

**Coaches:**

- Heather Monroe, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
CANCELLED Aug 23, 2021	Mon	Practice	N/A	10:00 AM	12:00 PM	Parkway Recreation Center (Tennis Courts)			
CANCELLED Aug 24, 2021	Tue	Practice	N/A	10:00 AM	12:00 PM	Parkway Recreation Center (Tennis Courts)			
Aug 25, 2021	Wed	Practice	N/A	9:00 AM	11:00 AM	Parkway Recreation Center (Tennis Courts)			
Aug 26, 2021	Thu	Practice	N/A	9:00 AM	11:00 AM	Parkway Recreation Center (Tennis Courts)			
Aug 27, 2021	Fri	Practice	N/A	9:00 AM	11:00 AM	Parkway Recreation Center (Tennis Courts)			
Aug 28, 2021	Sat	Practice	N/A	9:00 AM	11:00 AM	Parkway Recreation Center (Tennis Courts)			
Aug 30, 2021	Mon	Practice	N/A	10:00 AM	12:00 PM	Parkway Recreation Center (Tennis Courts)			
Aug 31, 2021	Tue	Practice	N/A	10:00 AM	12:00 PM	Parkway Recreation Center (Tennis Courts)			
Sep 1, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	Proctor Park			
Sep 2, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	Proctor Park			
Sep 3, 2021	Fri	Practice	N/A	10:00 AM	12:00 PM	Parkway Recreation Center (Tennis Courts)			
Sep 4, 2021	Sat	Practice	N/A	10:00 AM	12:00 PM	Parkway Recreation Center (Tennis Courts)			
Sep 7, 2021	Tue	Practice	N/A	3:00 PM	5:00 PM	Proctor Park			
Sep 8, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	Proctor Park			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 9, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	Proctor Park		
Sep 10, 2021	Fri	Practice	N/A	3:00 PM	5:00 PM	Proctor Park		
Sep 11, 2021	Sat	Regular Season (VVS Invitational)	@ Vernon-Verona-Sherrill	10:00 AM		Cross Country Course	<b>Departure Point:</b> Cafeteria doors <b>Departure Time:</b> 7:00 AM	NL
Sep 13, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	Proctor Park		
Sep 14, 2021	Tue	Practice	N/A	3:00 PM	5:00 PM	Proctor Park		
Sep 15, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	Proctor Park		
Sep 16, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	Proctor Park		
Sep 17, 2021	Fri	Practice	N/A	3:00 PM	5:00 PM	Proctor Park		
Sep 18, 2021	Sat	Regular Season (NH Invitational)	@ TBD	9:40 AM		TBD	<b>Departure Point:</b> Cafeteria Doors <b>Departure Time:</b> 8:15 AM	NL
Sep 20, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	Proctor Park		
Sep 21, 2021	Tue	Regular Season	Central Valley Academy, Camden	4:00 PM		Proctor Park	<b>Bus/Driver:</b> bernie	L
Sep 22, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	Proctor Park		
CANCELLED Sep 23, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	Proctor Park		
Sep 24, 2021	Fri	Practice	N/A	3:00 PM	5:00 PM	Proctor Park		
Sep 25, 2021	Sat	Regular Season	Westmoreland	7:15 AM		Proctor Park		L
Sep 25, 2021	Sat	Regular Season	South Lewis	9:00 AM		Proctor Park		NL
Sep 25, 2021	Sat	Regular Season	Waterville	9:00 AM		Proctor Park		L
Sep 25, 2021	Sat	Regular Season (EJ Herrmann Invitational)	Oneonta	TBD		Proctor Park		NL
Sep 25, 2021	Sat	Regular Season (EJ Herman )	Central Valley Academy	TBD		Proctor Park		L
Sep 27, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	Proctor Park		
Sep 27, 2021	Mon	Regular Season (Whitesboro Invite @ Deerfield Wilderness Park)	@ TBD	TBD		TBD	<b>Bus/Driver:</b> Durham <b>Departure Point:</b> Proctor Cafeteria <b>Departure Time:</b> 2:30 PM	NL
Sep 28, 2021	Tue	Regular Season	Oneida @ Vernon-Verona-Sherrill	4:00 PM		Cross Country Course	<b>Departure Point:</b> Cafeteria Doors <b>Departure Time:</b> 2:45 PM	L
Sep 29, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	Proctor Park		
Sep 30, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	Proctor Park		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 1, 2021	Fri	Practice	N/A	3:00 PM	5:00 PM	Proctor Park			
Oct 2, 2021	Sat	Regular Season (Whitesboro Invitational)	Remsen, Central Valley Academy, Oriskany, Altmar-Parish-Williamstown (APW Rebels), New Hartford, Phoenix, Henninger (Henninger), Clinton, Edmeston (Edmeston/Morris), Westmoreland, Notre Dame, Utica, Cooperstown, Oneonta, Sauquoit Valley, West Canada Valley, Corcoran (Syracuse West), Canastota @ Whitesboro	9:00 AM	3:30 PM	Deerfield Town Wilderness Park			NL
Oct 2, 2021	Sat	Regular Season (W'BRO Invitational)	@ TBD	9:50 AM		TBD		<b>Departure Point:</b> Cafeteria doors <b>Departure Time:</b> 8:00 AM	NL
Oct 4, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	Proctor Park			
Oct 5, 2021	Tue	Regular Season	Notre Dame, Utica @ Whitesboro	4:00 PM		Deerfield Town Wilderness Park		<b>Departure Point:</b> Cafeteria Doors <b>Departure Time:</b> 2:45 PM	L
Oct 6, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	Proctor Park			
Oct 7, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	Proctor Park			
Oct 8, 2021	Fri	Meet (Chittenango Twilight Bears Invitational)	Vs. Multiple	4:00 PM	7:00 PM	Chittenango HS- Stadium, Chittenango HS- XC Course		<b>Departure Time:</b> 2:45 PM	NL
Oct 8, 2021	Fri	Regular Season (CHITT Invitational)	@ TBD	4:00 PM		TBD		<b>Departure Point:</b> Cafeteria doors <b>Departure Time:</b> 2:45 PM	NL
Oct 9, 2021	Sat	Practice	N/A	3:00 PM	5:00 PM	Proctor Park			
Oct 11, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	Proctor Park			
Oct 12, 2021	Tue	Regular Season	Rome Free Academy @ New Hartford	4:00 PM		Cross Country Course (Perry JH)	<b>Bus/Driver:</b> bernie	<b>Departure Point:</b> Cafeteria doors <b>Departure Time:</b> 2:45 PM	L
Oct 13, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	Proctor Park			
Oct 14, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	Proctor Park			
Oct 15, 2021	Fri	Practice	N/A	3:00 PM	5:00 PM	Proctor Park			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 16, 2021	Sat	Regular Season (SPAC Invitational)	@ TBD	9:00 AM		TBD		<b>Departure Point:</b> Cafeteria doors <b>Departure Time:</b> 7:00 AM	NL
Oct 18, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	Proctor Park			
Oct 20, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	Proctor Park			
Oct 21, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	Proctor Park			
Oct 22, 2021	Fri	Practice	N/A	3:00 PM	5:00 PM	Proctor Park			
Oct 23, 2021	Sat	Regular Season (TVL League Championship)	Rome Free Academy, Vernon-Verona-Sherrill, New Hartford, Oneida, Notre Dame, Utica, Central Valley Academy, Camden, Whitesboro @ TBD	12:00 PM		Osceola Ski and Sport Resort		<b>Departure Point:</b> Cafeteria doors <b>Departure Time:</b> 8:00 AM	L
Oct 23, 2021	Sat	Practice	N/A	3:00 PM	5:00 PM	Proctor Park			
Oct 25, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	Proctor Park			
Oct 26, 2021	Tue	Practice	N/A	3:00 PM	5:00 PM	Proctor Park			
Oct 27, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	Proctor Park			
Oct 28, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	Proctor Park			
Oct 29, 2021	Fri	Practice	N/A	3:00 PM	5:00 PM	Proctor Park			
Oct 30, 2021	Sat	Regular Season (Hagaman Invitational)	@ TBD	10:20 AM		TBD		<b>Departure Point:</b> Cafeteria Doors <b>Departure Time:</b> 8:00 AM	NL
Nov 1, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	Proctor Park			
Nov 2, 2021	Tue	Practice	N/A	3:00 PM	5:00 PM	Proctor Park			
Nov 3, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS Stadium (Turf Field/Track)			
Nov 4, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	Proctor Park			
Nov 5, 2021	Fri	Practice	N/A	3:00 PM	5:00 PM	Proctor Park			
Nov 6, 2021	Sat	Post-Season (Sectionals @ VVS )	@ TBD	12:00 PM		TBD	<b>Bus/Driver:</b> Durham	<b>Departure Point:</b> Proctor Cafeteria <b>Departure Time:</b> 10:00 AM	L

Date: 2025-12-19