

Coaches:

- Jamee Call, Head Coach
- Jason Sorice, Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 13, 2025	Thu	Practice (Media Day at CNS)	N/A	6:00 PM		TBD	Bus/Driver: School Car Request - Coach Call / 3 Athletes	Departure Point: High School Athletic Doors Departure Time: 4:00 PM Return Date: Return Time: 9:00 PM	
Nov 17, 2025	Mon	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Nov 18, 2025	Tue	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Nov 19, 2025	Wed	Practice (Weight Certification at SJHS)	N/A	3:20 PM		TBD	Bus/Driver: 2 Coaches/20 Athletes	Departure Point: High School Athletic Doors Departure Time: 2:00 PM Return Date: Return Time: 6:00 PM	
Nov 20, 2025	Thu	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Nov 21, 2025	Fri	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Nov 22, 2025	Sat	Practice	N/A	8:00 AM	10:00 AM	Indian River Middle School Mezzanine			
Nov 22, 2025	Sat	Practice (Weight ReCertification at CNS HS)	N/A	10:00 AM		CNS HS	Bus/Driver: Coach Sorice / 12 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 8:00 AM Return Date: Return Time: 1:00 PM	
Nov 24, 2025	Mon	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Nov 25, 2025	Tue	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Nov 26, 2025	Wed	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Nov 29, 2025	Sat	Practice	N/A	8:00 AM	10:00 AM	Indian River Middle School Mezzanine			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 29, 2025	Sat	Regular Season (CNYWOA NOVICE SCHOLARSHIP CLINIC)	@ TBD	9:30 AM		VVS Main Gym (The Pit)	Bus/Driver: 2 Coaches / 20 Athletes	Departure Point: Middle School Pool Entrance Departure Date: Nov 29, 2025 Departure Time: 6:00 AM Return Date: Return Time: 5:00 PM	NL
Dec 1, 2025	Mon	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Dec 2, 2025	Tue	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Dec 3, 2025	Wed	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Dec 4, 2025	Thu	Regular Season	@ Beaver River	. 6:30 PM		Beaver River H S		Departure Point: Middle School Pool Entrance Departure Date: Dec 4, 2025 Departure Time: 4:45 PM Return Date: Return Time: 8:00 PM	L
Dec 5, 2025	Fri	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Dec 6, 2025	Sat	Regular Season (Dixon Duals)	Fulton, Liverpool, South Lewis, Jordan-Elbridge (Port Byron/Union Springs/Jordan- Elbridge/Cato- Meridian), Fabius-Pompey (Southern Hills) @ Central Square	8:00 AM		CS: Paul V. Moore Gymnasium		Departure Point: Middle School Pool Entrance Departure Date: Dec 6, 2025 Departure Time: 5:30 AM Return Date: Return Time: 6:00 PM	L
Dec 8, 2025	Mon	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Dec 9, 2025	Tue	Regular Season	Carthage	6:00 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

DATE	WEEK	⁽ TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Dec 10, 2025	Wed	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Dec 11, 2025	Thu	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Dec 12, 2025	Fri	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Dec 12, 2025	Fri	Regular Season	East Syracuse Minoa	6:00 PM	8:30 PM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym#1 (Main Office)			L
Dec 13, 2025	Sat	Practice	N/A	8:00 AM	10:00 AM	Indian River Middle School Mezzanine			
Dec 15, 2025	Mon	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Dec 16, 2025	Tue	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Dec 16, 2025	Tue	Regular Season	ı @ Watertown	6:00 PM		Watertown Case M S		Departure Point: Middle School Pool Entrance Departure Date: Dec 17, 2025 Departure Time: 4:00 PM Return Date: Return Time: 9:00 PM	L
Dec 18, 2025	Thu	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Dec 19, 2025	Fri	Regular Season (North country wrestling tournament)	n Mexico	4:00 PM	10:00 PM	Indian River Middle School Gym #2 (Center)			L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Dec 20, 2025	Sat	Meet (NC Wrestling Tourney)	Vs. Multiple	8:00 AM	8:00 PM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym#1 (Main Office), Indian River Middle School Mezzanine			NL
Dec 20, 2025	Sat	Regular Season (North country wrestling tournament)	Mexico	8:00 AM	8:00 PM	Indian River Middle School Gym #2 (Center)			NL
Dec 23, 2025	Tue	Regular Season (Holland Patent JV Tournament)	@ TBD	9:30 AM		HS Gym		Departure Point: Middle School Pool Entrance Departure Date: Dec 23, 2025 Departure Time: 6:00 AM Return Date: Return Time: 5:00 PM	NL
Dec 27, 2025	Sat	Practice	N/A	8:00 AM	10:00 AM	Indian River Middle School Mezzanine			
Dec 29, 2025	Mon	Regular Season (Windsor Christmas Tournament Day 1)	@ TBD	TBD		Windsor High School		Departure Point: Middle School Pool Entrance Departure Date: Dec 29, 2025 Departure Time: 4:30 AM Return Date: Dec 30, 2025 Return Time: 7:00 PM	NL
Dec 30, 2025	Tue	Regular Season (Windsor Christmas Tournament Day 2)	@ TBD	TBD		Windsor High School			NL
Dec 30, 2025	Tue	Regular Season (West Genesse JV Tournament)	@ TBD	TBD		WG-HS Lower Gym		Departure Point: Middle School Pool Entrance Departure Time: 6:00 AM Return Date: Return Time: 7:00 PM	NL
Jan 3, 2026	Sat	Regular Season (Hornet Duals)	Mexico, Fulton, Marcellus, Syracuse City (Syracuse City), Chittenango, Cazenovia, Phoenix, Rome Free Academy @ Fayetteville- Manlius	8:00 AM	4:00 PM	FM HS House 2 Gym, FM HS House 1 Gym, FM HS Aux Gym		Departure Point: Middle School Pool Entrance Departure Time: 5:30 AM Return Date: Return Time: 8:00 PM	NL

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 5, 2026	Mon	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Jan 6, 2026	Tue	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Jan 7, 2026	Wed	Regular Season	@ Copenhagen	6:00 PM		Copenhagen Central School		Departure Point: Middle School Pool Entrance Departure Time: 4:15 PM Return Date: Return Time: 8:00 PM	L
Jan 8, 2026	Thu	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Jan 9, 2026	Fri	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Jan 9, 2026	Fri	Regular Season (Eastern States (Day 1))		TBD		Eastern States Wrestling Classic @ IMPACT Athletic Center		Departure Point: Middle School Pool Entrance Departure Time: 1:00 PM Return Date: Return Time: 8:00 PM	NL
Jan 10, 2026	Sat	Meet (Cazenovia Wrestling Invitational)	Vs. Multiple	9:00 AM	8:00 PM	Aux Gym - Caz HS/MS, Cazenovia HS Buckley Gym, Cazenovia Middle School Gym		Departure Point: Middle School Pool Entrance Departure Time: 6:00 AM Return Date: Return Time: 10:00 PM	NL
Jan 10, 2026	Sat	Regular Season (Eastern States (Day 2))		TBD		Eastern States Wrestling Classic @ IMPACT Athletic Center			NL
Jan 12, 2026	Mon	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Jan 13, 2026	Tue	Regular Season	General Brown	6:00 PM		Indian River Middle School Gym #2 (Center)			L
Jan 14, 2026	Wed	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Jan 15, 2026	Thu	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Jan 16, 2026	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
Jan 17, 2026	Sat	Practice	N/A	8:00 AM	10:00 AM	Indian River Middle School Mezzanine			
Jan 19, 2026	Mon	Meet (Section 3 Duals)	Vs. Multiple	TBD		Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym #2 (Center), Indian River Middle School Gym#1 (Main Office)			NL
Jan 20, 2026	Tue	Regular Season	Lowville	6:00 PM		Indian River Middle School Gym #2 (Center)	Bus/Driver: Coach Call/Irelan/Sorice/20 Athletes		L
Jan 21, 2026	Wed	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Jan 22, 2026	Thu	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Jan 23, 2026	Fri	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Jan 24, 2026	Sat	Practice	N/A	8:00 AM	10:00 AM	Indian River Middle School Mezzanine			
Jan 26, 2026	Mon	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Jan 27, 2026	Tue	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Jan 28, 2026	Wed	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Jan 29, 2026	Thu	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Jan 30, 2026	Fri	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
Jan 31, 2026	Sat	Regular Seasor (Frontier League Tournament)	Carthage, Watertown, South Jefferson, South Lewis, Beaver River, Lowville, Copenhagen, General Brown	10:00 AM		Indian River Middle School Gym #2 (Center), Indian River Middle School Gym#1 (Main Office), Indian River Middle School Gym #3 (Pool Side)			L
Feb 2, 2026	Mon	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Feb 3, 2026	Tue	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Feb 4, 2026	Wed	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Feb 5, 2026	Thu	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Feb 6, 2026	Fri	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Feb 7, 2026	Sat	Post-Season (Class A Tournament)	@ TBD	TBD		Whitesboro High School		Departure Point: Middle School Pool Entrance Departure Time: 5:30 AM Return Date: Return Time: 9:00 PM	L
Feb 9, 2026	Mon	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Feb 10, 2026	Tue	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Feb 11, 2026	Wed	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Feb 12, 2026	Thu	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Feb 13, 2026	Fri	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	
Feb 14, 2026	Sat	Post-Season (Section 3 Interclass Tournament)	@ TBD	TBD		Onondaga Community College		Departure Point: Middle School Pool Entrance Departure Time: 5:00 AM Return Date: Return Time: 11:00 PM	L
Feb 16, 2026	Mon	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Feb 17, 2026	Tue	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Feb 18, 2026	Wed	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Feb 19, 2026	Thu	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Feb 20, 2026	Fri	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Feb 21, 2026	Sat	Practice	N/A	8:00 AM	10:00 AM	Indian River Middle School Mezzanine			
Feb 23, 2026	Mon	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Feb 24, 2026	Tue	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Feb 25, 2026	Wed	Practice	N/A	3:30 PM	5:30 PM	Indian River Middle School Mezzanine			
Feb 27, 2026	Fri	Post-Season (State Championships at MVP Arena)		TBD		Times Union Center, Albany, NY		Departure Point: Middle School Pool Entrance Departure Time: 11:00 AM Return Date: Return Time: 11:00 PM	NL
Feb 28, 2026	Sat	Regular Seasor (State Championships at MVP Arena)	0 (TBD	TBD		Times Union Center, Albany, NY			L

Date: 2025-12-05