



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
Jan 7, 2026	Wed	Practice	N/A	3:15 PM	4:45 PM	Indian River Intermediate School Aux Gym	Bus/Driver: Coach Joe Cook & Chadd Johnson / 30 athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:10 PM Return Date: Return Time: 4:45 PM	
Jan 8, 2026	Thu	Practice	N/A	3:15 PM	4:45 PM	Indian River Intermediate School Aux Gym	Bus/Driver: Coach Joe Cook & Chadd Johnson / 30 athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:10 PM Return Date: Return Time: 4:45 PM	
Jan 9, 2026	Fri	Practice	N/A	3:15 PM	4:45 PM	Indian River Intermediate School Aux Gym	Bus/Driver: Coach Joe Cook & Chadd Johnson / 30 athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:00 PM Return Date: Return Time: 4:45 PM	
CANCELLED Jan 12, 2026	Mon	Practice	N/A	3:15 PM	4:45 PM	Indian River Intermediate School Aux Gym	Bus/Driver: Coach Joe Cook & Chadd Johnson / 30 athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:00 PM Return Date: Return Time: 4:45 PM	
Jan 13, 2026	Tue	Practice	N/A	3:15 PM	4:45 PM	Indian River Intermediate School Aux Gym	Bus/Driver: Coach Joe Cook & Chadd Johnson / 30 athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:00 PM Return Date: Return Time: 4:45 PM	
Jan 14, 2026	Wed	Practice	N/A	3:15 PM	4:45 PM	Indian River Intermediate School Aux Gym	Bus/Driver: Coach Joe Cook & Chadd Johnson / 30 athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:00 PM Return Date: Return Time: 4:45 PM	
Jan 15, 2026	Thu	Practice	N/A	3:15 PM	4:45 PM	Indian River Intermediate School Aux Gym	Bus/Driver: Coach Joe Cook & Chadd Johnson / 30 athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:00 PM Return Date: Return Time: 4:45 PM	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 16, 2026	Fri	Practice	N/A	3:15 PM	4:45 PM	Indian River Intermediate School Aux Gym	Bus/Driver: Coach Joe Cook & Chadd Johnson / 30 athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:00 PM Return Date: Return Time: 4:45 PM	
Jan 17, 2026	Sat	Practice	N/A	9:00 AM	10:30 AM	Indian River Middle School Mezzanine			
Jan 19, 2026	Mon	Practice	N/A	9:00 AM	11:00 AM	Indian River Middle School Mezzanine			
Jan 20, 2026	Tue	Practice	N/A	3:15 PM	4:45 PM	Indian River Intermediate School Aux Gym	Bus/Driver: Coach Joe Cook & Chadd Johnson / 30 athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:00 PM Return Date: Return Time: 4:45 PM	
POSTPONED Jan 20, 2026	Tue	Regular Season	Lowville	5:00 PM	8:00 PM	Indian River Middle School Gym#1 (Main Office)			L
Jan 21, 2026	Wed	Practice	N/A	3:15 PM	4:45 PM	Indian River Intermediate School Aux Gym	Bus/Driver: Coach Joe Cook & Chadd Johnson / 30 athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:00 PM Return Date: Return Time: 4:45 PM	
Jan 22, 2026	Thu	Practice	N/A	2:15 PM	4:00 PM	Indian River Middle School Mezzanine			
Jan 23, 2026	Fri	Practice	N/A	3:15 PM	4:45 PM	Indian River Intermediate School Aux Gym	Bus/Driver: Coach Joe Cook & Chadd Johnson / 30 athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:00 PM Return Date: Return Time: 4:45 PM	
POSTPONED Jan 23, 2026	Fri	Regular Season	South Jefferson, Watertown, General Brown, Sandy Creek, Carthage, Beaver River, South Lewis @ Lowville	4:30 PM		Lowville High School Main Gym	Bus/Driver: Coach Joe Cook & Chadd Johnson / 30 athletes	Departure Point: Middle School Pool Entrance Departure Time: 1:55 PM Return Date: Return Time: 10:00 PM	L
CANCELLED Jan 26, 2026	Mon	Practice	N/A	3:15 PM	4:45 PM	Indian River Intermediate School Aux Gym	Bus/Driver: Coach Joe Cook & Chadd Johnson / 30 athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:00 PM Return Date: Return Time: 4:45 PM	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
CANCELLED Jan 27, 2026	Tue	Practice	N/A	3:15 PM	4:45 PM	Indian River Intermediate School Aux Gym	Bus/Driver: Coach Joe Cook & Chadd Johnson / 30 athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:00 PM Return Date: Return Time: 4:45 PM	
CANCELLED Jan 28, 2026	Wed	Practice	N/A	3:15 PM	4:45 PM	Indian River Intermediate School Aux Gym	Bus/Driver: Coach Joe Cook & Chadd Johnson / 30 athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:00 PM Return Date: Return Time: 4:45 PM	
Jan 29, 2026	Thu	Practice	N/A	3:15 PM	4:45 PM	Indian River Intermediate School Aux Gym	Bus/Driver: Coach Joe Cook & Chadd Johnson / 30 athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:00 PM Return Date: Return Time: 4:45 PM	
Jan 30, 2026	Fri	Regular Season	Lowville, South Lewis, Sandy Creek, Beaver River, Copenhagen	5:00 PM	8:00 PM	Indian River Middle School Gym#1 (Main Office)			L
Feb 2, 2026	Mon	Regular Season	Sandy Creek, Carthage, South Jefferson, Gouverneur @ Beaver River	5:30 PM		Beaver River ES	Bus/Driver: Coach Joe Cook & Chadd Johnson / 30 athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:15 PM Return Date: Return Time: 9:00 PM	L
Feb 3, 2026	Tue	Practice	N/A	3:15 PM	4:45 PM	Indian River Intermediate School Aux Gym	Bus/Driver: Coach Joe Cook & Chadd Johnson / 30 athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:00 PM Return Date: Return Time: 4:45 PM	
Feb 4, 2026	Wed	Practice	N/A	3:15 PM	4:45 PM	Indian River Intermediate School Aux Gym	Bus/Driver: Coach Joe Cook & Chadd Johnson / 30 athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:00 PM Return Date: Return Time: 4:45 PM	
Feb 5, 2026	Thu	Practice	N/A	3:15 PM	4:45 PM	Indian River Intermediate School Aux Gym	Bus/Driver: Coach Joe Cook & Chadd Johnson / 30 athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:00 PM Return Date: Return Time: 4:45 PM	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 6, 2026	Fri	Practice	N/A	3:15 PM	4:45 PM	Indian River Intermediate School Aux Gym	Bus/Driver: Coach Joe Cook & Chadd Johnson / 30 athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:00 PM Return Date: Return Time: 4:45 PM	
Feb 9, 2026	Mon	Practice	N/A	3:15 PM	4:45 PM	Indian River Intermediate School Aux Gym	Bus/Driver: Coach Joe Cook & Chadd Johnson / 30 athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:00 PM Return Date: Return Time: 4:45 PM	
Feb 10, 2026	Tue	Practice	N/A	3:15 PM	4:45 PM	Indian River Intermediate School Aux Gym	Bus/Driver: Coach Joe Cook & Chadd Johnson / 30 athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:00 PM Return Date: Return Time: 4:45 PM	
Feb 11, 2026	Wed	Regular Season	Sandy Creek, General Brown, Watertown, South Jefferson, Gouverneur	5:00 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
Feb 12, 2026	Thu	Practice	N/A	3:15 PM	4:45 PM	Indian River Intermediate School Aux Gym	Bus/Driver: Coach Joe Cook & Chadd Johnson / 30 athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:00 PM Return Date: Return Time: 4:45 PM	
Feb 13, 2026	Fri	Practice	N/A	3:15 PM	4:45 PM	Indian River Intermediate School Aux Gym	Bus/Driver: Coach Joe Cook & Chadd Johnson / 30 athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:00 PM Return Date: Return Time: 4:45 PM	
Feb 23, 2026	Mon	Practice	N/A	3:15 PM	4:45 PM	Indian River Intermediate School Aux Gym	Bus/Driver: Coach Joe Cook & Chadd Johnson / 30 athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:00 PM Return Date: Return Time: 4:45 PM	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 24, 2026	Tue	Practice	N/A	3:15 PM	4:45 PM	Indian River Intermediate School Aux Gym	Bus/Driver: Coach Joe Cook & Chadd Johnson / 30 athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:00 PM Return Date: Return Time: 4:45 PM	
Feb 25, 2026	Wed	Regular Season	Sandy Creek, Beaver River, Lowville @ Copenhagen	5:00 PM		Copenhagen Central School	Bus/Driver: Coach Joe Cook & Chadd Johnson / 30 athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:00 PM Return Date: Return Time: 9:00 PM	L
Feb 26, 2026	Thu	Practice	N/A	3:15 PM	4:45 PM	Indian River Intermediate School Aux Gym	Bus/Driver: Coach Joe Cook & Chadd Johnson / 30 athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:00 PM Return Date: Return Time: 4:45 PM	
Feb 27, 2026	Fri	Practice	N/A	3:15 PM	4:45 PM	Indian River Intermediate School Aux Gym	Bus/Driver: Coach Joe Cook & Chadd Johnson / 30 athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:00 PM Return Date: Return Time: 4:45 PM	
Mar 2, 2026	Mon	Practice	N/A	3:15 PM	4:45 PM	Indian River Intermediate School Aux Gym	Bus/Driver: Coach Joe Cook & Chadd Johnson / 30 athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:00 PM Return Date: Return Time: 4:45 PM	
Mar 3, 2026	Tue	Regular Season	Watertown, Central Square @ South Jefferson	5:00 PM	8:00 PM	SJ HS/MS Gym 2 (HS)	Bus/Driver: Coach Joe Cook & Chadd Johnson / 30 athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:00 PM Return Date: Return Time: 9:00 PM	L
Mar 4, 2026	Wed	Practice	N/A	3:15 PM	4:45 PM	Indian River Intermediate School Aux Gym	Bus/Driver: Coach Joe Cook & Chadd Johnson / 30 athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:00 PM Return Date: Return Time: 4:45 PM	
Mar 5, 2026	Thu	Practice	N/A	3:15 PM	4:45 PM	Indian River Intermediate School Aux Gym	Bus/Driver: Coach Joe Cook & Chadd Johnson / 30 athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:00 PM Return Date: Return Time: 4:45 PM	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 6, 2026	Fri	Practice	N/A	3:15 PM	4:45 PM	Indian River Intermediate School Aux Gym	Bus/Driver: Coach Joe Cook & Chadd Johnson / 30 athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:00 PM Return Date: Return Time: 4:45 PM	
Mar 7, 2026	Sat	Regular Season	Copenhagen, South Jefferson, Watertown, General Brown, Carthage, South Lewis, Lowville, Beaver River, Sandy Creek	9:00 AM		Indian River Middle School Gym#1 (Main Office)			L

Date: 2026-01-31