



Coaches:

- Kenisha Morrison, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 14, 2022	Mon	Practice	N/A	6:00 PM	8:00 PM	PHS Main Gym		
Nov 15, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS Main Gym		
Nov 16, 2022	Wed	Practice	N/A	6:00 PM	8:00 PM	PHS Main Gym		
Nov 17, 2022	Thu	Practice	N/A	6:30 PM	8:30 PM	PHS Main Gym		
Nov 18, 2022	Fri	Practice	N/A	4:00 PM	6:00 PM	PHS Main Gym		
Nov 19, 2022	Sat	Practice	N/A	12:00 PM	2:00 PM	PHS Main Gym		
Nov 21, 2022	Mon	Practice	N/A	6:30 PM	8:30 PM	PHS Main Gym		
Nov 22, 2022	Tue	Scrimmage	Little Falls @ Oriskany (Oriskany/Westmoreland)	5:00 PM	8:30 PM	Davis Gym @ High School		NL
Nov 23, 2022	Wed	Practice	N/A	12:30 PM	2:00 PM	PHS Main Gym		
Nov 26, 2022	Sat	Practice	N/A	12:00 PM	2:00 PM	PHS Main Gym		
Nov 28, 2022	Mon	Practice	N/A	4:00 PM	6:00 PM	PHS Main Gym		
Nov 29, 2022	Tue	Practice	N/A	6:30 PM	8:30 PM	PHS Main Gym		
Nov 30, 2022	Wed	Practice	N/A	4:00 PM	6:00 PM	PHS Main Gym		
Dec 1, 2022	Thu	Regular Season	Nottingham	5:30 PM	6:55 PM	PHS Main Gym		NL
Dec 2, 2022	Fri	Practice	N/A	6:30 PM	8:30 PM	PHS Main Gym		
Dec 3, 2022	Sat	Practice	N/A	8:00 AM	9:15 AM	PHS AUX Gym (Volleyball gym)		
Dec 5, 2022	Mon	Practice	N/A	4:00 PM	6:00 PM	PHS Main Gym		
Dec 6, 2022	Tue	Regular Season	Baldwinsville	5:30 PM	7:00 PM	PHS Main Gym		NL
Dec 7, 2022	Wed	Practice	N/A	6:30 PM	8:00 PM	PHS Main Gym		
Dec 8, 2022	Thu	Practice	N/A	2:45 PM	4:00 PM	PHS Main Gym		
Dec 9, 2022	Fri	Regular Season 38-24 W	Central Valley Academy	5:30 PM	7:15 PM	PHS Main Gym		L
Dec 10, 2022	Sat	Practice	N/A	12:00 PM	1:30 PM	PHS Main Gym		
Dec 12, 2022	Mon	Practice	N/A	6:30 PM	7:45 PM	PHS Main Gym		
Dec 13, 2022	Tue	Practice	N/A	2:45 PM	4:00 PM	PHS Main Gym		

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Dec 13, 2022	Tue	Regular Season 26-27 L	@ Nottingham	5:30 PM	6:45 PM	Nottingham High School (Gym)	Departure Point: Caf Departure Date: Dec 13, 2022 Departure Time: NL 3:30 PM Return Date: Return Time: 8:15 PM
Dec 14, 2022	Wed	Practice	N/A	4:00 PM	6:00 PM	PHS Main Gym	
CANCELLED Dec 15, 2022	Thu	Practice	N/A	4:00 PM	5:30 PM	PHS AUX Gym (Volleyball gym)	
Dec 19, 2022	Mon	Practice	N/A	4:00 PM	5:30 PM	PHS AUX Gym (Volleyball gym)	
Dec 20, 2022	Tue	Regular Season 33-30 W	Henninger	5:30 PM	6:55 PM	PHS Main Gym	NL
Dec 21, 2022	Wed	Practice	N/A	2:45 PM	4:00 PM	PHS Main Gym	
Dec 22, 2022	Thu	Regular Season	@ Notre Dame, Utica	5:30 PM		Michael Walsh Gymnasium	L
Dec 26, 2022	Mon	Practice	N/A	12:00 PM	2:00 PM	PHS AUX Gym (Volleyball gym)	
Dec 28, 2022	Wed	Regular Season (CNY Holiday Invite)	@ TBD	11:45 AM		UTICA COLLEGE INDOOR TRACK	NL
Dec 29, 2022	Thu	Practice	N/A	12:30 PM	2:00 PM	PHS Main Gym	
Dec 30, 2022	Fri	Practice	N/A	12:30 PM	2:00 PM	PHS Main Gym	
Jan 2, 2023	Mon	Practice	N/A	1:30 PM	3:00 PM	PHS Main Gym	
Jan 3, 2023	Tue	Practice	N/A	4:00 PM	5:30 PM	PHS AUX Gym (Volleyball gym)	
Jan 4, 2023	Wed	Regular Season 33-21 W	Holland Patent	5:30 PM	8:45 PM	PHS Main Gym	NL
Jan 5, 2023	Thu	Practice	N/A	4:00 PM	6:00 PM	PHS AUX Gym (Volleyball gym)	
Jan 6, 2023	Fri	Regular Season	@ Vernon-Verona-Sherrill	5:30 PM		VVS Main Gym (The Pit)	L
Jan 7, 2023	Sat	Regular Season	@ Rome Free Academy	11:00 AM		RFA Main Gym	L
Jan 9, 2023	Mon	Practice	N/A	6:30 PM	8:30 PM	PHS Main Gym	
Jan 10, 2023	Tue	Regular Season	New Hartford	5:30 PM	7:15 PM	PHS Main Gym	L

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Jan 11, 2023	Wed	Practice	N/A	4:00 PM	6:00 PM	PHS AUX Gym (Volleyball gym)		
Jan 12, 2023	Thu	Practice	N/A	7:15 PM	8:30 PM	PHS AUX Gym (Volleyball gym)		
Jan 13, 2023	Fri	Practice	N/A	2:45 PM	4:00 PM	PHS Main Gym		
Jan 14, 2023	Sat	Practice	N/A	9:00 AM	11:00 AM	PHS Main Gym		
Jan 16, 2023	Mon	Practice	N/A	8:00 AM	9:30 AM	PHS Main Gym		
Jan 17, 2023	Tue	Regular Season	@ Holland Patent	6:30 PM		HS Gym		L
Jan 18, 2023	Wed	Practice	N/A	2:45 PM	4:00 PM	PHS Main Gym		
Jan 20, 2023	Fri	Practice	N/A	4:00 PM	6:00 PM	PHS Main Gym		
Jan 21, 2023	Sat	Practice	N/A	12:30 PM	2:00 PM	PHS Main Gym		
Jan 23, 2023	Mon	Practice	N/A	4:00 PM	6:00 PM	PHS Main Gym		
Jan 24, 2023	Tue	Regular Season	@ Fayetteville-Manlius	5:30 PM		FM HS House 2 Gym		L
Jan 25, 2023	Wed	Practice	N/A	6:30 PM	8:30 PM	PHS Main Gym		
Jan 26, 2023	Thu	Regular Season	@ Central Valley Academy	5:30 PM		CVA Main Gym		NL
Jan 26, 2023	Thu	Practice	N/A	6:30 PM	8:30 PM	PHS Main Gym		
Jan 27, 2023	Fri	Regular Season	Camden	5:30 PM	7:15 PM	PHS Main Gym		L
Jan 28, 2023	Sat	Practice	N/A	9:30 AM	11:00 AM	PHS Main Gym		
Jan 30, 2023	Mon	Practice	N/A	5:00 PM	7:00 PM	PHS AUX Gym (Volleyball gym)		
Jan 31, 2023	Tue	Regular Season	Rome Free Academy	5:30 PM	7:15 PM	PHS Main Gym		L
Feb 1, 2023	Wed	Practice	N/A	4:00 PM	6:00 PM	PHS Main Gym		
Feb 2, 2023	Thu	Practice	N/A	5:00 PM	7:00 PM	PHS AUX Gym (Volleyball gym)		
Feb 6, 2023	Mon	Practice	N/A	4:00 PM	6:00 PM	PHS Main Gym		
CANCELLED Feb 7, 2023	Tue	Regular Season	@ Syracuse Academy of Science	5:00 PM	6:25 PM	HS Gym		NL
Feb 8, 2023	Wed	Regular Season	Oneida	5:30 PM	7:15 PM	PHS Main Gym		L
Feb 8, 2023	Wed	Practice	N/A	6:30 PM	8:30 PM	PHS Main Gym		
Feb 9, 2023	Thu	Practice	N/A	6:30 PM	8:00 PM	PHS AUX Gym (Volleyball gym)		

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Feb 10, 2023	Fri	Regular Season	@ New Hartford	5:30 PM		New Hartford HS Gym		L
Feb 11, 2023	Sat	Regular Season 45-34 W	Whitesboro	11:00 AM	12:00 PM	PHS Main Gym		L
Feb 11, 2023	Sat	Practice	N/A	12:30 PM	2:00 PM	PHS Main Gym		
Feb 13, 2023	Mon	Practice	N/A	6:30 PM	7:30 PM	PHS AUX Gym (Volleyball gym)		
Feb 14, 2023	Tue	Regular Season 29-30 L	@ Whitesboro	5:30 PM		Whitesboro High School Gym		L
Feb 15, 2023	Wed	Practice	N/A	5:30 PM	6:45 PM	PHS AUX Gym (Volleyball gym)		

Date: 2026-01-20