



Our Lady of Lourdes

(B) V Wrestling

Coaches:

- James Emsworth
- HARRY OCASIO

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 18, 2024	Mon	Practice	N/A	3:00 PM	5:45 PM	Small Gym		
Nov 19, 2024	Tue	Practice	N/A	3:00 PM	5:30 PM	Small Gym		
Nov 20, 2024	Wed	Practice	N/A	3:00 PM	5:30 PM	Small Gym		
Nov 21, 2024	Thu	Practice	N/A	3:00 PM	5:30 PM	Small Gym		
Nov 22, 2024	Fri	Practice	N/A	3:00 PM	5:30 PM	Small Gym		
Nov 23, 2024	Sat	Practice (Weight Certifications)	N/A	TBD		Newburgh Free Academy		
Nov 25, 2024	Mon	Practice	N/A	3:00 PM	5:30 PM	Small Gym		
Nov 26, 2024	Tue	Practice	N/A	12:30 PM	3:00 PM	Small Gym		
Nov 27, 2024	Wed	Practice	N/A	10:00 AM	12:30 PM	Small Gym		
Nov 30, 2024	Sat	Practice	N/A	10:00 AM	12:30 PM	Small Gym		
Dec 2, 2024	Mon	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Dec 3, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Dec 4, 2024	Wed	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Dec 5, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Dec 6, 2024	Fri	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Dec 7, 2024	Sat	Practice	N/A	10:00 AM	12:30 PM	Small Gym		
Dec 9, 2024	Mon	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Dec 10, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Dec 11, 2024	Wed	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
POSTPONED Dec 11, 2024	Wed	Regular Season	Tri-Valley @ Fallsburg	4:30 PM		Fallsburg HS		NL
Dec 12, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Dec 13, 2024	Fri	Practice (JV Multi-Meet at Nyack Hs 4:30PM, Varsity Practice at OLL Small Gym)	N/A	3:30 PM	5:30 PM	Small Gym		
Dec 13, 2024	Fri	Regular Season (JV ONLY - multi meet)	@ Nyack	4:30 PM		Nyack HS		NL

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Dec 14, 2024	Sat	Regular Season	Arlington, Eldred, Hendrick Hudson, Liberty, Middletown, Monticello, Pawling, Rondout Valley, Valley Central, Yonkers @ John Jay HS/ Van Wyck JHS	9:00 AM		John Jay East Fishkill High School		L
Dec 16, 2024	Mon	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Dec 17, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Dec 18, 2024	Wed	Regular Season	Port Jervis	6:00 PM		Small Gym		L
Dec 19, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
CANCELLED Dec 20, 2024	Fri	Regular Season (JV ONLY - multi meet)	@ Mahopac	5:00 PM		Mahopac HS		NL
Dec 21, 2024	Sat	Practice	N/A	10:00 AM	12:30 PM	Small Gym		
Dec 23, 2024	Mon	Practice	N/A	10:00 AM	12:00 PM	Small Gym		
Dec 26, 2024	Thu	Practice	N/A	10:00 AM	12:00 PM	Small Gym		
Dec 27, 2024	Fri	Practice	N/A	10:00 AM	12:00 PM	Small Gym		
Dec 28, 2024	Sat	Practice	N/A	10:00 AM	12:00 PM	Small Gym		
Dec 30, 2024	Mon	Practice	N/A	10:00 AM	12:00 PM	Small Gym		
Jan 2, 2025	Thu	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Jan 3, 2025	Fri	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Jan 4, 2025	Sat	Regular Season (Tournament)	@ Edgemont	8:00 AM		Edgemont HS		NL
Jan 6, 2025	Mon	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Jan 7, 2025	Tue	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Jan 8, 2025	Wed	Regular Season	New Paltz	6:00 PM		Small Gym		L
Jan 9, 2025	Thu	Regular Season	@ Nyack	5:00 PM		Nyack HS		NL
Jan 10, 2025	Fri	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Jan 11, 2025	Sat	Regular Season (Tournament)	@ Hendrick Hudson	8:30 AM		Hendrick Hudson HS		NL
Jan 13, 2025	Mon	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Jan 14, 2025	Tue	Regular Season (Section IX Duals Day 1)	@ Port Jervis	4:00 PM		Port Jervis HS		L
Jan 15, 2025	Wed	Regular Season (Section IX Duals Day 2 (if necessary))	@ Port Jervis	TBD		Port Jervis HS		L
Jan 16, 2025	Thu	Practice	N/A	3:30 PM	5:30 PM	Small Gym		

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Jan 16, 2025	Thu	Regular Season (Senior Night)	John S Burke	6:00 PM		Arts and Athletics Center		NL
Jan 17, 2025	Fri	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Jan 18, 2025	Sat	Regular Season (Tournament)	@ Putnam Valley	8:00 AM		Putnam Valley HS		NL
Jan 20, 2025	Mon	Practice	N/A	12:00 PM	2:00 PM	Small Gym		
Jan 21, 2025	Tue	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Jan 22, 2025	Wed	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Jan 23, 2025	Thu	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Jan 24, 2025	Fri	Regular Season	@ Red Hook	6:00 PM		Red Hook HS		L
Jan 25, 2025	Sat	Practice	N/A	10:00 AM	12:30 PM	Small Gym		
Jan 27, 2025	Mon	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Jan 28, 2025	Tue	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Jan 28, 2025	Tue	Regular Season ((MS Gym))	Rondout Valley	5:00 PM		Small Gym		L
Jan 29, 2025	Wed	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Jan 30, 2025	Thu	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
CANCELLED Jan 31, 2025	Fri	Regular Season	Rondout Valley	6:00 PM		Small Gym		L
Feb 1, 2025	Sat	Regular Season (Tournament)	@ Mahopac	8:00 AM		Mahopac HS		NL
Feb 3, 2025	Mon	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Feb 4, 2025	Tue	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Feb 4, 2025	Tue	Regular Season	Liberty	5:00 PM		Small Gym		L
Feb 5, 2025	Wed	Regular Season	Marlboro @ Highland	6:00 PM		Highland HS		L
Feb 6, 2025	Thu	Practice	N/A	3:30 PM	5:30 PM	Fencing Room		
Feb 7, 2025	Fri	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Feb 8, 2025	Sat	Practice	N/A	10:00 AM	12:00 PM	Small Gym		
Feb 11, 2025	Tue	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Feb 12, 2025	Wed	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Feb 13, 2025	Thu	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Feb 14, 2025	Fri	Practice	N/A	3:30 PM	5:30 PM	Small Gym		
Feb 15, 2025	Sat	Practice	N/A	10:00 AM	12:00 PM	Small Gym		
Feb 16, 2025	Sun	Post-Season (Sectionals)	TBD	8:00 AM		FDR High School		L

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Feb 18, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	Small Gym		
Feb 19, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	Small Gym		
Feb 21, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	Small Gym		
Feb 24, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	Small Gym		
Feb 25, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	Small Gym		
Feb 26, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	Small Gym		

Date: 2025-12-19