025	Mon	Practice	N/A	2:45 PM	4:30 PM	Indian River Middle School Mezzanine			
Jan 15, 2025	Wed	Practice	N/A	2:45 PM	4:30 PM	Indian River Middle School Mezzanine			
Jan 16, 2025	Thu	Regular Season (West Genesee and Indian River Dual Meet)	West Genesee @ Syracuse City (Syracuse City Girls Wrestling)	6:00 PM	8:00 PM	PSLA @ Fowler High School-Event Entry Doors	Bus/Driver: Coach De Witt / 13 Athetes	Departure Point: High School Athletic Doors Departure Time: 3:30 PM Return Date: Return Time: 9:30 PM	L
Jan 17, 2025	Fri	Regular Season	@ General Brown (General Brown)	6:00 PM		GBHS Main Gym	Bus/Driver: Coach De Witt / 13 Athetes	Departure Point: High School Athletic Doors Departure Time: 3:30 PM Return Date: Return Time: 8:00 PM	L
Jan 20, 2025	Mon	Regular Season (Windsor Lady Black Knights Invitational)	@ TBD	9:00 AM		Windsor High School	Bus/Driver: Coach De Witt / 13 Athetes	Departure Point: High School Athletic Doors Departure Time: 4:30 AM Return Date: Return Time: 9:00 PM	NL
Jan 20, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	Indian River Middle School Mezzanine			
Jan 21, 2025	Tue	Practice	N/A	2:45 PM	4:30 PM	Indian River Middle School Mezzanine			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 22, 2025	Wed	Regular Season	Baldwinsville, Gouverneur	6:00 PM	9:00 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 23, 2025	Thu	Practice	N/A	2:45 PM	4:30 PM	Indian River Middle School Mezzanine			
Jan 24, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	Indian River Middle School Mezzanine			
Jan 25, 2025	Sat	Regular Season (Canandaigua Girls Invitational)	@ TBD	9:00 AM		Canandaigua Academy	Bus/Driver: Coach De Witt / 13 Athetes	Departure Point: High School Athletic Doors Departure Time: 4:00 AM Return Date: Return Time: 10:00 PM	NL
CANCELLED Jan 27, 2025	Mon	Practice	N/A	2:45 PM	4:30 PM	Indian River Middle School Mezzanine			
Jan 29, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	Indian River Middle School Mezzanine			
Jan 30, 2025	Thu	Practice	N/A	2:45 PM	4:30 PM	Indian River Middle School Mezzanine			
Jan 31, 2025	Fri	Practice	N/A	2:45 PM	5:00 PM	Indian River Middle School Mezzanine			
Feb 3, 2025	Mon	Practice	N/A	2:45 PM	4:30 PM	Indian River Middle School Mezzanine			
Feb 4, 2025	Tue	Practice	N/A	2:45 PM	4:30 PM	Indian River Middle School Mezzanine			
Feb 5, 2025	Wed	Practice	N/A	2:45 PM	4:30 PM	Indian River Middle School Mezzanine			
CANCELLED Feb 6, 2025	Thu	Practice	N/A	2:45 PM	4:30 PM	Indian River Middle School Mezzanine			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE
									NON-LEAGUE
Feb 7, 2025	Fri	Regular Season	@ Gouverneur	5:00 PM	8:00 PM	Gouverneur HS	Bus/Driver: Coach De Witt / 13 Athetes	Departure Point: High School Athletic Doors Departure Time: 2:30 PM Return Date: Return Time: 7:00 PM	NL
Feb 10, 2025	Mon	Practice	N/A	2:45 PM	4:30 PM	Indian River Middle School Mezzanine			
Feb 11, 2025	Tue	Practice	N/A	2:45 PM	4:30 PM	Indian River Middle School Mezzanine			
Feb 12, 2025	Wed	Practice	N/A	2:45 PM	4:30 PM	Indian River Middle School Mezzanine			
Feb 13, 2025	Thu	Practice	N/A	2:45 PM	4:30 PM	Indian River Middle School Mezzanine			
Feb 14, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	Indian River Middle School Mezzanine			
Feb 16, 2025	Sun	Post-Season (Section III Tournament)	@ TBD	9:00 AM		Onondaga Community College	Bus/Driver: Coach De Witt / 13 Athetes	Departure Point: High School Athletic Doors Departure Time: 6:00 AM Return Date: Return Time: 7:00 PM	NL
Feb 19, 2025	Wed	Practice	N/A	10:00 AM	12:00 PM	Indian River Middle School Mezzanine			
Feb 20, 2025	Thu	Practice	N/A	10:00 AM	12:00 PM	Indian River Middle School Mezzanine			
Feb 21, 2025	Fri	Practice	N/A	10:00 AM	12:00 PM	Indian River Middle School Mezzanine			
Feb 21, 2025	Fri	Practice (Media Day)	N/A	5:00 PM	7:00 PM	TBD	Bus/Driver: School Car Request - 1 Coach/1 Athlete	Departure Point: High School Athletic Doors Departure Time: 2:55 PM Return Date: Return Time: 9:00 PM	
Feb 22, 2025	Sat	Practice	N/A	10:00 AM	12:00 PM	Indian River Middle School Mezzanine			
Feb 24, 2025	Mon	Practice	N/A	2:45 PM	5:00 PM	Indian River Middle School Mezzanine			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 25, 2025	Tue	Practice	N/A	2:45 PM	5:00 PM	Indian River Middle School Mezzanine		
Feb 27, 2025	Thu	Post-Season (State Championships at MVP Arena)	@ TBD	9:30 AM		TBD	Bus/Driver: School Van/Car Requested - 1 Coach/1 Athlete	Departure Point: High School Athletic Doors Departure Date: Feb 26, 2025 NL

Date: 2025-12-05