



Indian River

(B) 7/8TH Wrestling

Coaches:

- Joe Cook, Head Coach
- Jamee Call, Coach
- Chadd Johnson, Volunteer

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 2, 2022	Wed	Practice ((M) Wrestling)	N/A	2:30 PM	4:15 PM	Indian River Middle School Mezzanine			
Nov 3, 2022	Thu	Practice	N/A	2:30 PM	4:15 PM	TBD			
Nov 3, 2022	Thu	Practice ((M) Wrestling)	N/A	2:30 PM	4:15 PM	Indian River Middle School Mezzanine			
Nov 4, 2022	Fri	Practice ((M) Wrestling)	N/A	2:30 PM	4:15 PM	Indian River Middle School Mezzanine			
Nov 4, 2022	Fri	Practice	N/A	2:30 PM	4:15 PM	TBD			
Nov 7, 2022	Mon	Practice	N/A	2:30 PM	4:15 PM	TBD			
Nov 8, 2022	Tue	Practice	N/A	2:30 PM	4:15 PM	TBD			
Nov 9, 2022	Wed	Practice	N/A	2:30 PM	4:15 PM	TBD			
Nov 10, 2022	Thu	Practice	N/A	2:30 PM	4:15 PM	TBD			
Nov 14, 2022	Mon	Practice (Modified Wrestling)	N/A	2:30 PM	4:15 PM	Indian River Middle School Mezzanine			
Nov 14, 2022	Mon	Practice	N/A	2:30 PM	4:15 PM	TBD			
Nov 15, 2022	Tue	Practice (Modified Wrestling)	N/A	2:30 PM	4:15 PM	Indian River Middle School Mezzanine			
Nov 15, 2022	Tue	Practice	N/A	2:30 PM	4:15 PM	TBD			
Nov 16, 2022	Wed	Practice (Modified Wrestling)	N/A	2:30 PM	4:15 PM	Indian River Middle School Mezzanine			
Nov 16, 2022	Wed	Practice	N/A	2:30 PM	4:15 PM	TBD			
Nov 17, 2022	Thu	Practice (Modified Wrestling)	N/A	2:30 PM	4:15 PM	Indian River Middle School Mezzanine			
Nov 17, 2022	Thu	Practice	N/A	2:30 PM	4:15 PM	TBD			
Nov 18, 2022	Fri	Practice (Modified Wrestling)	N/A	2:30 PM	4:15 PM	Indian River Middle School Mezzanine			
Nov 18, 2022	Fri	Practice	N/A	2:30 PM	4:15 PM	TBD			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON-LEAGUE
POSTPONED Nov 19, 2022	Sat	Regular Season	Carthage, Copenhagen, South Jefferson, Watertown, General Brown, Sandy Creek, Lowville, South Lewis @ Beaver River	11:00 AM		Beaver River H S	Bus/Driver: Coach Whitmore/25 Athletes Departure Point: Middle School Pool Entrance Departure Time: 9:00 AM Return Date: Return Time: 5:00 PM	L
POSTPONED Nov 21, 2022	Mon	Regular Season	Sandy Creek, South Jefferson, Watertown, Carthage, General Brown, Lowville, Beaver River, Copenhagen, South Lewis	5:00 PM		Indian River Middle School Gym#1 (Main Office)		L
Nov 22, 2022	Tue	Practice (Modified Wrestling)	N/A	10:30 AM	12:00 PM	Indian River Middle School Mezzanine		
Nov 28, 2022	Mon	Practice	N/A	2:30 PM	4:15 PM	TBD		
Nov 29, 2022	Tue	Practice	N/A	2:30 PM	4:15 PM	TBD		
Nov 30, 2022	Wed	Practice	N/A	2:30 PM	4:15 PM	TBD		
Nov 30, 2022	Wed	Regular Season	Carthage, Sandy Creek, Watertown @ General Brown	5:00 PM		Dexter Elem Gym	Bus/Driver: Coach Whitmore/25 Athletes Departure Point: Middle School Pool Entrance Departure Time: 3:45 PM Return Date: Return Time: 9:00 PM	L
Dec 2, 2022	Fri	Regular Season (Mod Wrestling (2 bouts))	General Brown, South Jefferson, Watertown, Ogdensburg, Gouverneur, Canton, Carthage, Lowville, Beaver River, Copenhagen, South Lewis, Sandy Creek	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)		L
Dec 5, 2022	Mon	Regular Season	Sandy Creek, Lowville, Beaver River @ Copenhagen	5:30 PM		Copenhagen Central School	Bus/Driver: Coach Whitmore/25 Athletes Departure Point: Middle School Pool Entrance Departure Time: 3:45 PM Return Date: Return Time: 9:00 PM	L
Dec 6, 2022	Tue	Practice	N/A	2:30 PM	4:15 PM	Indian River Middle School Mezzanine		
Dec 7, 2022	Wed	Practice	N/A	2:30 PM	4:15 PM	Indian River Middle School Mezzanine		

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Dec 8, 2022	Thu	Practice	N/A	2:30 PM	4:15 PM	Indian River Middle School Mezzanine			
Dec 9, 2022	Fri	Practice	N/A	2:30 PM	4:15 PM	Indian River Middle School Mezzanine			
Dec 10, 2022	Sat	Regular Season	Carthage, Copenhagen, Lowville, General Brown, South Lewis, South Jefferson @ Watertown	10:00 AM		Watertown Case M S	Bus/Driver: Coach Whitmore/25 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 8:30 AM Return Date: Return Time: 4:00 PM	L
Dec 12, 2022	Mon	Regular Season	South Lewis, Sandy Creek, Camden, Gouverneur, Canton, Ogdensburg @ South Jefferson	5:00 PM		SJ HS/MS Gym 2 (HS)	Bus/Driver: Coach Whitmore/20 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:45 PM Return Date: Return Time: 10:00 PM	L
Dec 14, 2022	Wed	Regular Season	Watertown, South Lewis @ South Jefferson	5:30 PM		SJ HS/MS Gym 2 (HS)	Bus/Driver: Coach Whitmore/20 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 4:00 PM Return Date: Return Time: 8:30 PM	L
Dec 17, 2022	Sat	Regular Season (3 Bouts)	Copenhagen, Carthage, South Jefferson, Watertown, General Brown, Lowville, Beaver River, Sandy Creek @ South Lewis	10:00 AM		South Lewis HS Gymnasium	Bus/Driver: Coach Whitmore/25 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 7:45 AM Return Date: Return Time: 4:00 PM	L
Dec 19, 2022	Mon	Regular Season	@ General Brown	4:30 PM	6:00 PM	Dexter Elem Gym	Bus/Driver: Coach Whitmore/25 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:15 PM Return Date: Return Time: 8:30 PM	L

Date: 2026-02-23