



Our Lady of Lourdes (B) V Wrestling

Coaches:

- James Emsworth
- HARRY OCASIO

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 14, 2022	Mon	Practice	N/A	3:30 PM	5:30 PM	Small Gym			
Nov 15, 2022	Tue	Practice	N/A	3:30 PM	5:30 PM	Small Gym			
Nov 16, 2022	Wed	Practice	N/A	3:30 PM	5:30 PM	Small Gym			
Nov 17, 2022	Thu	Practice	N/A	3:15 PM	5:00 PM	Small Gym			
Nov 18, 2022	Fri	Practice	N/A	3:30 PM	5:30 PM	Small Gym			
Nov 19, 2022	Sat	Practice	N/A	11:15 AM	2:30 PM	Our Lady of Lourdes HS			
Nov 21, 2022	Mon	Practice	N/A	3:30 PM	5:30 PM	Small Gym			
Nov 22, 2022	Tue	Practice	N/A	12:15 PM	2:45 PM	Small Gym			
Nov 23, 2022	Wed	Practice	N/A	9:00 AM	12:00 PM	Small Gym			
Nov 25, 2022	Fri	Practice	N/A	10:00 AM	12:30 PM	Small Gym			
Nov 26, 2022	Sat	Practice	N/A	10:00 AM	12:30 PM	Small Gym			
Nov 28, 2022	Mon	Practice	N/A	3:30 PM	5:30 PM	Small Gym			
Nov 29, 2022	Tue	Practice	N/A	3:30 PM	5:30 PM	Small Gym			
Nov 30, 2022	Wed	Practice	N/A	3:30 PM	5:30 PM	Small Gym			
Dec 1, 2022	Thu	Practice	N/A	3:30 PM	5:30 PM	Small Gym			
Dec 2, 2022	Fri	Scrimmage	Hyde Park	3:30 PM		Our Lady of Lourdes HS			L
Dec 2, 2022	Fri	Practice	N/A	3:30 PM	5:30 PM	Small Gym			
Dec 3, 2022	Sat	Practice	N/A	9:00 AM	12:00 PM	Small Gym			
Dec 5, 2022	Mon	Practice	N/A	3:30 PM	5:30 PM	Small Gym			
Dec 6, 2022	Tue	Regular Season (Dual Meet)	@ Pawling	4:30 PM		Pawling HS	Bus/Driver: Lourdes White Mini bus	Departure Point: OLL North Parking Lot Departure Time: 2:45 PM	L
Dec 7, 2022	Wed	Regular Season	Chester	6:00 PM		Small Gym			L
Dec 9, 2022	Fri	Practice	N/A	3:30 PM	5:30 PM	Small Gym			
Dec 10, 2022	Sat	Practice	N/A	9:00 AM	12:00 PM	Small Gym			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 11, 2022	Sun	Regular Season (JJEFPatriot Tournament)	Arlington, Peekskill, Hendrick Hudson, Liberty, Tappan Zee HS @ John Jay HS/ Van Wyck JHS	9:00 AM	7:00 PM	John Jay East Fishkill High School			L
Dec 13, 2022	Tue	Practice	N/A	3:30 PM	5:30 PM	Small Gym			
Dec 14, 2022	Wed	Practice	N/A	5:30 PM	7:30 PM	Small Gym			
Dec 15, 2022	Thu	Practice	N/A	3:30 PM	5:30 PM	Small Gym			
Dec 16, 2022	Fri	Regular Season	Roy C Ketcham/ Wappingers JHS	4:30 PM	6:00 PM	Arts and Athletics Center			L
Dec 17, 2022	Sat	Practice	N/A	9:00 AM	12:00 PM	Small Gym			
Dec 19, 2022	Mon	Practice	N/A	3:30 PM	5:30 PM	Small Gym			
Dec 20, 2022	Tue	Practice	N/A	3:30 PM	5:30 PM	Small Gym			
Dec 21, 2022	Wed	Regular Season	Port Jervis	6:00 PM		Small Gym			L
Dec 22, 2022	Thu	Practice	N/A	9:00 AM	12:00 PM	Small Gym			
Dec 23, 2022	Fri	Practice	N/A	9:00 AM	12:00 PM	Small Gym			
Dec 26, 2022	Mon	Practice	N/A	9:00 AM	12:00 PM	Small Gym			
Dec 27, 2022	Tue	Regular Season (Tournament)	@ Arlington	9:00 AM		Arlington HS			L
Dec 31, 2022	Sat	Practice	N/A	9:00 AM	12:00 PM	Small Gym			
Jan 4, 2023	Wed	Regular Season	@ Saugerties	7:00 PM		Saugerties HS			L
Jan 5, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	Small Gym			
Jan 6, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	Small Gym			
Jan 7, 2023	Sat	Regular Season (Tournament)	@ Somers	9:00 AM		Somers HS	Bus/Driver: Lourdes White Mini bus	Departure Point: OLL North Parking Lot	L
Jan 9, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	Small Gym			
Jan 10, 2023	Tue	Regular Season (Dual Meet)	@ Port Jervis	5:00 PM		TBD	Bus/Driver: Lourdes White Mini bus	Departure Point: OLL North Parking Lot Departure Time: 2:30 PM	L
Jan 11, 2023	Wed	Practice	N/A	3:30 PM	5:30 PM	Small Gym			
CANCELLED Jan 11, 2023	Wed	Regular Season (Multiple Schools)	Minisink Valley	6:30 PM		Minisink Valley HS			L
Jan 12, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	Small Gym			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 13, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	Small Gym			
Jan 14, 2023	Sat	Regular Season (Tournament)	@ Hendrick Hudson	TBD		TBD	Bus/Driver: OLL Bus	Departure Point: OLL North Parking Lot Departure Date: Jan 14, 2023	L
Jan 16, 2023	Mon	Practice	N/A	10:00 AM	12:00 PM	Small Gym			
Jan 17, 2023	Tue	Regular Season	@ Goshen	7:00 PM		Goshen HS			L
Jan 18, 2023	Wed	Practice	N/A	3:30 PM	5:30 PM	Small Gym			
Jan 19, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	Small Gym			
Jan 20, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	Small Gym			
Jan 23, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	Small Gym			
Jan 24, 2023	Tue	Regular Season	Beacon	6:00 PM		Arts and Athletics Center			L
Jan 25, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	Small Gym			
Jan 26, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	Small Gym			
Jan 27, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	Small Gym			
Jan 28, 2023	Sat	Regular Season (Tournament)	@ Mahopac	8:30 AM		Mahopac HS	Bus/Driver: Lourdes White Mini bus	Departure Point: OLL North Parking Lot	L
Jan 30, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	Small Gym			
Jan 31, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	Small Gym			
Feb 1, 2023	Wed	Regular Season	Rondout Valley	6:00 PM		Small Gym			L
Feb 2, 2023	Thu	Regular Season	@ New Paltz	7:00 PM		New Paltz HS			L
Feb 3, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	Small Gym			
Feb 7, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	Small Gym			
Feb 8, 2023	Wed	Practice	N/A	3:30 PM	5:30 PM	Small Gym			
Feb 9, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	Small Gym			
Feb 10, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	Small Gym			
Feb 11, 2023	Sat	Practice	N/A	10:00 AM	12:00 PM	Small Gym			

Date: 2025-12-18