

## Coaches:

- Jamee Call, Head Coach
- Jason Sorice, Coach

								LEAGUE
DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END	LOCATION	DEPARTURE	TRANSPORTATION / NON- LEAGUE
Nov 18, 2024	Mon	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine		
Nov 19, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine		
Nov 20, 2024	Wed	Practice	N/A	3:15 PM	4:00 PM	TBD	Bus/Driver: 4 Coaches / 30 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 2:30 PM Return Date: Return Time: 4:30 PM
Nov 21, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine		
Nov 22, 2024	Fri	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine		
Nov 23, 2024	Sat	Practice	N/A	8:00 AM	10:00 AM	Indian River Middle School Mezzanine		
Nov 25, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Indian River Middle School Mezzanine		
Nov 26, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Indian River Middle School Mezzanine		
Nov 26, 2024	Tue	Practice	N/A	4:00 PM		TBD	Bus/Driver: Coach Call / 10 Athletes	Departure Point: High School Athletic Doors Departure Time: 2:30 PM Return Date: Return Time: 6:00 PM
Nov 27, 2024	Wed	Practice	N/A	12:00 PM	2:00 PM	Indian River Middle School Mezzanine		
Nov 30, 2024	Sat	Regular Season (CNYWOA NOVICE SCHOLARSHIP CLINIC)	@ TBD	9:30 AM		VVS Main Gym (The Pit)	Bus/Driver: 3 Coaches / 15 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 5:00 AM Return Date: Return Time: 5:30 PM
Dec 2, 2024	Mon	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine		

DATE	WEEK	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Dec 3, 2024	Tue	Practice (Weight Certification at Section 3 Office)	N/A	4:00 PM		TBD	Bus/Driver: Request school car - 1 coach/1 athlete	Departure Point: Middle School Pool Entrance Departure Time: 2:30 PM Return Date: Return Time: 6:00 PM	
CANCELLED Dec 4, 2024	Wed	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Dec 5, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Dec 6, 2024	Fri	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Dec 7, 2024	Sat	Regular Season (Brett Dixon Memorial Duals)	@ TBD	9:00 AM		CS: Paul V. Moore Gymnasium	Bus/Driver: 3 Coaches / 25 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 5:45 AM Return Date: Return Time: 5:00 PM	NL
Dec 9, 2024	Mon	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Dec 10, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Dec 11, 2024	Wed	Regular Season	Watertown	5:00 PM	8:00 PM	Indian River Middle School Gym #2 (Center)			L
Dec 12, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Dec 13, 2024	Fri	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
POSTPONED Dec 13, 2024	<sup>9</sup> Fri	Scrimmage (JV Play Day at South Jeff)	@ TBD	TBD		SJ HS/MS Gym 2 (HS)	Bus/Driver: 1 Coach / 10 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:00 PM Return Date: Return Time: 9:00 PM	NL
Dec 14, 2024	Sat	Practice	N/A	8:00 AM	10:00 AM	Indian River Middle School Mezzanine			
Dec 16, 2024	Mon	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Dec 17, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Dec 18, 2024	Wed	Regular Season	@ South Jefferson	6:30 PM		SJ HS/MS Gym 2 (HS)		Departure Point: Indian River Middle School Pool Entrance Departure Time: 4:45 PM Return Date: Return Time: 9:30 PM	L
Dec 19, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Dec 20, 2024	Fri	Meet (North Country Wrestling Tourney Day 1)	Vs. Multiple	5:00 PM	10:00 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 21, 2024	Sat	Meet (North Country Wrestling Tourney Day 2)	Vs. Multiple	8:00 AM	7:00 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 23, 2024	Mon	Practice	N/A	8:00 AM	10:00 AM	Indian River Middle School Mezzanine			
Dec 23, 2024	Mon	Regular Season (Holland Patent JV Tournament)		9:30 AM		HS Gym	Bus/Driver: 2 Coaches / 15 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 5:30 AM Return Date: Return Time: 5:00 PM	NL
Dec 24, 2024	Tue	Practice	N/A	8:00 AM	10:00 AM	Indian River Middle School Mezzanine			
Dec 26, 2024	Thu	Practice	N/A	8:00 AM	10:00 PM	Indian River Middle School Mezzanine			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Dec 27, 2024	Fri	Regular Season (Windsor Christmas Tournament Day 1)	@ TBD	TBD		Windsor High School	<b>Bus/Driver:</b> 2 Coaches/ 10 Athletes	Departure Point: Middle School Pool Entrance Departure Date: Dec 27, 2024 Departure Time: 5:00 AM Return Date: Dec 28, 2024 Return Time: 11:00 PM	NL
Dec 28, 2024	Sat	Regular Season (Windsor Christmas Tournament Day 2)	@ TBD	TBD		Windsor High School	<b>Bus/Driver:</b> 2 Coaches/ 10 Athletes	Departure Point: Middle School Pool Entrance	NL
Dec 30, 2024	Mon	Practice	N/A	8:00 AM	10:00 AM	Indian River Middle School Mezzanine			
Jan 2, 2025	Thu	Practice	N/A	8:00 AM	10:00 AM	Indian River Middle School Mezzanine			
Jan 3, 2025	Fri	Practice	N/A	8:00 AM	10:00 AM	Indian River Middle School Mezzanine			
Jan 6, 2025	Mon	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Jan 7, 2025	Tue	Regular Season	South Lewis	6:00 PM	8:00 PM	Indian River Middle School Gym #2 (Center)			L
Jan 8, 2025	Wed	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Jan 10, 2025	Fri	Regular Season (Eastern States (Day 1))		TBD		Eastern States Wrestling Classic @ IMPACT Athletic Center	<b>Bus/Driver:</b> Coach Call/4 Athletes - School Van Requested	Departure Point: Middle School Pool Entrance Departure Date: Jan 9, 2025 Departure Time: 12:15 PM Return Date: Jan 11, 2025 Return Time: 10:00 PM	NL
Jan 11, 2025	Sat	Meet (Cazenovia Wrestling Invitational)	Vs. Multiple	9:30 AM	7:30 PM	Cazenovia HS Buckley Gym, Cazenovia Middle School Gym		Departure Point: Indian River Middle School Pool Entrance Departure Time: 5:00 AM Return Date: Return Time: 11:00 PM	NL
Jan 11, 2025	Sat	Regular Season (Eastern States (Day 2))		TBD		Eastern States Wrestling Classic @ IMPACT Athletic Center	Bus/Driver: Coach Call/4 Athletes - School Van Requested	Departure Point: Middle School Pool Entrance	NL

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Jan 13, 2025	Mon	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Jan 14, 2025	Tue	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Jan 15, 2025	Wed	Regular Season	@ Carthage	6:00 PM		Carthage HS Gym		Departure Point: Indian River Middle School Pool Entrance Departure Time: 4:30 PM Return Date: Return Time: 9:00 PM	L
Jan 16, 2025	Thu	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Jan 17, 2025	Fri	Regular Season	@ General Brown	7:00 PM		GBHS Main Gym	<b>Bus/Driver:</b> 37 Athletes - 4 Coaches	Departure Point: Indian River Middle School Pool Entrance Departure Time: 4:30 PM Return Date: Return Time: 9:00 PM	L
Jan 18, 2025	Sat	Practice	N/A	8:00 AM	10:00 AM	Indian River Middle School Mezzanine			
Jan 20, 2025	Mon	Meet (Section 3 Duals)	Vs. Multiple	10:00 AM	7:00 PM	Jefferson Community College	<b>Bus/Driver:</b> Coach Call/Irelan/Sorice/20 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 7:00 AM Return Date: Return Time: 2:00 PM	NL
CANCELLED Jan 20, 2025	Mon	Regular Season (Section 3 Duals)	@ TBD	TBD		CNS HS	Bus/Driver: 3 Coaches / 25 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 2:00 PM Return Date: Return Time: 10:30 PM	NL
Jan 21, 2025	Tue	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Jan 22, 2025	Wed	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Jan 23, 2025	Thu	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Jan 24, 2025	Fri	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			

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Jan 25, 2025	Sat	Regular Season (Hornet Duals)	@ TBD	9:30 AM		FM HS House 1 Gym	Bus/Driver: 3 Coaches / 25 Athletes	Departure Point: Middle School Pool Entrance	NL
CANCELLED Jan 27, 2025	Mon	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Jan 28, 2025	Tue	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Jan 29, 2025	Wed	Regular Season	Beaver River	6:00 PM	8:00 PM	Indian River Middle School Gym #2 (Center)			L
Jan 30, 2025	Thu	Regular Season	@ Camden	6:00 PM		Camden High School Main Gym	<b>Bus/Driver:</b> Coach Call/Irelan/Sorice/20 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:00 PM Return Date: Return Time: 10:00 PM	L
Jan 31, 2025	Fri	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Feb 1, 2025	Sat	Regular Season (League Championships)	Carthage, Watertown, General Brown, South Jefferson, Lowville, Beaver River, Copenhagen @ South Lewis	10:00 AM		South Lewis MS Gymnasium, South Lewis HS Gymnasium	Bus/Driver: 3 coaches / 25 athletes	Departure Point: Middle School Pool Entrance Departure Time: 7:00 AM Return Date: Return Time: 6:00 PM	L
Feb 3, 2025	Mon	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Feb 4, 2025	Tue	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Feb 5, 2025	Wed	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
CANCELLED Feb 6, 2025	Thu	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Feb 7, 2025	Fri	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			

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Feb 8, 2025	Sat	Post-Season (Class A Torunament)	Auburn, Carthage, Central Square, East Syracuse Minoa, Oswego, Watertown, Whitesboro @ Fulton	t 10:00 AM	6:30 PM	Bodley H S		NL
Feb 8, 2025	Sat	Regular Season (Section 3 Class A Tournament)		TBD		Bodley H S	Bus/Driver: 3 Coaches / 25 Athletes	Departure Point: Middle School Pool NL Entrance
Feb 10, 2025	Mon	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine		
Feb 11, 2025	Tue	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine		
Feb 12, 2025	Wed	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine		
Feb 13, 2025	Thu	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine		
Feb 14, 2025	Fri	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine		
Feb 15, 2025	Sat	Regular Season (Section 3 Interclass Tournament)	@ TBD	TBD		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
Feb 19, 2025	Wed	Practice (Practice at Beaver River)	N/A	3:15 PM	5:15 PM	TBD	Bus/Driver: School Car Request - 1 Coach/2 Athlete	Departure Point: Middle School Pool Entrance Departure Time: 2:30 PM Return Date: Return Time: 6:00 PM
Feb 21, 2025	Fri	Practice (FL Media Day/Practice)	N/A	12:00 PM	2:00 PM	TBD	Bus/Driver: School van requested - 2 Coaches & 3 Athletes (Boys/Girls Wrestling)	Departure Point: Middle School Pool Entrance Departure Time: 11:30 AM Return Date: Return Time: 2:30 PM
Feb 22, 2025	Sat	Practice	N/A	8:00 AM	10:00 AM	Indian River Middle School Mezzanine		
Feb 24, 2025	Mon	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine		

DATE	WEE! DAY	<sup>(</sup> ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Feb 24, 2025	Mon	Practice (Media Day at CNS)	N/A	4:00 PM	6:00 PM	TBD	Bus/Driver: School Car Request - 1 Coach/2 Athlete	Departure Point: High School Athletic Doors Departure Time: 2:00 PM Return Date: Return Time: 8:00 PM	
Feb 25, 2025	Tue	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Feb 26, 2025	Wed	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Feb 28, 2025	Fri	Post-Season (State Championships at MVP Arena)	@ TBD	9:30 AM	8:00 PM	Times Union Center, Albany, NY	Bus/Driver: Coach Call / 4 Athletes - School Van Requested	Departure Point: Middle School Pool Entrance Departure Date: Feb 27, 2025 Departure Time: 11:00 AM Return Date: Mar 1, 2025 Return Time: 11:00 PM	NL
Mar 1, 2025	Sat	Post-Season (State Championships at MVP Arena)	@ TBD	8:30 AM	8:00 PM	Times Union Center, Albany, NY	Bus/Driver: Coach Call / 4 Athletes - School Van Requested	<b>Departure Point:</b> Middle School Pool Entrance	NL

Date: 2025-12-05