

## Coaches:

- Jamee Call, Head Coach
- Nathan Irelan, Asst Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	LEAGUE TRANSPORTATION / NON- LEAGUE
Nov 13, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine		
Nov 14, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine		
Nov 15, 2023	Wed	Practice	N/A	2:30 PM	6:00 PM	TBD	Bus/Driver: Coach Call/Infantine/25 Athletes	Departure Point: Middle School Pool Entrance Departure Date: Nov 15, 2023 Departure Time: 2:30 PM Return Date: Nov 15, 2023 Return Time: 6:00 PM
Nov 16, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine		
Nov 17, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine		
Nov 18, 2023	Sat	Practice	N/A	8:00 AM	10:00 AM	Indian River Middle School Mezzanine		
Nov 20, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine		
Nov 20, 2023	Mon	Practice (Recertification at Mexico HS)	N/A	TBD		TBD	<b>Bus/Driver:</b> Coach Call/9 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 2:45 PM Return Date: Return Time: 6:00 PM
Nov 21, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine		
Nov 22, 2023	Wed	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine		
Nov 24, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine		
Nov 27, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine		
Nov 28, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine		

DATE	WEEK DAY	<sup>(</sup> ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	LEAGUE TRANSPORTATION / NON- LEAGUE
Nov 30, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine		
Dec 1, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine		
Dec 2, 2023	Sat	Regular Season (Anderson Wrestling Tournament)	@ TBD	TBD		NSJHS Main Gym	Bus/Driver: Coach Call/Irelan/20 Athletes	Departure Point: Middle School Pool Entrance Departure Date: Dec 2, 2023 Departure Time: 6:00 AM Return Date: Return Time: 10:00 PM
Dec 4, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine		
Dec 5, 2023	Tue	Regular Season	General Brown	6:30 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 6, 2023	Wed	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine		
Dec 7, 2023	Thu	Regular Season	@ Lowville	6:30 PM		Lowville High School	<b>Bus/Driver:</b> Coach Call/Irelan/20 Athletes	Departure Point: Middle School Pool Entrance Departure Date: Dec 7, 2023 Departure Time: 4:30 PM Return Date: Return Time: 8:00 PM
Dec 8, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine		
CANCELLED Dec 9, 2023	Sat	Practice	N/A	8:00 AM	10:00 AM	Indian River Middle School Mezzanine		
Dec 11, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	TEND TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Dec 12, 2023	Tue	Regular Season	@ Beaver River	7:30 PM		Beaver River H S	<b>Bus/Driver:</b> Coach Call/Irelan/25 Athletes	Departure Point: Middle School Pool Entrance Departure Date: Nov 29, 2023 Departure Time: 4:30 PM Return Date: Return Time: 8:00 PM	L
Dec 13, 2023	Wed	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Dec 14, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Dec 15, 2023	Fri	Meet (North Country Wrestling Invite Day 1)	Vs. Multiple	4:00 PM	10:00 PM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym#1 (Main Office), Indian River Middle School Gym #3 (Pool Side)			NL
Dec 16, 2023	Sat	Meet (North Country Wrestling Invite Day 2)	Vs. Multiple	8:00 AM	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)			NL
Dec 18, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Dec 19, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Dec 20, 2023	Wed	Regular Season	@ South Jefferson	6:30 PM		SJ HS/MS	<b>Bus/Driver:</b> Coach Call/Irelan/20 Athletes	Departure Point: Middle School Pool Entrance Departure Date: Dec 20, 2023 Departure Time: 4:15 PM Return Date: Return Time: 8:30 PM	L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	LEAGUE TRANSPORTATION / NON- LEAGUE
Dec 21, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine		
Dec 22, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine		
Dec 26, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine		
Dec 27, 2023	Wed	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine		
Dec 28, 2023	Thu	Regular Season (Windsor Christmas Tournament)	@ TBD	TBD		Windsor High School	<b>Bus/Driver:</b> Coach Call/Irelan/20 Athletes	Departure Point: Middle School Pool Entrance Departure Date: Dec 28, 2023 Departure Time: L 5:00 AM Return Date: Dec 29, 2023 Return Time: 11:00 PM
Dec 29, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine		
Dec 29, 2023	Fri	Regular Season (Windsor Christmas Tournament Day 2)	@ TBD	TBD		Windsor High School	<b>Bus/Driver:</b> Coach Call/Irelan/20 Athletes	Departure Point: Middle School Pool Entrance Return Date: Return Time: 11:00 PM
Dec 30, 2023	Sat	Practice	N/A	8:00 AM	10:00 AM	Indian River Middle School Mezzanine		
Jan 1, 2024	Mon	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine		
Jan 2, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine		
Jan 3, 2024	Wed	Regular Season	@ South Lewis	6:00 PM		South Lewis MS Gymnasium	Bus/Driver: Coach Call/Irelan/20 Athletes	Departure Point: Middle School Pool Entrance Departure Date: Jan 3, 2024 Departure Time: 3:30 PM Return Date: Return Time: 9:30 PM
Jan 4, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine		
Jan 5, 2024	Fri	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine		

DATE	WEEK	(ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 6, 2024	Sat	Regular Season (Hornet Duals)	@ TBD	TBD		FM HS House 1 Gym	<b>Bus/Driver:</b> Coach Call/Irelan/20 Athletes	Departure Point: Middle School Pool Entrance Departure Date: Jan 6, 2024 Departure Time: 6:00 AM Return Date: Return Time: 4:00 PM	L
Jan 8, 2024	Mon	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
CANCELLED Jan 9, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
CANCELLED Jan 11, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Jan 12, 2024	Fri	Regular Season (Eastern States)	@ TBD	TBD		Eastern States Wrestling Classic @ Sullivan County Community College	<b>Bus/Driver:</b> Coach Call/4 Athletes - School Van Requested	Departure Point: Middle School Pool Entrance Departure Date: Jan 11, 2024 Departure Time: 11:00 AM Return Date: Jan 13, 2024 Return Time: 10:00 PM	L
Jan 13, 2024	Sat	Meet (Cazenovia Wrestling Invitational)	Vs. Multiple	9:30 AM	7:00 PM		<b>Bus/Driver:</b> Coach Irelan/Infantine/20 Athletes	Departure Point: Middle School Pool Entrance Departure Date: Jan 13, 2024 Departure Time: 5:30 AM Return Date: Return Time: 11:00 PM	NL
Jan 13, 2024	Sat	Regular Season (Eastern States)	@ TBD	TBD		Eastern States Wrestling Classic @ Sullivan County Community College	Bus/Driver: Coach Call/4 Athletes - School Van Requested	Departure Point: Middle School Pool Entrance Departure Date: Jan 11, 2024 Departure Time: 11:00 AM Return Date: Jan 13, 2024 Return Time: 10:00 PM	L
POSTPONED Jan 15, 2024	Mon	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
CANCELLED Jan 18, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Jan 19, 2024	Fri	Regular Season (Section 3 duals)	Cicero-North Syracuse, Central Square, West Genesee, Jamesville- Dewitt (JD/CBA/Solvay) @ Carthage	5:00 PM		Carthage HS Gym	Bus/Driver: Coach Call/Coach Irelan/22 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:20 PM Return Date: Return Time: 10:00 PM	NL

DATE	WEE!	<sup>(</sup> TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 20, 2024	Sat	Regular Season (Frontier League Tournament)	Carthage, South Jefferson, Watertown, Copenhagen, Lowville, South Lewis, Beaver River @ General Brown	8:00 AM	6:00 PM	GBHS Main Gym, GBHS Auxiliary Gym, GBHS Weight Room, GBHS Concession Stand	<b>Bus/Driver:</b> Coach Call/Irelan/Infantine/20 Athletes	Departure Point: Middle School Pool Entrance Departure Time:	L
Jan 22, 2024	Mon	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Jan 23, 2024	Tue	Regular Season	Copenhagen	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 25, 2024	Thu	Practice	N/A	3:00 PM	4:30 PM	Indian River Middle School Mezzanine			
Jan 26, 2024	Fri	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Jan 29, 2024	Mon	Regular Season	Watertown	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
Jan 30, 2024	Tue	Regular Season	Carthage	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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 31, 2024	Wed	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Feb 1, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Feb 2, 2024	Fri	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Feb 3, 2024	Sat	Regular Season (Class A Tournament)	Central Square, Auburn, East Syracuse Minoa, Fulton, Oswego, Watertown, Whitesboro @ Carthage	9:00 AM		Carthage HS Gym	<b>Bus/Driver:</b> Coach Call/Irelan/Infantine/20 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 7:00 AM Return Date: Return Time: 6:00 PM	L
Feb 5, 2024	Mon	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Feb 6, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Feb 7, 2024	Wed	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Feb 8, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Feb 9, 2024	Fri	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Feb 10, 2024	Sat	Post-Season (Section 3 Interclass Tournament)	@ TBD	8:00 AM	8:00 PM	Onondaga Community College	Bus/Driver: Coach Call/10 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 6:00 AM Return Date: Return Time: 9:00 PM	NL
Feb 12, 2024	Mon	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Feb 13, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Feb 14, 2024	Wed	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Feb 15, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Feb 16, 2024	Fri	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Feb 19, 2024	Mon	Practice (Media Day)	N/A	9:30 AM	2:30 PM	TBD	<b>Bus/Driver:</b> Coach Call/Irelan/3 Athletes - school van requested	Departure Point: Middle School Pool Entrance Departure Time: 7:30 AM Return Date: Return Time: 4:00 PM	
Feb 20, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Feb 21, 2024	Wed	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Feb 23, 2024	Fri	Post-Season (State Championships at MVP Arena)	@ TBD	9:30 AM	8:00 PM	Times Union Center, Albany, NY	Bus/Driver: Call/Irelan/3 Athletes - school van requested	Departure Point: Middle School Pool Entrance Departure Date: Feb 22, 2024 Departure Time: 11:00 AM Return Date: Feb 24, 2024 Return Time: 12:00 PM	NL
Feb 24, 2024	Sat	Post-Season (State Championships at MVP Arena)	@ TBD	8:30 AM	5:00 PM	Times Union Center, Albany, NY			NL
TBD		Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			

Date: 2024-04-23