



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
Oct 14, 2025	Tue	Practice	N/A	4:30 PM		Film Room		
Nov 17, 2025	Mon	Practice	N/A	3:00 PM	5:50 PM	Small Gym		
Nov 18, 2025	Tue	Practice	N/A	3:00 PM	5:50 PM	Small Gym		
Nov 19, 2025	Wed	Practice	N/A	3:00 PM	5:50 PM	Small Gym		
Nov 20, 2025	Thu	Practice	N/A	3:00 PM	5:50 PM	Film Room		
Nov 21, 2025	Fri	Practice	N/A	3:00 PM	5:50 PM	Small Gym		
Nov 22, 2025	Sat	Practice	N/A	10:00 AM	12:30 PM	Small Gym		
Nov 24, 2025	Mon	Practice	N/A	3:30 PM	6:00 PM	TBD		
Nov 28, 2025	Fri	Practice	N/A	12:15 PM	1:45 PM	OLL Turf Field Stadium		
Dec 1, 2025	Mon	Practice	N/A	3:30 PM	5:50 PM	Small Gym		
Dec 2, 2025	Tue	Practice	N/A	3:30 PM	5:50 PM	Small Gym		
Dec 3, 2025	Wed	Practice	N/A	3:30 PM	5:50 PM	Small Gym		
Dec 4, 2025	Thu	Practice	N/A	3:30 PM	5:50 PM	Small Gym		
Dec 5, 2025	Fri	Practice	N/A	3:30 PM	5:50 PM	Small Gym		
Dec 6, 2025	Sat	Regular Season (Tournament)	@ Putnam Valley	9:00 AM		Putnam Valley HS		NL
Dec 8, 2025	Mon	Practice	N/A	3:30 PM	5:50 PM	Small Gym		
Dec 9, 2025	Tue	Practice	N/A	3:30 PM	5:50 PM	Small Gym		
Dec 10, 2025	Wed	Practice	N/A	3:30 PM	5:50 PM	Small Gym		
Dec 11, 2025	Thu	Regular Season	Marlboro	5:00 PM		Small Gym		L
CANCELLED Dec 11, 2025	Thu	Regular Season	John S Burke	6:00 PM		Small Gym		NL
Dec 12, 2025	Fri	Practice	N/A	3:30 PM	5:50 PM	Fencing Room		
Dec 13, 2025	Sat	Regular Season (Tournament)	@ Nyack	8:30 AM		Nyack HS		NL
Dec 15, 2025	Mon	Practice	N/A	3:30 PM	5:50 PM	Small Gym		
Dec 16, 2025	Tue	Practice	N/A	3:30 PM	5:50 PM	Small Gym		
Dec 17, 2025	Wed	Regular Season	@ Rondout Valley	6:00 PM		Rondout Valley High School		L
Dec 18, 2025	Thu	Practice	N/A	3:30 PM	5:50 PM	Small Gym		

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Dec 18, 2025	Thu	Regular Season (Tri Meet - Liberty, Lourdes and Saugerties)	Saugerties, Liberty	5:00 PM		Small Gym		L
Dec 19, 2025	Fri	Practice	N/A	3:30 PM	5:50 PM	Small Gym		
Dec 20, 2025	Sat	Regular Season (Putnam Valley Tiger Tournament)	@ Putnam Valley	9:00 AM		Putnam Valley HS		L
Dec 22, 2025	Mon	Practice	N/A	3:30 PM	5:50 PM	Small Gym		
Dec 23, 2025	Tue	Practice	N/A	12:00 PM	2:30 PM	Small Gym		
Dec 26, 2025	Fri	Practice	N/A	10:00 AM	12:30 PM	Small Gym		
Dec 27, 2025	Sat	Practice	N/A	10:00 AM	12:30 PM	Small Gym		
Dec 29, 2025	Mon	Practice	N/A	4:30 PM	6:00 PM	Small Gym		
Dec 30, 2025	Tue	Practice	N/A	10:00 AM	12:30 PM	Small Gym		
Jan 1, 2026	Thu	Practice	N/A	12:00 PM	2:00 PM	Small Gym		
Jan 2, 2026	Fri	Practice	N/A	10:00 AM	12:00 PM	Small Gym		
Jan 3, 2026	Sat	Regular Season (Tournament)	@ Ardsley	9:00 AM		Ardsley HS		NL
Jan 5, 2026	Mon	Practice	N/A	3:30 PM	5:50 PM	Small Gym		
POSTPONED Jan 6, 2026	Tue	Practice	N/A	3:30 PM	5:50 PM	Small Gym		
Jan 7, 2026	Wed	Regular Season	@ Port Jervis	6:00 PM		Port Jervis HS		L
Jan 8, 2026	Thu	Practice	N/A	3:30 PM	5:50 PM	Small Gym		
Jan 9, 2026	Fri	Regular Season (Eastern States Classic)	@ TBD	10:20 AM		Impact Athletic Center		NL
Jan 9, 2026	Fri	Practice	N/A	3:30 PM	5:50 PM	Small Gym		
Jan 10, 2026	Sat	Regular Season (Tournament)	@ Hendrick Hudson	8:30 AM		Hendrick Hudson HS		NL
Jan 10, 2026	Sat	Regular Season (Eastern States Classic)	@ TBD	9:15 AM		Impact Athletic Center		L
Jan 12, 2026	Mon	Practice	N/A	3:30 PM	5:50 PM	Small Gym		
Jan 13, 2026	Tue	Regular Season	@ Port Jervis	3:00 PM		Port Jervis HS		NL
Jan 14, 2026	Wed	Practice	N/A	3:30 PM	5:50 PM	Small Gym		
Jan 15, 2026	Thu	Practice	N/A	3:30 PM	5:50 PM	Small Gym		
Jan 15, 2026	Thu	Regular Season	@ New Paltz	6:00 PM		New Paltz HS		L
Jan 16, 2026	Fri	Practice	N/A	3:30 PM	5:50 PM	Small Gym		
Jan 17, 2026	Sat	Practice	N/A	10:00 AM	12:30 PM	Small Gym		
Jan 19, 2026	Mon	Practice	N/A	3:30 PM	5:50 PM	Small Gym		

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Jan 20, 2026	Tue	Practice	N/A	3:30 PM	5:50 PM	Small Gym		
Jan 21, 2026	Wed	Practice	N/A	3:30 PM	5:50 PM	Small Gym		
Jan 21, 2026	Wed	Regular Season	Red Hook	6:00 PM		Arts and Athletics Center		L
Jan 22, 2026	Thu	Practice	N/A	3:30 PM	5:50 PM	Small Gym		
Jan 23, 2026	Fri	Practice	N/A	10:00 AM	12:30 PM	Small Gym		
Jan 24, 2026	Sat	Practice	N/A	10:00 AM	12:30 PM	Small Gym		
Jan 26, 2026	Mon	Practice	N/A	3:30 PM	5:50 PM	Small Gym		
Jan 27, 2026	Tue	Practice	N/A	3:30 PM	5:50 PM	Small Gym		
Jan 28, 2026	Wed	Practice	N/A	3:30 PM	5:30 PM	Fencing Room		
Jan 28, 2026	Wed	Practice	N/A	3:30 PM	5:50 PM	Small Gym		
Jan 29, 2026	Thu	Practice	N/A	4:00 PM	5:55 PM	Small Gym		
Jan 30, 2026	Fri	Practice	N/A	4:00 PM	5:50 PM	Small Gym		
Jan 30, 2026	Fri	Practice	N/A	4:00 PM	5:50 PM	Small Gym		
Jan 31, 2026	Sat	Regular Season (Tournament)	@ Mahopac	8:30 AM		Mahopac HS		L
Feb 2, 2026	Mon	Practice	N/A	3:30 PM	5:50 PM	Small Gym		
Feb 3, 2026	Tue	Practice	N/A	3:30 PM	5:50 PM	Small Gym		
Feb 4, 2026	Wed	Regular Season	@ Highland	6:00 PM		Highland HS		L
Feb 5, 2026	Thu	Practice	N/A	3:30 PM	5:50 PM	Small Gym		
Feb 6, 2026	Fri	Practice	N/A	3:30 PM	5:50 PM	Small Gym		
Feb 6, 2026	Fri	Regular Season	@ Highland	4:00 PM		Highland HS		L
Feb 7, 2026	Sat	Practice	N/A	10:00 AM	12:30 PM	Small Gym		
Feb 10, 2026	Tue	Practice	N/A	3:30 PM	5:50 PM	Small Gym		
Feb 12, 2026	Thu	Practice	N/A	3:30 PM	5:50 PM	Small Gym		
Feb 13, 2026	Fri	Practice	N/A	3:30 PM	5:50 PM	Small Gym		
Feb 14, 2026	Sat	Practice	N/A	10:00 AM	12:30 PM	Small Gym		
Feb 15, 2026	Sun	Regular Season (Section IX D2 Sectionals)	@ TBD	8:00 AM		Mount Saint Mary's College		L
Feb 17, 2026	Tue	Practice	N/A	3:30 PM	5:50 PM	Small Gym		
Feb 18, 2026	Wed	Practice	N/A	3:30 PM	5:50 PM	Small Gym		

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Feb 19, 2026	Thu	Practice	N/A	3:30 PM	5:50 PM	Small Gym		
Feb 20, 2026	Fri	Practice	N/A	3:30 PM	5:50 PM	Small Gym		
Feb 23, 2026	Mon	Practice	N/A	3:30 PM	5:50 PM	Small Gym		
Feb 24, 2026	Tue	Practice	N/A	3:30 PM	5:50 PM	Small Gym		
Feb 25, 2026	Wed	Practice	N/A	3:30 PM	5:50 PM	Small Gym		

Date: 2026-01-27