

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 | Bus/Driver: 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 | 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 | Bus/Driver: 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 |
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| Dec 12, 2023 | Tue | Regular Season | @ Beaver River | 7:30 PM | | Beaver River H S | Bus/Driver: 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 | Bus/Driver: 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 |
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| 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 | Bus/Driver: 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 | Bus/Driver: 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 |
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| Jan 6, 2024 | Sat | Regular Season (Hornet Duals) | @ TBD | TBD | | FM HS House 1 Gym | Bus/Driver: 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 | 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 |
| Jan 13, 2024 | Sat | Meet (Cazenovia Wrestling Invitational) | Vs. Multiple | 9:30 AM | 7:00 PM | | Bus/Driver: 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! | ⁽ TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON- LEAGUE |
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| 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 | Bus/Driver: 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 |

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| 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 | Bus/Driver: 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 | | | |

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|--------------|-------------|---|-----------|---------------|-------------|---|---|--|----------------------------|
| Feb 19, 2024 | Mon | Practice (Media Day) | N/A | 9:30 AM | 2:30 PM | TBD | Bus/Driver: 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: 2024-05-03