

Coaches:

- Jim Whitley, Head Coach
- Fred LaVancha, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 2, 2023	Thu	Practice (Intramurals)	N/A	2:45 PM	5:00 PM		Bus/Driver: Shuttle Bus 25 athletes	Departure Point: High School Athletic Doors Departure Time: 2:30 PM Return Date: Return Time: 5:15 PM	
Nov 9, 2023	Thu	Practice (Intramurals)	N/A	2:55 PM	5:00 PM		Bus/Driver: Shuttle Bus 25 athletes	Departure Point: High School Athletic Doors Departure Time: 2:40 PM Return Date: Return Time: 5:15 PM	
Nov 13, 2023	Mon	Practice	N/A	2:30 PM	4:30 PM	Indian River Middle School Gym#1 (Main Office)			
Nov 14, 2023	Tue	Practice	N/A	4:30 PM	6:30 PM	Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym #2 (Center), Indian River Middle School Gym#1 (Main Office)			
Nov 15, 2023	Wed	Practice	N/A	2:30 PM	4:30 PM	Indian River High School Main Gym			
Nov 16, 2023	Thu	Practice	N/A	4:30 PM	6:30 PM	Indian River High School Main Gym			
Nov 17, 2023	Fri	Practice	N/A	2:30 PM	4:30 PM	Indian River High School Main Gym			
Nov 18, 2023	Sat	Practice	N/A	8:00 AM	10:00 AM	Indian River High School Main Gym			
Nov 20, 2023	Mon	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Main Gym			
Nov 22, 2023	Wed	Practice	N/A	9:00 AM	11:00 AM	Indian River High School Main Gym			
Nov 24, 2023	Fri	Practice	N/A	9:00 AM	11:00 AM	Indian River High School Main Gym			
Nov 25, 2023	Sat	Scrimmage	Hammond	10:00 AM	12:00 PM	Indian River High School Main Gym			NL

DATE	WEEK DAY	⁽ ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 27, 2023	Mon	Practice	N/A	4:30 PM	6:30 PM	Indian River High School Main Gym			
Nov 28, 2023	Tue	Practice	N/A	5:00 PM	7:00 PM	Indian River High School Main Gym			
POSTPONED Nov 29, 2023	Wed	Scrimmage	Central Square	5:00 PM	6:30 PM	Indian River High School Main Gym			NL
Nov 30, 2023	Thu	Practice	N/A	2:30 PM	4:30 PM	Indian River High School Main Gym			
Dec 1, 2023	Fri	Regular Season	Notre Dame, Utica	7:00 PM		Indian River High School Main Gym			NL
Dec 2, 2023	Sat	Practice	N/A	9:00 AM	11:00 AM	Indian River High School Main Gym			
Dec 4, 2023	Mon	Practice	N/A	2:30 PM	4:30 PM	Indian River High School Main Gym			
Dec 5, 2023	Tue	Practice	N/A	2:30 PM	4:30 PM	Indian River High School Main Gym			
Dec 7, 2023	Thu	Practice	N/A	4:30 PM	6:30 PM	Indian River High School Main Gym			
Dec 8, 2023	Fri	Regular Season	South Jefferson	7:15 PM		Indian River High School Main Gym			L
Dec 9, 2023	Sat	Practice	N/A	9:00 AM	11:00 AM	Indian River High School Main Gym			
Dec 11, 2023	Mon	Practice	N/A	2:30 PM	4:30 PM	Indian River High School Main Gym			
Dec 12, 2023	Tue	Regular Season	Lowville	7:15 PM		Indian River High School Main Gym			L
Dec 13, 2023	Wed	Practice	N/A	2:30 PM	4:30 PM	Indian River High School Main Gym			
Dec 14, 2023	Thu	Practice	N/A	4:30 PM	6:30 PM	Indian River High School Main Gym			
Dec 18, 2023	Mon	Practice	N/A	2:30 PM	4:30 PM	Indian River High School Main Gym			
Dec 20, 2023	Wed	Practice	N/A	2:30 PM	4:30 PM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side)			
Dec 21, 2023	Thu	Practice	N/A	2:30 PM	4:30 PM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side)			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Dec 22, 2023	Fri	Practice	N/A	9:00 AM	11:00 AM	Indian River High School Main Gym			
Dec 23, 2023	Sat	Regular Season	General Brown	12:45 PM	3:30 PM	Jefferson Community College	Bus/Driver: 4 Coaches & 25 Athletes	Departure Point: High School Athletic Doors Departure Time: 9:45 AM Return Date: Return Time: 2:30 PM	L
Dec 27, 2023	Wed	Practice	N/A	9:00 AM	11:00 AM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym#1 (Main Office)			
Dec 28, 2023	Thu	Practice	N/A	9:00 AM	11:00 AM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym#1 (Main Office)			
Dec 29, 2023	Fri	Practice	N/A	9:00 AM	11:00 AM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym#1 (Main Office)			
Dec 30, 2023	Sat	Practice	N/A	9:00 AM	11:00 AM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym#1 (Main Office)			
Jan 3, 2024	Wed	Practice	N/A	4:30 PM	6:30 PM	Indian River High School Main Gym			

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 4, 2024	Thu	Practice	N/A	2:30 PM	4:30 PM	Indian River High School Main Gym			
Jan 5, 2024	Fri	Practice	N/A	2:00 PM	4:00 PM	Indian River High School Main Gym			
Jan 6, 2024	Sat	Regular Season	Cortland	12:00 PM	1:30 PM	Indian River High School Main Gym			L
Jan 8, 2024	Mon	Practice	N/A	4:15 PM	6:15 PM	Indian River High School Main Gym			
Jan 12, 2024	Fri	Practice	N/A	4:15 PM	6:15 PM	Indian River High School Main Gym			
Jan 13, 2024	Sat	Practice	N/A	9:00 AM	11:00 PM	Indian River High School Main Gym			
POSTPONED Jan 15, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Indian River High School Main Gym			
Jan 16, 2024	Tue	Practice	N/A	4:15 PM	6:00 PM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym#1 (Main Office)			
Jan 19, 2024	Fri	Practice	N/A	2:30 PM	4:30 PM	Indian River Middle School Gym#1 (Main Office)			
Jan 22, 2024	Mon	Regular Season	Immaculate Heart Central, Watertown	7:15 PM		Indian River High School Main Gym			L
Jan 23, 2024	Tue	Regular Season	Watertown	7:15 PM		Indian River High School Main Gym			L
CANCELLED Jan 24, 2024	Wed	Practice	N/A	2:30 PM	4:30 PM	Indian River High School Main Gym			
Jan 25, 2024	Thu	Regular Season 77-23 W	Carthage	7:00 PM	8:30 PM	Indian River High School Main Gym			L
Jan 26, 2024	Fri	Practice	N/A	2:30 PM	4:30 PM	Indian River Middle School Gym #2 (Center)			

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Jan 29, 2024	Mon	Practice	N/A	2:30 PM	4:30 PM	Indian River Middle School Gym#1 (Main Office), Indian River Middle School Gym #3 (Pool Side)			
Jan 31, 2024	Wed	Practice	N/A	2:30 PM	4:30 PM	Indian River Middle School Gym #2 (Center)			
Feb 2, 2024	Fri	Practice	N/A	2:30 PM	4:00 PM	Indian River High School Main Gym			
Feb 3, 2024	Sat	Regular Season (Non- League) 70-25 W	Westhill	12:30 PM	2:30 PM	Indian River High School Main Gym			NL
Feb 6, 2024	Tue	Practice	N/A	2:30 PM	4:30 PM	Indian River High School Main Gym			
Feb 7, 2024	Wed	Regular Season (FL Semi-Final)	Immaculate Heart Central, Watertown, South Jefferson	6:00 PM	7:30 PM	Indian River High School Main Gym			L
Feb 8, 2024	Thu	Practice	N/A	2:30 PM	4:00 PM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym#1 (Main Office)			
Feb 9, 2024	Fri	Practice	N/A	2:30 PM	4:00 PM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym#1 (Main Office)			
Feb 10, 2024	Sat	Regular Season (FL Final)	General Brown	3:00 PM	4:30 PM	Jefferson Community College	Bus/Driver: Coach Whitley/Lavancha/9 Athletes	Departure Point: High School Athletic Doors Departure Time: 1:00 PM Return Date: Return Time: 5:15 PM	L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Feb 12, 2024	Mon	Regular Season	Jamesville- Dewitt	5:30 PM	7:00 PM	Indian River High School Main Gym			NL
CANCELLED Feb 13, 2024	Tue	Practice	N/A	2:30 PM	4:30 PM	Indian River High School Main Gym			
CANCELLED Feb 14, 2024	Wed	Practice	N/A	10:30 AM	12:00 PM	Indian River High School Main Gym			
Feb 15, 2024	Thu	Practice	N/A	2:30 PM	4:30 PM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym#1 (Main Office)			
Feb 16, 2024	Fri	Scrimmage	Baldwinsville	4:30 PM	6:30 PM	Indian River High School Main Gym			NL
Feb 19, 2024	Mon	Practice	N/A	9:00 AM	11:00 AM	Indian River High School Main Gym			
Feb 20, 2024	Tue	Scrimmage	Cicero-North Syracuse	10:30 AM	12:30 PM		Bus/Driver: Coach Whitley/LaVancha/16 Athletes	Departure Point: High School Athletic Doors	NL
Feb 21, 2024	Wed	Practice	N/A	9:00 AM	11:00 AM	Indian River High School Main Gym			
Feb 22, 2024	Thu	Practice	N/A	9:00 AM	11:00 AM	Indian River High School Main Gym			
Feb 23, 2024	Fri	Practice	N/A	9:00 AM	11:00 AM	Indian River High School Main Gym			
Feb 23, 2024	Fri	Post-Season (Sectional Quarter Final)	New Hartford	6:00 PM	7:30 PM	Indian River High School Main Gym			NL
Feb 26, 2024	Mon	Practice	N/A	2:30 PM	4:30 PM	Indian River High School Main Gym			
Feb 27, 2024	Tue	Post-Season (Sectional Semi Final)	TBD	5:00 PM	6:30 PM	TBD	Bus/Driver: Coach Whitley/LaVancha/16 Athletes	Departure Point: High School Athletic Doors Departure Time: 2:30 PM Return Date: Return Time: 8:00 PM	NL
Feb 27, 2024	Tue	Post-Season (SECTION 3 CLASS A SEMI-FINALS) 74-28 W	Westhill	7:00 PM		John C. Birdlebough High School / PHOENIX	Bus/Driver: Coach Whitley/LaVancha/16 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:00 PM Return Date: Return Time: 10:00 PM	NL
Feb 28, 2024	Wed	Practice	N/A	2:30 PM	4:30 PM	Indian River High School Main Gym			

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Feb 29, 2024	Thu	Practice	N/A	2:30 PM	4:30 PM	Indian River High School Main Gym			
Mar 1, 2024	Fri	Post-Season (Section III Class A Championship)	Cortland	5:30 PM	7:00 PM	Onondaga Community College	Bus/Driver: Coach Whitley/LaVancha/16 Athletes	Departure Point: High School Athletic Doors Departure Time: 2:00 PM Return Date: Return Time: 8:00 PM	NL
Mar 2, 2024	Sat	Practice	N/A	9:00 AM	11:00 AM	Indian River High School Main Gym			
Mar 4, 2024	Mon	Practice	N/A	2:30 PM	4:30 PM	Indian River High School Main Gym			
Mar 5, 2024	Tue	Practice	N/A	2:30 PM	4:30 PM	Indian River High School Main Gym			
Mar 6, 2024	Wed	Post-Season (Class A Sub- Regional Tournament)	Catholic Central, Troy	6:00 PM	7:30 PM	Jefferson Community College	Bus/Driver: Coach Whitley/LaVancha/16 Athletes	Departure Point: High School Athletic Doors Departure Time: 4:15 PM Return Date: Return Time: 8:15 PM	NL

Date: 2024-06-08