

Coaches:

- Jason Gibson, Head Coach
- Benjamin Morczek, Asst Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START END TIME TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 20, 2019	Wed	Practice (Weight Certifications @ South Jefferson)	N/A	4:00 PM	South Jefferson HS	Bus/Driver: South Lewis	Departure Point: Back Ramp Departure Time: 2:45 PM	
Nov 30, 2019	Sat	Regular Season (Poland Duals)	@ TBD	10:00 AM	Poland J/S HS	Bus/Driver: South Lewis	Departure Point: Back Ramp Departure Time: 7:00 AM	NL
Dec 4, 2019	Wed	Regular Season	@ Lowville	6:30 PM	Lowville High School		Departure Point: Back Ramp Departure Time: 5:00 PM	L
Dec 10, 2019	Tue	Regular Season	Watertown	6:00 PM	South Lewis MS Gymnasium			L
Dec 14, 2019	Sat	Regular Season (General Brown Duals)	Camden, Beaver River, Canton, Ogdensburg @ General Brown	9:30 AM	Dexter Elem Gym			L
Dec 14, 2019	Sat	Regular Season (General Brown Duals)	@ TBD	10:00 AM	GBHS Main Gym	Bus/Driver: South Lewis	Departure Point: Back Ramp Departure Time: 6:45 AM	NL
Dec 17, 2019	Tue	Regular Season 21-60 L	Carthage	6:00 PM	South Lewis MS Gymnasium			L
Jan 2, 2020	Thu	Regular Season	@ Indian River	5:00 PM	Indian River Middle School Gym#1 (Main Office)	Bus/Driver: South Lewis	Departure Point: Back Ramp Departure Time: 2:30 PM	L
Jan 3, 2020	Fri	Regular Season (Peru Invitational Tournament)	@ TBD	5:00 PM	Peru HS	Bus/Driver: South Lewis	Departure Point: Back Ramp Departure Time: 11:30 AM	NL
Jan 4, 2020	Sat	Regular Season (Peru Invitational Tournament)	@ TBD	9:00 AM	Peru HS			NL
Jan 9, 2020	Thu	Regular Season	@ Copenhagen	6:30 PM	Copenhagen Central School	Bus/Driver: South Lewis	Departure Point: Back Ramp Departure Time: 4:45 PM	L
Jan 11, 2020	Sat	Regular Season (VVS Invitational)	@ TBD	9:00 AM	VVS High School	Bus/Driver: South Lewis	Departure Point: Back Ramp Departure Time: 6:00 AM	NL
Jan 15, 2020	Wed	Regular Season	Beaver River	6:00 PM	South Lewis MS Gymnasium			L
Jan 18, 2020	Sat	Regular Season (Mount Markham Mustang Duals)	W I BD	10:00 AM	HS Gym	Bus/Driver: South Lewis	Departure Point: Back Ramp Departure Time: 6:30 AM	NL

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Jan 22, 2020	Wed	Regular Season	@ General Brown	6:00 PM		Dexter Elem	Bus/Driver: South Lewis	Departure Point: Back Ramp Departure Time: 3:45 PM	L
Jan 24, 2020	Fri	Practice (Wrestling Practice @ Adirondack)	N/A	3:15 PM	4:45 PM	Adirondack High School	Bus/Driver: South Lewis	Departure Point: Back Ramp Departure Time: 3:00 PM	
Jan 25, 2020	Sat	Regular Season (Frontier League Tournament)	Beaver River, Lowville, Copenhagen, Carthage, South Jefferson, Sandy Creek, General Brown, Watertown @ Indian River	9:00 AM		Indian River Middle School Gym#1 (Main Office)	Bus/Driver: South Lewis	Departure Point: Back Ramp Departure Time: 6:30 AM	L
Jan 29, 2020	Wed	Regular Season	South Jefferson, Sandy Creek	6:00 PM		South Lewis MS Gymnasium			L
Feb 8, 2020	Sat	Post-Season (Section III Class D Tournament)	@ TBD	10:00 AM		Upper Gym	Bus/Driver: South Lewis	Departure Point: Back Ramp Departure Time: 5:00 AM	NL
Feb 14, 2020	Fri	Post-Season (Leave for Sectionals @ OCC)	@ TBD	4:30 PM		Onondaga Community College SRC Arena	Bus/Driver: South Lewis	Departure Point: Back Ramp Departure Time: 4:30 PM	NL
Feb 15, 2020	Sat	Post-Season (Section III Championships @ OCC)	@ TBD	10:00 AM		Onondaga Community College SRC Arena			NL

Date: 2024-05-18