



Indian River (G) JV Lacrosse

Coaches:

- Kyra Cook, Head Coach
- Amy Heath, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 13, 2023	Mon	Practice	N/A	4:00 PM	5:30 PM	Indian River Middle School Gym #3 (Pool Side)			
CANCELLED Mar 14, 2023	Tue	Practice	N/A	4:00 PM	5:30 PM	Indian River Middle School Gym #3 (Pool Side)			
Mar 15, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	Indian River Intermediate School Main Gym	Bus/Driver: IRIS Shuttle	Departure Point: High School Athletic Doors Departure Time: 3:15 PM Return Date: Return Time: 5:15 PM	
Mar 20, 2023	Mon	Practice	N/A	3:45 PM	5:00 PM	Indian River Intermediate School Main Gym			
Mar 21, 2023	Tue	Practice	N/A	3:45 PM	5:00 PM	Indian River Intermediate School Main Gym			
Mar 22, 2023	Wed	Practice	N/A	2:45 PM	5:00 PM	Warrior Stadium, Turf Facility (Field A)			
Mar 22, 2023	Wed	Practice	N/A	3:45 PM	5:00 PM	Indian River Intermediate School Main Gym			
Mar 23, 2023	Thu	Practice	N/A	3:30 PM	5:00 PM	Warrior Stadium, Turf Facility (Field A)			
Mar 24, 2023	Fri	Practice	N/A	2:45 PM	5:00 PM	Warrior Stadium, Turf Facility (Field A)			
Mar 27, 2023	Mon	Practice	N/A	3:30 PM	5:00 PM	Warrior Stadium, Turf Facility (Field A)			
Mar 27, 2023	Mon	Scrimmage @ Carthage		5:30 PM		Comet Field	Bus/Driver: Coach Kempney/Heath/15 Athletes	Departure Point: High School Athletic Doors Departure Date: Mar 27, 2023 Departure Time: 3:45 PM Return Date: Return Time: 7:45 PM	NL

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Mar 28, 2023	Tue	Practice	N/A	3:30 PM	5:00 PM	Warrior Stadium, Turf Facility (Field A)			
Mar 29, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	Warrior Stadium, Turf Facility (Field A)			
Mar 30, 2023	Thu	Regular Season	@ South Jefferson	5:00 PM	6:45 PM	SJ HS/MS - Stadium Turf Field	Bus/Driver: Coach Kempney/Heath/15 Athletes	Departure Point: IR High School Athletic Doors Departure Date: Mar 30, 2023 Departure Time: 3:30 PM Return Date: Return Time: 7:30 PM	L
Mar 31, 2023	Fri	Practice	N/A	3:30 PM	5:00 PM	Warrior Stadium, Turf Facility (Field A)			
Apr 1, 2023	Sat	Regular Season	@ New Hartford	12:30 PM		HS Turf Field	Bus/Driver: Coach Kempney/Heath/15 Athletes	Departure Point: IR High School Athletic Doors Departure Date: Apr 1, 2023 Departure Time: 9:40 AM Return Date: Return Time: 3:30 PM	NL
Apr 3, 2023	Mon	Regular Season	Watertown	5:30 PM	7:00 PM	Warrior Stadium, Turf Facility (Field A)			L
Apr 4, 2023	Tue	Practice	N/A	3:30 PM	5:00 PM	Indian River Route 11 Practice field C			
Apr 5, 2023	Wed	Practice (Shuttle Bus to IRIS)	N/A	3:30 PM	5:00 PM	Indian River Intermediate School Main Gym	Bus/Driver: Shuttle Bus 15 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:15 PM Return Date: Return Time: 5:15 PM	
Apr 6, 2023	Thu	Practice	N/A	3:30 PM	5:00 PM	Warrior Stadium, Turf Facility (Field A)			
Apr 17, 2023	Mon	Practice	N/A	3:30 PM	5:00 PM	Warrior Stadium, Turf Facility (Field A)			

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Apr 18, 2023	Tue	Regular Season 11-7 W	@ Carthage	4:30 PM		Middle Field	Bus/Driver: Coach Kempney/Heath/15 Athletes	Departure Point: IR High School Athletic Doors Departure Date: Apr 18, 2023 Departure Time: 3:30 PM Return Date: Return Time: 6:30 PM	L
CANCELLED Apr 19, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	Warrior Stadium, Turf Facility (Field A)			
Apr 20, 2023	Thu	Practice	N/A	3:30 PM	5:00 PM	Warrior Stadium, Turf Facility (Field A)			
Apr 21, 2023	Fri	Practice	N/A	3:30 PM	5:00 PM	Warrior Stadium, Turf Facility (Field A)			
Apr 22, 2023	Sat	Regular Season	Fayetteville-Manlius (White)	2:30 PM	4:00 PM	Warrior Stadium, Turf Facility (Field A)			L
Apr 24, 2023	Mon	Practice	N/A	3:30 PM	5:00 PM	Indian River Route 11 Practice field C			
Apr 25, 2023	Tue	Regular Season	South Jefferson	4:30 PM	7:00 PM	Warrior Stadium, Turf Facility (Field A)			L
Apr 26, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	Warrior Stadium, Turf Facility (Field A)			
Apr 27, 2023	Thu	Regular Season	@ Watertown	4:30 PM	6:00 PM	Watertown Turf Field	Bus/Driver: Coach Kempney/Heath/15 Athletes	Departure Point: IR High School Athletic Doors Departure Date: Apr 27, 2023 Departure Time: 3:30 PM Return Date: Return Time: 7:15 PM	L
Apr 28, 2023	Fri	Practice	N/A	3:30 PM	5:00 PM	Warrior Stadium, Turf Facility (Field A)			
Apr 29, 2023	Sat	Regular Season	@ Homer	12:00 PM		Homer Junior High School	Bus/Driver: 4 Coaches & 30 Athletes	Departure Point: High School Athletic Doors Departure Time: 8:45 AM Return Date: Return Time: 4:00 PM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 1, 2023	Mon	Practice	N/A	3:30 PM	5:00 PM	Indian River Route 11 Practice field C, Warrior Stadium, Turf Facility (Field A)			
May 2, 2023	Tue	Regular Season	@ Fayetteville-Manlius (White)	5:00 PM		FM HS14	Bus/Driver: Coach Kempney/Coach Heath/15 Athletes	Departure Point: High School Athletic Doors / IRIS(for Coach after HS) Departure Time: 2:45 PM Return Date: Return Time: 5:00 PM	NL
May 3, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	Indian River Route 11 Practice field C, Warrior Stadium, Turf Facility (Field A)			
May 4, 2023	Thu	Regular Season 8-11 L	Carthage	4:30 PM	6:00 PM	Warrior Stadium, Turf Facility (Field A)			L
May 5, 2023	Fri	Regular Season 16-3 W	Whitesboro	6:00 PM	7:30 PM	Warrior Stadium, Turf Facility (Field A)			L
May 8, 2023	Mon	Practice	N/A	TBD		Indian River Multipurpose field #3 - Middle Upper			
May 9, 2023	Tue	Practice	N/A	3:30 PM	5:00 PM	Warrior Stadium, Turf Facility (Field A)			
May 10, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	Indian River Route 11 Practice field C			
May 11, 2023	Thu	Practice	N/A	3:30 PM	5:00 PM	Warrior Stadium, Turf Facility (Field A)			
May 12, 2023	Fri	Practice	N/A	3:30 PM	5:00 PM	Warrior Stadium, Turf Facility (Field A)			
May 15, 2023	Mon	Practice	N/A	3:30 PM	5:00 PM	Warrior Stadium, Turf Facility (Field A)			
May 16, 2023	Tue	Practice	N/A	3:30 PM	5:00 PM	Indian River Route 11 Practice field C			
May 17, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	Warrior Stadium, Turf Facility (Field A)			

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May 18, 2023	Thu	Practice	N/A	3:30 PM	5:00 PM	Warrior Stadium, Turf Facility (Field A)			
May 19, 2023	Fri	Regular Season	New Hartford	5:30 PM	7:00 PM	Warrior Stadium, Turf Facility (Field A)			L

Date: 2024-05-01