



# South Lewis

## (B) 7/8TH Wrestling

### Coaches:

- James Lamm, Head Coach

| DATE                   | WEEK DAY | TYPE                                     | OPPONENTS   | START TIME | END TIME | LOCATION  | DEPARTURE                                     | TRANSPORTATION  | LEAGUE / NON-LEAGUE |
|------------------------|----------|--|---|------------|----------|---|---|---|---------------------|
| POSTPONED Nov 19, 2022 | Sat      | Regular Season                           | Carthage, Copenhagen, South Jefferson, Watertown, Indian River, General Brown, Sandy Creek, Lowville @ Beaver River                                 | 11:00 AM   |          | Beaver River H S  | <b>Bus/Driver:</b> South Lewis Central School | <b>Departure Point:</b> Track<br><b>Departure Time:</b> 9:30 AM | L                   |
| POSTPONED Nov 21, 2022 | Mon      | Regular Season                           | Sandy Creek, South Jefferson, Watertown, Carthage, General Brown, Lowville, Beaver River, Copenhagen @ Indian River                                 | 5:00 PM    |          | Indian River Middle School Gym#1 (Main Office)  | <b>Bus/Driver:</b> South Lewis Central School | <b>Departure Point:</b> Track<br><b>Departure Time:</b> 3:00 PM | L                   |
| Nov 28, 2022           | Mon      | Regular Season                           | South Jefferson, Copenhagen, Lowville, Beaver River   | 5:00 PM    |          | South Lewis MS Gymnasium  |   |   | L                   |
| Dec 2, 2022            | Fri      | Regular Season (Mod Wrestling (2 bouts)) | General Brown, South Jefferson, Watertown, Ogdensburg, Gouverneur, Canton, Carthage, Lowville, Beaver River, Copenhagen, Sandy Creek @ Indian River | 5:00 PM    | 10:00 PM | Indian River Middle School Gym#1 (Main Office), Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side) | <b>Bus/Driver:</b> South Lewis Central School | <b>Departure Point:</b> Track<br><b>Departure Time:</b> 3:00 PM | L                   |
| Dec 5, 2022            | Mon      | Regular Season                           | General Brown, South Jefferson, Watertown @ Carthage  | 5:00 PM    |          | Carthage HS Gym   | <b>Bus/Driver:</b> South Lewis Central School | <b>Departure Point:</b> Track<br><b>Departure Time:</b> 3:00 PM | L                   |
| Dec 7, 2022            | Wed      | Regular Season                           | Beaver River, Copenhagen, Carthage, Sandy Creek @ Lowville  | 5:00 PM    |          | Lowville High School  | <b>Bus/Driver:</b> South Lewis Central School | <b>Departure Point:</b> Track<br><b>Departure Time:</b> 3:30 PM | L                   |
| Dec 10, 2022           | Sat      | Regular Season                           | Carthage, Copenhagen, Lowville, General Brown, South Jefferson, Indian River @ Watertown  | 10:00 AM   |          | Watertown Case M S  | <b>Bus/Driver:</b> South Lewis Central School | <b>Departure Point:</b> Track<br><b>Departure Time:</b> 8:00 AM | L                   |
| Dec 12, 2022           | Mon      | Regular Season                           | Indian River, Sandy Creek, Camden, Gouverneur, Canton, Ogdensburg @ South Jefferson   | 5:00 PM    |          | SJ HS/MS Gym 2 (HS)   | <b>Bus/Driver:</b> South Lewis Central School | <b>Departure Point:</b> Track<br><b>Departure Time:</b> 3:15 PM | L                   |

| DATE         | WEEK DAY | TYPE                     | OPPONENTS  | START TIME | END TIME | LOCATION                 | DEPARTURE                                     | TRANSPORTATION  | LEAGUE / NON-LEAGUE |
|--------------|----------|--------------------------|--|------------|----------|--------------------------|---|---|---------------------|
| Dec 14, 2022 | Wed      | Regular Season           | Indian River, Watertown @ South Jefferson  | 5:30 PM    |          | SJ HS/MS Gym 2 (HS)      | <b>Bus/Driver:</b> South Lewis Central School | <b>Departure Point:</b> Track<br><b>Departure Time:</b> 3:30 PM | L                   |
| Dec 17, 2022 | Sat      | Regular Season (3 Bouts) | Copenhagen, Carthage, South Jefferson, Indian River, Watertown, General Brown, Lowville, Beaver River, Sandy Creek | 10:00 AM   |          | South Lewis HS Gymnasium |   |   | L                   |

Date: 2025-12-06