

## Our Lady of Lourdes (B) V Wrestling

## **Coaches:**

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

DATE	WEEK DAY	<sup>C</sup> TYPE	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE TRANSPORTATION / 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 6, 2023	Wed	Regular Season	@ John S Burke	6:00 PM		John S Burke	NL
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 9, 2023	Sat	Regular Season (Patriot Tournament)	Arlington, Hendrick Hudson, Pawling, Middletown, Liberty, Valley Central, Rondout Valley, Eldred, Monticello, Yonkers @ John Jay HS/ Van Wyck JHS	6:00 AM	11:00 PM	John Jay East Fishkill High School	L
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         FM         Small Gym         L           Dec 14, 2023         Thu         Practice         N/A         330         5:30         Small Gym         PM           Dec 15, 2023         Fri         Practice         N/A         330         5:30         Small Gym         PM           Dec 16, 2023         Sat         Practice         N/A         330         5:30         Small Gym         PM           Dec 16, 2023         Sat         Practice         N/A         330         5:30         Small Gym         PM           Dec 18, 2023         Mon         Practice         N/A         330         5:30         Small Gym         PM           Dec 20, 2023         Wed         Regular Season         @Port Jervis         5:00         PM         Small Gym         L           Dec 21, 2023         Thu         Practice         N/A         10:00         12:00         Small Gym         L           Dec 22, 2023         Fri         Regular Season         Chester, Liberty         5:00         PM         Small Gym           Dec 23, 2023         Sat         Practice         N/A         10:00         12:00         Sma	DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Dec 14, 2023         Ind         Practice         IVA         PM         PM         PM         Stratt Gym           Dec 15, 2023         Fri         Practice         N/A         10:00         12:00         Small Gym           Dec 16, 2023         Sat         Practice         N/A         3:30         5:30         Small Gym           Dec 18, 2023         Mon         Practice         N/A         PM         PM         Small Gym           Dec 19, 2023         Tue         Practice         N/A         3:30         5:30         Small Gym           Dec 19, 2023         Wed         Regular Season         @ Port Jervis         5:00         Port Jervis         L           Dec 21, 2023         Thu         Practice         N/A         12:00         Small Gym         L           Dec 22, 2023         Fri         Regular Season         Chester, Liberty         5:00         Port Jervis         L           Dec 23, 2023         Sat         Practice         N/A         10:00         12:00         Small Gym           Dec 24, 2023         Thu         Practice         N/A         10:00         12:00         Small Gym           Dec 24, 2023         Thu         Practice         N/A	Dec 13, 2023	Wed	Regular Season	Fallsburg, Tri-Valley			Small Gym		L
Dec 15, 2023     Fri     Practice     N/A     PM     PM     PM     Small Gym       Dec 16, 2023     Sat     Practice     N/A     AM     PM     PM     PM     Small Gym       Dec 18, 2023     Mon     Practice     N/A     330     5.30     FM     PM       Dec 19, 2023     Tue     Practice     N/A     330     5.30     FM     PM     PM       Dec 20, 2023     Wed     Regular Season     @ Port Jervis     5.00     PM     Small Gym     L       Dec 21, 2023     Thu     Practice     N/A     12:00     2:30     2:30     2:30       Dec 22, 2023     Fri     Regular Season     Chester, Liberty     PM     PM     Small Gym     L       Dec 22, 2023     Sat     Practice     N/A     10:00     12:00     Small Gym     L       Dec 27, 2023     Wed     Practice     N/A     10:00     12:00     Small Gym     L       Dec 28, 2023     Thu     Practice     N/A     10:00     12:00     Small Gym     L       Dec 29, 2023     Fri     Practice     N/A     10:00     12:00     Small Gym     L       Jan 3, 2024     Wed     Regular Season     @ New Paltz     FM <td>Dec 14, 2023</td> <td>Thu</td> <td>Practice</td> <td>N/A</td> <td></td> <td></td> <td>Small Gym</td> <td></td> <td></td>	Dec 14, 2023	Thu	Practice	N/A			Small Gym		
Dec 16, 2023     Sat     Fractice     N/A     PM     Small Gym       Dec 18, 2023     Mon     Practice     N/A     PM     Small Gym       Dec 19, 2023     Tue     Practice     N/A     PM     Small Gym       Dec 20, 2023     Wed     Regular Season     @ Port Jervis     PM     Pmd     Small Gym       Dec 21, 2023     Thu     Practice     N/A     12.00     2.30     PM     Small Gym       Dec 22, 2023     Fri     Regular Season     Chester, Liberty     PM     Small Gym     L       Dec 23, 2023     Sat     Practice     N/A     10.00     12.00     Small Gym       Dec 27, 2023     Wed     Practice     N/A     10.00     12.00     Small Gym       Dec 27, 2023     Wed     Practice     N/A     10.00     12.00     Small Gym       Dec 28, 2023     Thu     Practice     N/A     10.00     12.00     Small Gym       Dec 30, 2023     Sat     Practice     N/A     10.00     12.00     Small Gym       Jan 3, 2024     Wed     Practice     N/A     330     5.30     Small Gym       Jan 4, 2024     Thu     Practice     N/A     330     5.30     Small Gym       Jan 5, 2024	Dec 15, 2023	Fri	Practice	N/A			Small Gym		
Dec 16, 2023     Mon     Practice     N/A     PM     PM     Small Gym       Dec 19, 2023     Tue     Practice     N/A     3:30     5:30     Small Gym       Dec 20, 2023     Wed     Regular Season     @ Port Jervis     5:00     PM     PM     Small Gym     L       Dec 21, 2023     Thu     Practice     N/A     12:30     2:30     Small Gym     L       Dec 22, 2023     Fri     Regular Season     Chester, Liberty     5:00     Small Gym     L       Dec 23, 2023     Sat     Practice     N/A     10:00     12:00     Small Gym     L       Dec 27, 2023     Wed     Practice     N/A     10:00     12:00     Small Gym     L       Dec 28, 2023     Thu     Practice     N/A     10:00     12:00     Small Gym       Dec 29, 2023     Fri     Practice     N/A     10:00     12:00     Small Gym       Jan 3, 2024     Wed     Practice     N/A     10:00     12:00     Small Gym       Jan 4, 2024     Thu     Practice     N/A     3:30     5:30     Small Gym       Jan 5, 2024     Fri     Practice     N/A     3:30     5:30     Small Gym       Jan 6, 2024     Stat     Regu	Dec 16, 2023	Sat	Practice	N/A			Small Gym		
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Dec 26, 2023Fri PracticePracticeN/AAMPMSinal GymDec 30, 2023SatPracticeN/A10:00 AM12:00 PMSmall GymJan 3, 2024WedPracticeN/A3:30 PM5:30 PMSmall GymJan 3, 2024WedRegular Season@ New Paltz PM6:00 PMNew Paltz HSLJan 4, 2024ThuPracticeN/A3:30 PM5:30 PMSmall GymJan 5, 2024FriPracticeN/A3:30 PM5:30 PMSmall GymJan 6, 2024SatRegular Season (Eric D'Agnese Memorial Tournament)7:30 Q SomersSomers HSNLJan 8, 2024MonPracticeN/A3:30 PM5:30 PMSmall GymJan 10, 2024WedRegular Season (Eric D'Agnese Memorial Tournament)7:30 Q SomersSmall GymJan 10, 2024WedPracticeN/A3:30 PM5:30 PMSmall GymJan 10, 2024WedPracticeN/A3:30 PM5:30 PMSmall GymJan 11, 2024ThuPracticeN/A3:30 PM5:30 PMSmall GymJan 12, 2024FriPracticeN/A3:30 PM5:30 PMSmall GymJan 12, 2024FriPracticeN/A3:30 PM5:30 PMSmall GymJan 12, 2024FriPracticeN/A3:30 PM5:30 PMSmall GymJan 12, 2024Fri <td>Dec 27, 2023</td> <td>Wed</td> <td>Practice</td> <td>N/A</td> <td></td> <td></td> <td>Small Gym</td> <td></td> <td></td>	Dec 27, 2023	Wed	Practice	N/A			Small Gym		
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Jan 12, 2024     Fri     Practice     N/A     PM     PM     Small Gym       Jan 12, 2024     Fri     Practice     N/A $\frac{3:30}{PM}$ $\frac{5:30}{PM}$ Small Gym	Jan 10, 2024	Wed	(Section 9 Dual Meet Tournament (Team	@ Port Jervis					L
PM PM Small Gym	Jan 11, 2024	Thu	Practice	N/A			Small Gym		
Begular Season	Jan 12, 2024	Fri	Practice	N/A			Small Gym		
Jan 13, 2024 Sat (Hen Hud Sailor @ Hendrick Hudson AM Hudson HS NL Classic)	Jan 13, 2024	Sat		@ Hendrick Hudson	8:30 AM		Hendrick Hudson HS		NL
Jan 15, 2024 Mon Practice N/A 10:00 12:00 AM PM Small Gym	Jan 15, 2024	Mon	Practice	N/A			Small Gym		
CANCELLED Jan Tue Practice N/A $\begin{array}{ccc} 3:30 & 5:30 \\ PM & PM \end{array}$ Small Gym		Tue	Practice	N/A			Small Gym		

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
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 20, 2024	Sat	Regular Season (Peekskill Red Devils Girls Invitational)	@ Peekskill	TBD		Peekskill HS		NL
Jan 20, 2024	Sat	Regular Season (Putnam Valley Round Robin Tournament)	@ Putnam Valley	TBD		Putnam Valley HS		NL
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 27, 2024	Sat	Regular Season (Mahopac Memorial Tournament)	@ Mahopac	TBD		Mahopac HS		NL
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		
Feb 1, 2024	Thu	Regular Season	@ Rondout Valley	6:00 PM		Rondout Valley HS		L
Feb 2, 2024	Fri	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Feb 3, 2024	Sat	Regular Season (Section 9 JV Sectionals)	@ Warwick Valley	TBD		Warwick Valley HS		L
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 11, 2024	Sun	Post-Season (Section 9 D2 Sectionals (ind. State Qual))	@ Hyde Park	5:00 PM		FDR HS A/B Gym		L
Feb 17, 2024	Sat	Practice	N/A	10:00 AM	12:00 PM	Small Gym		

DATE	WEEI DAY	< TYPE	OPPONENTS	START TIME		LOCATION	LEAGUE TRANSPORTATION / NON- LEAGUE
Feb 21, 2024	Wed	Practice	N/A	4:15 PM	5:45 PM	Small Gym	
May 11, 2024	Sat	Practice (Dutchess County Police Agility)	N/A	7:30 AM	2:00 PM	Arts and Athletics Center	
TBD		Practice	N/A	3:30 PM	5:30 PM	Small Gym	

Date: 2024-05-07