



Our Lady of Lourdes

(B) V Wrestling

Coaches:

- James Emsworth
- Jonathan Heunis
- Rich McHale
- HARRY OCASIO

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 13, 2023	Mon	Practice	N/A	3:30 PM	5:45 PM	Small Gym		
Nov 14, 2023	Tue	Practice	N/A	3:30 PM	5:45 PM	Small Gym		
Nov 15, 2023	Wed	Practice	N/A	3:30 PM	5:45 PM	TBD		
Nov 16, 2023	Thu	Practice	N/A	3:30 PM	5:45 PM	Small Gym		
Nov 17, 2023	Fri	Practice	N/A	3:30 PM	5:45 PM	Small Gym		
Nov 20, 2023	Mon	Practice	N/A	3:30 PM	5:45 PM	Small Gym		
Nov 21, 2023	Tue	Practice	N/A	12:30 PM	2:30 PM	Small Gym		
Nov 22, 2023	Wed	Practice	N/A	4:00 PM	6:00 PM	Small Gym		
Nov 25, 2023	Sat	Practice	N/A	10:00 AM	12:00 PM	Small Gym		
Nov 27, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Nov 28, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Nov 29, 2023	Wed	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Nov 30, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Dec 1, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Dec 2, 2023	Sat	Practice	N/A	10:00 AM	12:00 PM	Small Gym		
Dec 4, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Dec 5, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Dec 7, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Dec 8, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Dec 11, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Dec 12, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Dec 13, 2023	Wed	Regular Season	Fallsburg, Tri-Valley	6:00 PM		Small Gym		L
Dec 14, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Dec 15, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Dec 16, 2023	Sat	Practice	N/A	10:00 AM	12:00 PM	Small Gym		
Dec 18, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	Small Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 19, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Dec 21, 2023	Thu	Practice	N/A	12:30 PM	2:30 PM	Small Gym		
Dec 22, 2023	Fri	Regular Season	Chester, Liberty	5:00 PM		Small Gym		L
Dec 23, 2023	Sat	Practice	N/A	10:00 AM	12:00 PM	Small Gym		
Dec 27, 2023	Wed	Practice	N/A	10:00 AM	12:00 PM	Small Gym		
Dec 28, 2023	Thu	Practice	N/A	10:00 AM	12:00 PM	Small Gym		
Dec 29, 2023	Fri	Practice	N/A	10:00 AM	12:00 PM	Small Gym		
Dec 30, 2023	Sat	Practice	N/A	10:00 AM	12:00 PM	Small Gym		
Jan 3, 2024	Wed	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Jan 4, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Jan 5, 2024	Fri	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Jan 8, 2024	Mon	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Jan 10, 2024	Wed	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Jan 11, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Jan 12, 2024	Fri	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Jan 15, 2024	Mon	Practice	N/A	10:00 AM	12:00 PM	Small Gym		
CANCELLED Jan 16, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Jan 17, 2024	Wed	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
POSTPONED Jan 17, 2024	Wed	Regular Season (Mt. St. Michael Academy)	TBD	5:00 PM		Small Gym		NL
Jan 18, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Jan 19, 2024	Fri	Practice	N/A	10:00 AM	12:00 PM	Small Gym		
Jan 22, 2024	Mon	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
CANCELLED Jan 23, 2024	Tue	Practice	N/A	2:15 PM	4:15 PM	Small Gym		
Jan 24, 2024	Wed	Regular Season	Red Hook	5:00 PM		Small Gym		L
Jan 25, 2024	Thu	Practice	N/A	2:15 PM	4:15 PM	Small Gym		
Jan 26, 2024	Fri	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Jan 29, 2024	Mon	Practice	N/A	10:00 AM	12:00 PM	Small Gym		
Jan 30, 2024	Tue	Regular Season	Highland	6:00 PM		Arts and Athletics Center		L
Feb 1, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	Small Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 2, 2024	Fri	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Feb 6, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Feb 7, 2024	Wed	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Feb 8, 2024	Thu	Practice	N/A	2:30 PM	5:00 PM	Small Gym		
Feb 9, 2024	Fri	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Feb 10, 2024	Sat	Practice	N/A	10:00 AM	12:00 PM	Small Gym		
Feb 17, 2024	Sat	Practice	N/A	10:00 AM	12:00 PM	Small Gym		
Feb 21, 2024	Wed	Practice	N/A	4:15 PM	5:45 PM	Small Gym		
TBD		Practice	N/A	3:30 PM	5:30 PM	Small Gym		

Date: 2024-04-27