

## Coaches:

• Eric Sauer, Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON- LEAGUE
Aug 21, 2023	Mon	Practice (JV/V Try-outs)	N/A	9:00 AM	11:30 AM	Indian River High School Main Gym		
Aug 22, 2023	Tue	Practice (JV/V Try-outs)	N/A	9:00 AM	11:30 AM	Indian River High School Main Gym		
Aug 23, 2023	Wed	Practice (JV/V Try-outs)	N/A	9:00 AM	11:30 AM	Indian River High School Main Gym		
Aug 24, 2023	Thu	Practice	N/A	9:00 AM	11:00 AM	Indian River Intermediate School Aux Gym		
Aug 25, 2023	Fri	Practice	N/A	9:00 AM	11:00 AM	Indian River Intermediate School Aux Gym		
Aug 26, 2023	Sat	Practice	N/A	9:00 AM	11:00 AM	Indian River High School Main Gym		
Aug 28, 2023	Mon	Practice	N/A	9:00 AM	11:00 AM	Indian River Intermediate School Aux Gym		
Aug 29, 2023	Tue	Practice	N/A	9:00 AM	11:00 AM	Indian River Intermediate School Aux Gym		
Aug 30, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	Indian River High School Main Gym		
Aug 31, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	Indian River High School Main Gym		
Sep 1, 2023	Fri	Practice	N/A	9:00 AM	11:00 AM	Indian River Intermediate School Aux Gym		
Sep 4, 2023	Mon	Practice	N/A	9:00 AM	11:30 AM	Indian River High School Main Gym		
Sep 5, 2023	Tue	Regular Season	Canton	5:00 PM	6:00 PM	Indian River High School Main Gym		L
Sep 6, 2023	Wed	Practice (Practice)	N/A	3:00 PM	5:00 PM	Indian River Middle School Gym #3 (Pool Side)		
Sep 7, 2023	Thu	Practice (Practice)	N/A	3:00 PM	5:00 PM	Indian River Middle School Gym #3 (Pool Side)		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 8, 2023	Fri	Regular Season	@ Clifton-Fine	5:00 PM	6:00 PM	C-F J/SHS	Bus/Driver: 3 Coaches/35 Athletes	Departure Point: High School Athletic Doors Departure Time: 2:45 PM Return Date: Return Time: 9:15 PM	L
Sep 9, 2023	Sat	Practice	N/A	9:00 AM	11:00 AM	Indian River High School Main Gym			
Sep 11, 2023	Mon	Regular Season	Gouverneur	5:00 PM	6:00 PM	Indian River High School Main Gym			L
Sep 12, 2023	Tue	Practice (Practice)	N/A	3:00 PM	5:00 PM	Indian River High School Main Gym			
Sep 13, 2023	Wed	Practice (Practice)	N/A	3:00 PM	5:00 PM	Indian River Middle School Gym #3 (Pool Side)			
Sep 14, 2023	Thu	Practice (Practice)	N/A	3:00 PM	5:00 PM	Indian River Middle School Gym #3 (Pool Side)			
Sep 15, 2023	Fri	Regular Season	@ Madrid- Waddington	5:00 PM	6:00 PM	M-W HS	Bus/Driver: 3 Coaches/35 Athletes	Departure Point: High School Athletic Doors Departure Time: 2:30 PM Return Date: Return Time: 9:45 PM	L
Sep 18, 2023	Mon	Practice (Practice)	N/A	3:00 PM	5:00 PM	Indian River High School Main Gym			
Sep 19, 2023	Tue	Regular Season	Ogdensburg	5:00 PM	6:00 PM	Indian River High School Main Gym			L
Sep 20, 2023	Wed	Practice (Practice)	N/A	3:00 PM	5:00 PM	Indian River Middle School Gym #3 (Pool Side)			
Sep 21, 2023	Thu	Regular Season	@ Potsdam	5:00 PM	6:00 PM	TBD	Bus/Driver: 3 Coaches/35 Athletes	Departure Point: High School Athletic Doors Departure Time: 2:30 PM Return Date: Return Time: 9:45 PM	L
Sep 22, 2023	Fri	Practice (Practice)	N/A	3:00 PM	5:00 PM	Indian River Middle School Gym #3 (Pool Side)			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 23, 2023	Sat	Regular Season (Girls Volleyball Tournament)	Jamesville- Dewitt, Phoenix, Fulton, Institute of Technology, Syracuse, Oswego, Fayetteville- Manlius @ Central Square	8:00 AM		Central Square Middle School	Bus/Driver: 3 Coaches/35 Athletes	Departure Point: High School Athletic Doors Departure Time: 6:45 AM Return Date: Return Time: 5:30 PM	L
Sep 25, 2023	Mon	Practice (Practice)	N/A	3:00 PM	5:00 PM	Indian River Middle School Gym #3 (Pool Side)			
Sep 26, 2023	Tue	Regular Season	Salmon River	5:00 PM	6:00 PM	Indian River High School Main Gym			L
Sep 27, 2023	Wed	Practice (Practice)	N/A	3:00 PM	5:00 PM	Indian River Middle School Gym #3 (Pool Side)			
Sep 28, 2023	Thu	Regular Season	Tupper Lake	5:00 PM	6:00 PM	Indian River High School Main Gym			L
Sep 29, 2023	Fri	Practice (Practice)	N/A	2:45 PM	4:30 PM	Indian River Middle School Gym #3 (Pool Side)			
Sep 30, 2023	Sat	Practice (This will be a scrimmage against Brushton Varsity)	N/A	10:00 AM	2:00 PM	Indian River High School Main Gym			
Oct 2, 2023	Mon	Practice	N/A	2:40 PM		Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym#1 (Main Office)			
Oct 3, 2023	Tue	Practice	N/A	2:40 PM		Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym#1 (Main Office)			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 4, 2023	Wed	Practice	N/A	2:40 PM		Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym#1 (Main Office)			
Oct 5, 2023	Thu	Practice	N/A	TBD		Indian River Middle School Gym #2 (Center), Indian River Middle School Gym#1 (Main Office), Indian River Middle School Gym #3 (Pool Side)			
Oct 6, 2023	Fri	Regular Season	@ Malone	5:00 PM	6:00 PM	TBD	Bus/Driver: 3 Coaches/35 Athletes Class Dismissal: 1:20 PM	Departure Point: High School Athletic Doors Departure Time: 1:30 PM Return Date: Return Time: 10:30 PM	L
Oct 7, 2023	Sat	Practice	N/A	9:00 AM	11:00 PM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym#1 (Main Office)			
Oct 7, 2023	Sat	Regular Season	Chateaugay	1:00 PM	2:00 PM	Indian River High School Main Gym			L
Oct 9, 2023	Mon	Practice	N/A	2:40 PM		Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym#1 (Main Office)			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 10, 2023	Tue	Regular Season	@ Massena	5:00 PM	6:00 PM	TBD	Bus/Driver: 3 Coaches/35 Athletes	Departure Point: High School Athletic Doors Departure Time: 2:15 PM Return Date: Return Time: 10:00 PM	L
Oct 11, 2023	Wed	Practice	N/A	2:40 PM		Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym#1 (Main Office)			
Oct 12, 2023	Thu	Regular Season	@ Canton	5:00 PM	6:00 PM	Williams HS	Bus/Driver: 3 Coaches/35 Athletes	Departure Point: High School Athletic Doors Departure Time: 2:45 PM Return Date: Return Time: 9:15 PM	L
Oct 13, 2023	Fri	Practice	N/A	2:40 PM		Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym#1 (Main Office)			
Oct 14, 2023	Sat	Regular Season	Clifton-Fine	11:00 AM	12:00 PM	Indian River High School Main Gym			L
Oct 16, 2023	Mon	Regular Season	@ Gouverneur	5:00 PM	6:00 PM	Governeur HS	Bus/Driver: 3 Coaches/35 Athletes	Departure Point: High School Athletic Doors Departure Time: 2:50 PM Return Date: Return Time: 8:45 PM	L
Oct 17, 2023	Tue	Practice	N/A	2:40 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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Oct 18, 2023	Wed	Practice	N/A	2:40 PM		Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym#1 (Main Office)			
Oct 19, 2023	Thu	Practice	N/A	2:40 PM		Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym#1 (Main Office)			
Oct 20, 2023	Fri	Regular Season	Madrid- Waddington	5:00 PM	6:00 PM	Indian River High School Main Gym			L
Oct 21, 2023	Sat	Practice	N/A	9:00 AM	11:00 PM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym#1 (Main Office)			
Oct 23, 2023	Mon	Practice	N/A	2:40 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)			
Oct 24, 2023	Tue	Regular Season	@ Ogdensburg	5:00 PM	6:00 PM	Ogdensburg Free Academy	Bus/Driver: 3 Coaches/35 Athletes	Departure Point: High School Athletic Doors Departure Time: 2:40 PM Return Date: Return Time: 9:30 PM	L
Oct 25, 2023	Wed	Practice	N/A	2:40 PM		Indian River High School Main Gym			

DATE	WEEK DAY TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 26, 2023	Thu Regular Season	Potsdam	5:00 PM	6:00 PM	Indian River High School Main Gym		L

Date: 2024-04-19