

Coaches:

Jason McManaman

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 28, 2019	Mon	Practice	N/A	2:45 PM	4:30 PM	GBHS Weight Room		
Oct 29, 2019	Tue	Practice	N/A	2:45 PM	4:30 PM	GBHS Weight Room		
Oct 30, 2019	Wed	Practice	N/A	2:45 PM	4:30 PM	GBHS Weight Room		
Oct 31, 2019	Thu	Practice	N/A	2:45 PM	4:30 PM	GBHS Weight Room		
Nov 1, 2019	Fri	Practice	N/A	2:45 PM	4:30 PM	GBHS Weight Room		
Nov 2, 2019	Sat	Practice	N/A	8:00 AM	10:00 AM	GBHS Weight Room		
Nov 4, 2019	Mon	Practice	N/A	2:45 PM	4:30 PM	GBHS Weight Room		
Nov 5, 2019	Tue	Practice	N/A	2:45 PM	4:30 PM	GBHS Weight Room		
Nov 6, 2019	Wed	Practice	N/A	2:45 PM	4:30 PM	GBHS Weight Room		
Nov 7, 2019	Thu	Practice	N/A	2:45 PM	4:30 PM	GBHS Weight Room		
Nov 8, 2019	Fri	Practice	N/A	2:45 PM	4:30 PM	GBHS Weight Room		
Nov 9, 2019	Sat	Practice	N/A	8:00 AM	10:00 AM	GBHS Weight Room		
Nov 12, 2019	Tue	Practice	N/A	2:45 PM	4:30 PM	GBHS Weight Room		
Nov 13, 2019	Wed	Practice	N/A	2:45 PM	4:30 PM	GBHS Weight Room		
Nov 14, 2019	Thu	Practice	N/A	2:45 PM	4:30 PM	GBHS Weight Room		
Nov 15, 2019	Fri	Practice	N/A	2:45 PM	4:30 PM	GBHS Weight Room		
Nov 16, 2019	Sat	Regular Season (3 bout Frontier League Modified Meet)	South Jefferson, Watertown, Indian River, Sandy Creek, Carthage, Lowville, Beaver River @ South Lewis	9:00 AM		South Lewis HS Gymnasium	Departure Time: 7:10 AM	L
Nov 18, 2019	Mon	Regular Season	@ Watertown	4:30 PM		Watertown Case M S	Departure Time: 3:30 PM	L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 19, 2019	Tue	Practice	N/A	2:45 PM	4:30 PM	GBHS Weight Room		
Nov 20, 2019	Wed	Practice	N/A	2:45 PM	4:30 PM	GBHS Weight Room		
Nov 21, 2019	Thu	Practice	N/A	2:45 PM	4:30 PM	GBHS Weight Room		
Nov 22, 2019	Fri	Practice	N/A	2:45 PM	4:30 PM	GBHS Weight Room		
Nov 23, 2019	Sat	Regular Season	Indian River, Lowville, Watertown, Sandy Creek	9:00 AM		Dexter Elem Gym		L
Nov 25, 2019	Mon	Practice	N/A	2:45 PM	4:30 PM	GBHS Weight Room		
Nov 26, 2019	Tue	Practice	N/A	2:45 PM	4:30 PM	GBHS Weight Room		
Dec 2, 2019	Mon	Regular Season	Indian River, Watertown, Sandy Creek @ South Jefferson	5:00 PM		SJ HS/MS Gym 1 (MS)	Departure Time: 3:30 PM	L
Dec 3, 2019	Tue	Practice	N/A	2:45 PM	4:30 PM	GBHS Weight Room		
Dec 4, 2019	Wed	Practice	N/A	2:45 PM	4:30 PM	GBHS Weight Room		
Dec 5, 2019	Thu	Practice	N/A	2:45 PM	4:30 PM	GBHS Weight Room		
Dec 6, 2019	Fri	Practice	N/A	2:45 PM	4:30 PM	GBHS Weight Room		
Dec 7, 2019	Sat	Regular Season (Modified Tournament)	Camden, Vernon- Verona-Sherrill, Morrisville-Eaton, Carthage, Indian River, Mount Markham, South Jefferson, Beaver River @ Holland Patent	9:00 AM		TBD	Departure Time: 6:40 AM	NL
Dec 9, 2019	Mon	Practice	N/A	2:45 PM	4:30 PM	GBHS Weight Room		
Dec 10, 2019	Tue	Regular Season	@ Sandy Creek	5:00 PM		Sandy Creek MS/HS Gym	Departure Time: 4:00 PM	L
Dec 11, 2019	Wed	Practice	N/A	2:45 PM	4:30 PM	GBHS Weight Room		
Dec 12, 2019	Thu	Practice	N/A	2:45 PM	4:30 PM	GBHS Weight Room		
Dec 13, 2019	Fri	Regular Season	Carthage, Watertown, Indian River, Gouverneur	5:00 PM		Dexter Elem Gym		L

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Dec 16, 2019	Mon	Practice	N/A	2:45 PM	4:30 PM	GBHS Weight Room		
Dec 17, 2019	Tue	Practice	N/A	2:45 PM	4:30 PM	GBHS Weight Room		
Dec 18, 2019	Wed	Practice	N/A	2:45 PM	4:30 PM	GBHS Weight Room		
Dec 19, 2019	Thu	Practice	N/A	2:45 PM	4:30 PM	GBHS Weight Room		
Dec 20, 2019	Fri	Practice	N/A	2:45 PM	4:30 PM	GBHS Weight Room		
Dec 21, 2019	Sat	Regular Season (3 bout Frontier League Modified Meet)	South Lewis, South Jefferson, Indian River, Watertown, Carthage, Lowville, Beaver River @ Sandy Creek	9:00 AM		Sandy Creek MS/HS Gym	Departure Time: 7:00 AM	L

Date: 2024-09-16