

## Our Lady of Lourdes (B) V Wrestling

## **Coaches:**

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

| DATE         | WEEK<br>DAY | <sup>C</sup> TYPE                      | OPPONENTS  | START<br>TIME | END<br>TIME | LOCATION                                 | LEAGUE<br>TRANSPORTATION / NON-<br>LEAGUE |
|--------------|-------------|--|--|---------------|-------------|--|---|
| Nov 13, 2023 | Mon         | Practice                               | N/A  | 3:30<br>PM    | 5:45<br>PM  | Small Gym                                |   |
| Nov 14, 2023 | Tue         | Practice                               | N/A  | 3:30<br>PM    | 5:45<br>PM  | Small Gym                                |   |
| Nov 15, 2023 | Wed         | Practice                               | N/A  | 3:30<br>PM    | 5:45<br>PM  | TBD                                      |   |
| Nov 16, 2023 | Thu         | Practice                               | N/A  | 3:30<br>PM    | 5:45<br>PM  | Small Gym                                |   |
| Nov 17, 2023 | Fri         | Practice                               | N/A  | 3:30<br>PM    | 5:45<br>PM  | Small Gym                                |   |
| Nov 20, 2023 | Mon         | Practice                               | N/A  | 3:30<br>PM    | 5:45<br>PM  | Small Gym                                |   |
| Nov 21, 2023 | Tue         | Practice                               | N/A  | 12:30<br>PM   | 2:30<br>PM  | Small Gym                                |   |
| Nov 22, 2023 | Wed         | Practice                               | N/A  | 4:00<br>PM    | 6:00<br>PM  | Small Gym                                |   |
| Nov 25, 2023 | Sat         | Practice                               | N/A  | 10:00<br>AM   | 12:00<br>PM | Small Gym                                |   |
| Nov 27, 2023 | Mon         | Practice                               | N/A  | 3:30<br>PM    | 5:30<br>PM  | Small Gym                                |   |
| Nov 28, 2023 | Tue         | Practice                               | N/A  | 3:30<br>PM    | 5:30<br>PM  | Small Gym                                |   |
| Nov 29, 2023 | Wed         | Practice                               | N/A  | 3:30<br>PM    | 5:30<br>PM  | Small Gym                                |   |
| Nov 30, 2023 | Thu         | Practice                               | N/A  | 3:30<br>PM    | 5:30<br>PM  | Small Gym                                |   |
| Dec 1, 2023  | Fri         | Practice                               | N/A  | 3:30<br>PM    | 5:30<br>PM  | Small Gym                                |   |
| Dec 2, 2023  | Sat         | Practice                               | N/A  | 10:00<br>AM   | 12:00<br>PM | Small Gym                                |   |
| Dec 4, 2023  | Mon         | Practice                               | N/A  | 3:30<br>PM    | 5:30<br>PM  | Small Gym                                |   |
| Dec 5, 2023  | Tue         | Practice                               | N/A  | 3:30<br>PM    | 5:30<br>PM  | Small Gym                                |   |
| Dec 6, 2023  | Wed         | Regular Season                         | @ John S Burke   | 6:00<br>PM    |             | John S<br>Burke                          | NL  |
| Dec 7, 2023  | Thu         | Practice                               | N/A  | 3:30<br>PM    | 5:30<br>PM  | Small Gym                                |   |
| Dec 8, 2023  | Fri         | Practice                               | N/A  | 3:30<br>PM    | 5:30<br>PM  | Small Gym                                |   |
| Dec 9, 2023  | Sat         | Regular Season<br>(Patriot Tournament) | Arlington, Hendrick<br>Hudson, Pawling,<br>Middletown, Liberty,<br>Valley Central,<br>Rondout Valley,<br>Eldred, Monticello,<br>Yonkers @ John Jay<br>HS/ Van Wyck JHS | 6:00<br>AM    | 11:00<br>PM | John Jay<br>East Fishkill<br>High School | L   |
| Dec 11, 2023 | Mon         | Practice                               | N/A  | 3:30<br>PM    | 5:30<br>PM  | Small Gym                                |   |
| Dec 12, 2023 | Tue         | Practice                               | N/A  | 3:30<br>PM    | 5:30<br>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<br>DAY | ТҮРЕ                                     | OPPONENTS             | START<br>TIME | END<br>TIME | LOCATION              | TRANSPORTATION | LEAGUE<br>/ NON-<br>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             |                |                            |
| Dec 19, 2023TuePracticeN/APMPMSmall GymDec 20, 2023WedRegular Season@ Port Jervis5:00Port JervisLDec 21, 2023ThuPracticeN/A12:302:30Small GymLDec 22, 2023FriRegular SeasonChester, Liberty5:00Small GymLDec 23, 2023SatPracticeN/A10:0012:00Small GymLDec 27, 2023WedPracticeN/A10:0012:00Small GymMDec 28, 2023ThuPracticeN/A10:0012:00Small GymMDec 29, 2023FriPracticeN/A10:0012:00Small GymMDec 30, 2023SatPracticeN/A10:0012:00Small GymMJan 3, 2024WedPracticeN/A3:305:30Small GymMJan 4, 2024ThuPracticeN/A3:305:30Small GymMJan 5, 2024FriPracticeN/A3:305:30Small GymMJan 6, 2024StatRegular Season (Eric<br>D'Agnese Memorial<br>Tournament)7:30Small GymMJan 10, 2024WedPracticeN/A3:305:30<br>PMSmall GymMJan 10, 2024FriPracticeN/A3:30<br>PM5:30<br>PMSmall GymMJan 11, 2024ThuPracticeN/A3:30<br>PM5:30<br>PMSm  | Dec 18, 2023 | Mon         | Practice                                 | N/A                   |               |             | Small Gym             |                |                            |
| Dec 20, 2023         Web         Hegular Season         @ Poil Jervis         PM         HS         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         PM         PM         PM         Dec 23, 2023         Sat         Practice         N/A         10:00         12:00         Small Gym         L           Dec 23, 2023         Sat         Practice         N/A         10:00         12:00         Small Gym         PM         PM         PM         PM         PM         Small Gym         PM         PM         Small Gym         PM         PM         PM         PM         PM         PM         PM         Small Gym         PM         Small Gym         PM                     | Dec 19, 2023 | Tue         | Practice                                 | N/A                   |               |             | Small Gym             |                |                            |
| Dec 21, 2023ThuPracticeN/APMPMSmall GymDec 22, 2023FriRegular SeasonChester, Liberty $5:00$<br>PMSmall GymLDec 23, 2023SatPracticeN/A $10:00$<br>PM $12:00$<br>PMSmall GymDec 27, 2023WedPracticeN/A $10:00$<br>AM $12:00$<br>PMSmall GymDec 28, 2023ThuPracticeN/A $10:00$<br>AM $12:00$<br>PMSmall GymDec 29, 2023FriPracticeN/A $10:00$<br>AM $12:00$<br>PMSmall GymDec 30, 2023SatPracticeN/A $10:00$<br>AM $12:00$<br>PMSmall GymJan 3, 2024WedPracticeN/A $3:30$<br>PM $5:30$<br>PMSmall GymJan 4, 2024ThuPracticeN/A $3:30$<br>PM $5:30$<br>PMSmall GymJan 5, 2024FriPracticeN/A $3:30$<br>PM $5:30$<br>PMSmall GymJan 6, 2024SatRegular Season (Eric<br>D'Agnese Memorial<br>Tournament) $0$<br>PO<br>PM $3:30$<br>PM $5:30$<br>PMSmall GymJan 10, 2024WedPracticeN/A $3:30$<br>PM $5:30$<br>PMSmall GymJan 11, 2024ThuPracticeN/A $3:30$<br>PM $5:30$<br>PMSmall GymJan 11, 2024ThuPracticeN/A $3:30$<br>PM $5:30$<br>PMSmall GymJan 11, 2024ThuPracticeN/A $3:30$<br>PM $5:30$<br>PMSmall G  | Dec 20, 2023 | Wed         | Regular Season                           | @ Port Jervis         |               |             |                       |                | L                          |
| Dec 22, 2023FriHegular SeasonChester, LibertyPMSmall GymLDec 23, 2023SatPracticeN/A10:0012:00<br>AMSmall GymDec 27, 2023WedPracticeN/A10:0012:00<br>AMSmall GymDec 28, 2023ThuPracticeN/A10:0012:00<br>AMSmall GymDec 29, 2023FriPracticeN/A10:0012:00<br>AMSmall GymDec 30, 2023SatPracticeN/A10:0012:00<br>AMSmall GymJan 3, 2024WedPracticeN/A3:305:30<br>PMSmall GymJan 3, 2024WedRegular Season@ New Paltz6:00<br>PMNew PaltzLJan 4, 2024ThuPracticeN/A3:30<br>PM5:30<br>PMSmall GymJan 5, 2024FriPracticeN/A3:30<br>PM5:30<br>PMSmall GymJan 6, 2024SatRegular Season (Eric<br>D'Agnese Memorial<br>Tournament)0Somers<br>PM5:30<br>PMSmall GymJan 10, 2024WedPracticeN/A3:30<br>PM5:30<br>PMSmall GymJan 11, 2024ThuPracticeN/A3:30<br>PM5:30<br>PMSmall GymJan 11, 2024ThuPracticeN/A3:30<br>PM5:30<br>PMSmall GymJan 12, 2024FriPracticeN/A3:30<br>PM5:30<br>PMSmall GymJan 11, 2024ThuPracticeN/A3:30<br>PM  | Dec 21, 2023 | Thu         | Practice                                 | N/A                   |               |             | Small Gym             |                |                            |
| Dec 23, 2023SalePracticeIVAAMPMShall GynDec 27, 2023WedPracticeN/A10:0012:00<br>PMSmall GymDec 28, 2023ThuPracticeN/A10:0012:00<br>PMSmall GymDec 29, 2023FriPracticeN/A10:0012:00<br>PMSmall GymDec 30, 2023SatPracticeN/A10:00<br>AM12:00<br>PMSmall GymJan 3, 2024WedPracticeN/A3:30<br>PM5:30<br>PMSmall GymJan 3, 2024WedRegular Season@ New Paltz6:00<br>PMNew Paltz<br>HSLJan 4, 2024ThuPracticeN/A3:30<br>PM5:30<br>PMSmall GymJan 5, 2024FriPracticeN/A3:30<br>PM5:30<br>PMSmall GymJan 6, 2024SatRegular Season (Eric<br>D'Agnese Memorial<br>Tournament)?:30<br>@ SomersSimall GymJan 10, 2024WedPracticeN/A3:30<br>PM5:30<br>PMSmall GymJan 10, 2024WedPracticeN/A3:30<br>PM5:30<br>PMSmall GymJan 11, 2024ThuPracticeN/A3:30<br>PM5:30<br>PMSmall GymJan 12, 2024FriPracticeN/A3:30<br>PM5:30<br>PMSmall GymJan 11, 2024ThuPracticeN/A3:30<br>PM5:30<br>PMSmall GymJan 12, 2024FriPracticeN/A3:30<br>PM5:30<br>PM<  | Dec 22, 2023 | Fri         | Regular Season                           | Chester, Liberty      |               |             | Small Gym             |                | L                          |
| Dec 27, 2023Web<br>PracticePracticeIVAAMPMSmall GymDec 28, 2023ThuPracticeN/A10:00<br>AM12:00<br>PMSmall GymDec 29, 2023FriPracticeN/A10:00<br>AM12:00<br>PMSmall GymDec 30, 2023SatPracticeN/A10:00<br>AM12:00<br>PMSmall GymJan 3, 2024WedPracticeN/A3:30<br>PM5:30<br>PMSmall GymJan 3, 2024WedRegular Season@ New Paltz6:00<br>PMNew Paltz<br>HSLJan 4, 2024ThuPracticeN/A3:30<br>PM5:30<br>PMSmall GymJan 5, 2024FriPracticeN/A3:30<br>PM5:30<br>PMSmall GymJan 6, 2024SatRegular Season (Eric<br>D'Agnese Memorial<br>Tournament)@ Somers7:30<br>PMSomers HSNLJan 10, 2024WedPracticeN/A3:30<br>PM5:30<br>PMSmall GymJan 10, 2024WedPracticeN/A3:30<br>PM5:30<br>PMSmall GymJan 11, 2024ThuPracticeN/A3:30<br>PM5:30<br>PMSmall GymJan 11, 2024ThuPracticeN/A3:30<br>PM5:30<br>PMSmall GymJan 11, 2024FriPracticeN/A3:30<br>PM5:30<br>PMSmall GymJan 12, 2024FriPracticeN/A3:30<br>PM5:30<br>PMSmall GymJan 12, 2024FriPractice<   | Dec 23, 2023 | Sat         | Practice                                 | N/A                   |               |             | Small Gym             |                |                            |
| Dec 26, 2023Fri<br>PracticePracticeN/AAMPMSinal GymDec 30, 2023SatPracticeN/A10:00<br>AM12:00<br>PMSmall GymJan 3, 2024WedPracticeN/A3:30<br>PM5:30<br>PMSmall GymJan 3, 2024WedRegular Season@ New Paltz<br>PM6:00<br>PMNew Paltz<br>HSLJan 4, 2024ThuPracticeN/A3:30<br>PM5:30<br>PMSmall GymJan 5, 2024FriPracticeN/A3:30<br>PM5:30<br>PMSmall GymJan 6, 2024SatRegular Season (Eric<br>D'Agnese Memorial<br>Tournament)7:30<br>Q SomersSomers HSNLJan 8, 2024MonPracticeN/A3:30<br>PM5:30<br>PMSmall GymJan 10, 2024WedRegular Season (Eric<br>D'Agnese Memorial<br>Tournament)7:30<br>Q SomersSmall GymJan 10, 2024WedPracticeN/A3:30<br>PM5:30<br>PMSmall GymJan 10, 2024WedPracticeN/A3:30<br>PM5:30<br>PMSmall GymJan 11, 2024ThuPracticeN/A3:30<br>PM5:30<br>PMSmall GymJan 12, 2024FriPracticeN/A3:30<br>PM5:30<br>PMSmall GymJan 12, 2024FriPracticeN/A3:30<br>PM5:30<br>PMSmall GymJan 12, 2024FriPracticeN/A3:30<br>PM5:30<br>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             |                |                            |
| Dec 23, 2023FriPracticeN/AAMPMSinal GymDec 30, 2023SatPracticeN/A10:00<br>AM12:00<br>PMSmall GymJan 3, 2024WedPracticeN/A3:30<br>PM5:30<br>PMSmall GymJan 3, 2024WedRegular Season@ New Paltz6:00<br>PMNew Paltz<br>HSLJan 4, 2024ThuPracticeN/A3:30<br>PM5:30<br>PMSmall GymJan 5, 2024FriPracticeN/A3:30<br>PM5:30<br>PMSmall GymJan 6, 2024SatRegular Season (Eric<br>D'Agnese Memorial<br>Tournament)7:30<br>@ SomersSomers HSNLJan 8, 2024MonPracticeN/A3:30<br>PM5:30<br>PMSmall GymJan 10, 2024WedPracticeN/A3:30<br>PM5:30<br>PMSmall GymJan 10, 2024WedRegular Season<br>Practice@ Port Jervis<br>PM4:30<br>PMPort Jervis<br>HSLJan 11, 2024ThuPracticeN/A3:30<br>PM5:30<br>PMSmall GymJan 12, 2024FriPracticeN/A3:30<br>PM5:30<br>PMSmall GymJan 12, 2024FriPracticeN/A3:30<br>PM5:30<br>PMSmall GymJan 12, 2024FriPracticeN/A3:30<br>PM5:30<br>PMSmall GymJan 12, 2024FriPracticeN/A3:30<br>PM5:30<br>PMSmall GymJan 12, 2024FriPra   | Dec 28, 2023 | Thu         | Practice                                 | N/A                   |               |             | Small Gym             |                |                            |
| Dec 30, 2023SatPlacticeN/AAMPMSinal GymJan 3, 2024WedPracticeN/A $3:30$<br>PM $5:30$<br>PMSmall GymJan 3, 2024WedRegular Season@ New Paltz $6:00$<br>PMNew Paltz<br>HSLJan 4, 2024ThuPracticeN/A $3:30$<br>PM $5:30$<br>PMSmall GymJan 5, 2024FriPracticeN/A $3:30$<br>PM $5:30$<br>PMSmall GymJan 6, 2024SatRegular Season (Erric<br>D'Agnese Memorial<br>Tournament) $0:00000000000000000000000000000000000$   | Dec 29, 2023 | Fri         | Practice                                 | N/A                   |               |             | Small Gym             |                |                            |
| Jan 3, 2024WedPracticeIV/APMPMStitlal GymJan 3, 2024WedRegular Season@ New Paltz $6:00$<br>PMNew PaltzHSLJan 4, 2024ThuPracticeN/A $3:30$<br>PM $5:30$<br>PMSmall GymJan 5, 2024FriPracticeN/A $3:30$<br>PM $5:30$<br>PMSmall GymJan 5, 2024FriPracticeN/A $3:30$<br>PM $5:30$<br>PMSmall GymSmall GymJan 6, 2024SatRegular Season (Eric<br>D'Agnese Memorial<br>Tournament)@ Somers $7:30$<br>AMSomers HSNLJan 8, 2024MonPracticeN/A $3:30$<br>PM $5:30$<br>PMSmall GymJan 10, 2024WedPracticeN/A $3:30$<br>PM $5:30$<br>PMSmall GymJan 10, 2024WedPracticeN/A $3:30$<br>PM $5:30$<br>PMSmall GymJan 11, 2024ThuPracticeN/A $3:30$<br>PM $5:30$<br>PMPort Jervis<br>HSLJan 12, 2024FriPracticeN/A $3:30$<br>PM $5:30$<br>PMSmall GymJan 12, 2024FriPracticeN/A $3:30$<br>PM $5:30$<br>PMSmall Gym   | Dec 30, 2023 | Sat         | Practice                                 | N/A                   |               |             | Small Gym             |                |                            |
| Jan 3, 2024WedHegular Season@ New PaitzPMHSLJan 4, 2024ThuPracticeN/A $\stackrel{3:30}{PM}$ $\stackrel{5:30}{PM}$ Small GymJan 5, 2024FriPracticeN/A $\stackrel{3:30}{PM}$ $\stackrel{5:30}{PM}$ Small GymJan 6, 2024Sat $\stackrel{Regular Season (Eric D'Agnese Memorial Tournament)@ Somers7:30Somers HSNLJan 8, 2024MonPracticeN/A\stackrel{3:30}{PM}\stackrel{5:30}{PM}Small GymJan 10, 2024WedPracticeN/A\stackrel{3:30}{PM}\stackrel{5:30}{PM}Small GymJan 10, 2024WedRegular Season(Section 9 Dual Meet Tournament (Team Playoffs))\stackrel{9:0}{Q} Port Jervis\stackrel{4:30}{4}\stackrel{9:0}{PM}\stackrel{9:0}{PM}Small GymJan 11, 2024ThuPracticeN/A\stackrel{3:30}{3:30}\stackrel{5:30}{5:30}Small GymLJan 12, 2024FriPracticeN/A\stackrel{3:30}{PM}\stackrel{5:30}{PM}Small GymJan 12, 2024FriPracticeN/A\stackrel{3:30}{PM}\stackrel{5:30}{PM}Small Gym$   | Jan 3, 2024  | Wed         | Practice                                 | N/A                   |               |             | Small Gym             |                |                            |
| Jan 5, 2024FriPracticeN/APMPMSmall GymJan 5, 2024FriPracticeN/A $\frac{3:30}{PM}$ $\frac{5:30}{PM}$ Small GymJan 6, 2024SatRegular Season (Eric<br>D'Agnese Memorial<br>Tournament) $\mathcal{O}$ Somers $\frac{7:30}{AM}$ Somers HSNLJan 8, 2024MonPracticeN/A $\frac{3:30}{PM}$ $\frac{5:30}{PM}$ Small GymJan 10, 2024WedPracticeN/A $\frac{3:30}{PM}$ $\frac{5:30}{PM}$ Small GymJan 10, 2024WedRegular Season<br>(Section 9 Dual Meet<br>Tournament (Team<br>Playoffs)) $\mathcal{O}$ Port Jervis $\frac{4:30}{HS}$ Port Jervis<br>HSLJan 11, 2024ThuPracticeN/A $\frac{3:30}{PM}$ $\frac{5:30}{PM}$ Small GymJan 12, 2024FriPracticeN/A $\frac{3:30}{PM}$ $\frac{5:30}{PM}$ Small Gym  | Jan 3, 2024  | Wed         | Regular Season                           | @ New Paltz           |               |             |                       |                | L                          |
| Jan 5, 2024FriPracticeN/APMPMSmall GymJan 6, 2024SatRegular Season (Eric<br>D'Agnese Memorial<br>Tournament)@ Somers7:30<br>AMSomers HSNLJan 8, 2024MonPracticeN/A $\frac{3:30}{PM}$ $\frac{5:30}{PM}$ Small GymJan 10, 2024WedPracticeN/A $\frac{3:30}{PM}$ $\frac{5:30}{PM}$ Small GymJan 10, 2024WedRegular Season<br>(Section 9 Dual Meet<br>Tournament (Team<br>Playoffs)) $\frac{4:30}{PM}$ Port Jervis<br>HS $\frac{4:30}{PM}$ Port Jervis<br>HSLJan 11, 2024ThuPracticeN/A $\frac{3:30}{PM}$ $\frac{5:30}{PM}$ Small GymJan 12, 2024FriPracticeN/A $\frac{3:30}{PM}$ $\frac{5:30}{PM}$ Small Gym   | Jan 4, 2024  | Thu         | Practice                                 | N/A                   |               |             | Small Gym             |                |                            |
| Jan 6, 2024SatD'Agnese Memorial<br>Tournament)@ Somers7.30<br>AMSomers HSNLJan 8, 2024MonPracticeN/A $\frac{3:30}{PM}$ $\frac{5:30}{PM}$ Small GymJan 10, 2024WedPracticeN/A $\frac{3:30}{PM}$ $\frac{5:30}{PM}$ Small GymJan 10, 2024WedRegular Season<br>(Section 9 Dual Meet<br>Tournament (Team<br>Playoffs)) $\theta$ Port Jervis $\frac{4:30}{PM}$ Port Jervis<br>HSLJan 11, 2024ThuPracticeN/A $\frac{3:30}{PM}$ $\frac{5:30}{PM}$ Small GymJan 12, 2024FriPracticeN/A $\frac{3:30}{PM}$ $\frac{5:30}{PM}$ Small Gym  | Jan 5, 2024  | Fri         | Practice                                 | N/A                   |               |             | Small Gym             |                |                            |
| Jan 8, 2024MonPracticeN/APMPMSmall GymJan 10, 2024WedPracticeN/A $\frac{3:30}{PM}$ $\frac{5:30}{PM}$ Small GymJan 10, 2024WedRegular Season<br>(Section 9 Dual Meet<br>Tournament (Team<br>Playoffs)) $e^{Port Jervis}$ $\frac{4:30}{PM}$ Port Jervis<br>HSPort Jervis<br>HSLJan 11, 2024ThuPracticeN/A $\frac{3:30}{PM}$ $\frac{5:30}{PM}$ Small GymJan 12, 2024FriPracticeN/A $\frac{3:30}{PM}$ $\frac{5:30}{PM}$ Small Gym  | Jan 6, 2024  | Sat         | D'Agnese Memorial                        |                       |               |             | Somers HS             |                | NL                         |
| Jan 10, 2024WedPracticeN/APMPMSmall GymJan 10, 2024WedRegular Season<br>(Section 9 Dual Meet<br>Tournament (Team<br>Playoffs))@ Port Jervis4:30<br>PMPort Jervis<br>HSLJan 11, 2024ThuPracticeN/A $\frac{3:30}{PM}$ $\frac{5:30}{PM}$ Small GymJan 12, 2024FriPracticeN/A $\frac{3:30}{PM}$ $\frac{5:30}{PM}$ Small Gym  | Jan 8, 2024  | Mon         | Practice                                 | N/A                   |               |             | Small Gym             |                |                            |
| Jan 10, 2024Wed(Section 9 Dual Meet<br>Tournament (Team<br>Playoffs))@ Port Jervis4:30<br>PMPort Jervis<br>HSLJan 11, 2024ThuPracticeN/A $\frac{3:30}{PM}$ $\frac{5:30}{PM}$ Small GymJan 12, 2024FriPracticeN/A $\frac{3:30}{PM}$ $\frac{5:30}{PM}$ Small Gym   | Jan 10, 2024 | Wed         | Practice                                 | N/A                   |               |             | Small Gym             |                |                            |
| 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<br>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<br>Classic)   | Jan 13, 2024 | Sat         |  | @ Hendrick Hudson     | 8:30<br>AM    |             | Hendrick<br>Hudson HS |                | NL                         |
| Jan 15, 2024 Mon Practice N/A 10:00 12:00<br>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<br>DAY | ТҮРЕ   | OPPONENTS        | START<br>TIME | END<br>TIME | LOCATION                        | TRANSPORTATION | LEAGUE<br>/ NON-<br>LEAGUE |
|---------------------------|-------------|--|------------------|---------------|-------------|---------------------------------|----------------|----------------------------|
| Jan 17, 2024              | Wed         | Practice   | N/A              | 3:30<br>PM    | 5:30<br>PM  | Small Gym                       |                |                            |
| POSTPONED Jan<br>17, 2024 | Wed         | Regular Season (Mt.<br>St. Michael<br>Academy)                   | TBD              | 5:00<br>PM    |             | Small Gym                       |                | NL                         |
| Jan 18, 2024              | Thu         | Practice   | N/A              | 3:30<br>PM    | 5:30<br>PM  | Small Gym                       |                |                            |
| Jan 19, 2024              | Fri         | Practice   | N/A              | 10:00<br>AM   | 12:00<br>PM | Small Gym                       |                |                            |
| Jan 20, 2024              | Sat         | Regular Season<br>(Peekskill Red Devils<br>Girls Invitational)   | @ Peekskill      | TBD           |             | Peekskill HS                    |                | NL                         |
| Jan 20, 2024              | Sat         | Regular Season<br>(Putnam Valley<br>Round Robin<br>Tournament)   | @ Putnam Valley  | TBD           |             | Putnam<br>Valley HS             |                | NL                         |
| Jan 22, 2024              | Mon         | Practice   | N/A              | 3:30<br>PM    | 5:30<br>PM  | Small Gym                       |                |                            |
| CANCELLED Jan<br>23, 2024 | Tue         | Practice   | N/A              | 2:15<br>PM    | 4:15<br>PM  | Small Gym                       |                |                            |
| Jan 24, 2024              | Wed         | Regular Season   | Red Hook         | 5:00<br>PM    |             | Small Gym                       |                | L                          |
| Jan 25, 2024              | Thu         | Practice   | N/A              | 2:15<br>PM    | 4:15<br>PM  | Small Gym                       |                |                            |
| Jan 26, 2024              | Fri         | Practice   | N/A              | 3:30<br>PM    | 5:30<br>PM  | Small Gym                       |                |                            |
| Jan 27, 2024              | Sat         | Regular Season<br>(Mahopac Memorial<br>Tournament)               | @ Mahopac        | TBD           |             | Mahopac HS                      |                | NL                         |
| Jan 29, 2024              | Mon         | Practice   | N/A              | 10:00<br>AM   | 12:00<br>PM | Small Gym                       |                |                            |
| Jan 30, 2024              | Tue         | Regular Season   | Highland         | 6:00<br>PM    |             | Arts and<br>Athletics<br>Center |                | L                          |
| Feb 1, 2024               | Thu         | Practice   | N/A              | 3:30<br>PM    | 5:30<br>PM  | Small Gym                       |                |                            |
| Feb 1, 2024               | Thu         | Regular Season   | @ Rondout Valley | 6:00<br>PM    |             | Rondout<br>Valley HS            |                | L                          |
| Feb 2, 2024               | Fri         | Practice   | N/A              | 3:30<br>PM    | 5:30<br>PM  | Small Gym                       |                |                            |
| Feb 3, 2024               | Sat         | Regular Season<br>(Section 9 JV<br>Sectionals)                   | @ Warwick Valley | TBD           |             | Warwick<br>Valley HS            |                | L                          |
| Feb 6, 2024               | Tue         | Practice   | N/A              | 3:30<br>PM    | 5:30<br>PM  | Small Gym                       |                |                            |
| Feb 7, 2024               | Wed         | Practice   | N/A              | 3:30<br>PM    | 5:30<br>PM  | Small Gym                       |                |                            |
| Feb 8, 2024               | Thu         | Practice   | N/A              | 2:30<br>PM    | 5:00<br>PM  | Small Gym                       |                |                            |
| Feb 9, 2024               | Fri         | Practice   | N/A              | 3:30<br>PM    | 5:30<br>PM  | Small Gym                       |                |                            |
| Feb 10, 2024              | Sat         | Practice   | N/A              | 10:00<br>AM   | 12:00<br>PM | Small Gym                       |                |                            |
| Feb 11, 2024              | Sun         | Post-Season<br>(Section 9 D2<br>Sectionals (ind. State<br>Qual)) | @ Hyde Park      | 5:00<br>PM    |             | FDR HS A/B<br>Gym               |                | L                          |
| Feb 17, 2024              | Sat         | Practice   | N/A              | 10:00<br>AM   | 12:00<br>PM | Small Gym                       |                |                            |
|                           |             |  |                  |               |             |                                 |                |                            |

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

Date: 2024-05-07