

Coaches:

- Heather Monroe, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 26, 2024	Mon	Practice (Try Out)	N/A	5:00 PM	6:30 PM	Parkway Recreation Center (Tennis Courts)			
Aug 27, 2024	Tue	Practice (Try Out)	N/A	5:00 PM	6:30 PM	Parkway Recreation Center (Tennis Courts)			
Aug 28, 2024	Wed	Practice (Try Out)	N/A	5:00 PM	6:30 PM	Parkway Recreation Center (Tennis Courts)			
Aug 29, 2024	Thu	Practice	N/A	5:00 PM	6:30 PM	Parkway Recreation Center (Tennis Courts)			
Aug 30, 2024	Fri	Practice	N/A	5:00 PM	6:30 PM	Parkway Recreation Center (Tennis Courts)			
Sep 3, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 4, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 5, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Weight Room			
Sep 6, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 7, 2024	Sat	Regular Season (Mustang Invitational)	TBD, Adirondack, Auburn, Beaver River, Canastota, Cato-Meridian (Blue Devils), Cazenovia, Christian Brothers Academy, Dewitt, Central Square, Central Valley Academy, Chittenango, Clinton, Cicero-North Syracuse, DeRuyter, Dolgeville, Fabius-Pompey, Fayetteville-Manlius, Holland Patent, Homer, Indian River, Jamesville-Dewitt, Jordan-Elbridge, Liverpool, Marcellus, Mexico, New Hartford, Notre Dame, Utica, Nottingham (Nottingham), Oneida, Onondaga Central, Phoenix, Pulaski, Remsen, Rome Free Academy, Skaneateles, South Lewis, South Jefferson, Tully, Vernon-Verona-Sherrill, Watertown, Whitesboro, Waterville, Weedsport, West Genesee, Westmoreland @ Mount Markham	8:00 AM	12:00 PM	HS Track			NL
Sep 7, 2024	Sat	Regular Season (Mount Markham-Mustang Invitational)	@ TBD	8:00 AM		Mount Markham HS	Bus/Driver: Durham	Departure Point: Proctor Cafeteria Departure Date: Sep 7, 2024 Departure Time: 7:00 AM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 9, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 10, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 11, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 12, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Weight Room			
Sep 13, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 14, 2024	Sat	Regular Season (New Hartford Invitational)	Clinton, Whitesboro, Mount Markham, Dolgeville, Hamilton, Notre Dame, Utica, Unadilla Valley (UV/GMU), Central Valley Academy, Rome Free Academy @ New Hartford	9:00 AM		Cross Country Course (Perry JH)			NL
Sep 14, 2024	Sat	Regular Season (New Hartford Invitational)	@ TBD	10:25 AM		Cross Country Course (Perry JH)	Bus/Driver: Durham	Departure Point: Proctor Cafeteria Departure Time: 8:15 AM	NL
Sep 16, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 17, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 18, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 19, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Weight Room			
Sep 20, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 21, 2024	Sat	Regular Season (Baldwinsville Invitational)	@ TBD	1:30 PM		Bville - Durgee Jr. High School	Bus/Driver: Durham	Departure Point: Proctor Cafeteria Departure Date: Sep 21, 2024 Departure Time: 9:00 AM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 23, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 24, 2024	Tue	Regular Season	New Hartford, Vernon-Verona-Sherrill	4:00 PM		Proctor Park			L
Sep 25, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 26, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Weight Room			
Sep 27, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 28, 2024	Sat	Regular Season (EJ Herrmann Invitational)	Cooperstown	9:00 AM		Proctor Park			NL
Sep 28, 2024	Sat	Regular Season (EJ Herrmann Invitational)	Whitesboro	9:00 AM		Proctor Park			NL
Sep 28, 2024	Sat	Regular Season (EJ Herrmann Invitational)	Remsen	9:30 AM		Proctor Park			NL
Sep 28, 2024	Sat	Regular Season (EJ Herrmann Invitational)	Mount Markham	9:30 AM		Proctor Park			L
Sep 28, 2024	Sat	Regular Season (EJ Herman @ Proctor Park)	@ TBD	12:45 PM		TBD	Bus/Driver: Durham	Departure Point: Proctor Cafeteria	NL
Sep 28, 2024	Sat	Regular Season (EJ Hermann Invitational)	Clinton	9:30 PM		Proctor Park			NL
Sep 28, 2024	Sat	Regular Season (EJ Herman Invitational)	@ DeRuyter	TBD		Proctor H S			L
Sep 30, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 1, 2024	Tue	Regular Season	Central Valley Academy @ Notre Dame, Utica	4:30 PM		Proctor Park, Utica			L
Oct 2, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 3, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Weight Room			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 4, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 7, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 8, 2024	Tue	Regular Season	Camden @ Oneida	4:00 PM		Cross Country Course		Departure Time: 2:35 PM	L
Oct 9, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 10, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Weight Room			
Oct 11, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 12, 2024	Sat	Regular Season (Burnt Hills Invitational @ Saratoga Performing Arts Center)	@ TBD	3:05 PM		TBD	Bus/Driver: Durham	Departure Point: Proctor Cafeteria Departure Time: 8:30 AM	NL
Oct 14, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 15, 2024	Tue	Regular Season (Senior Recognition Day)	Whitesboro, Rome Free Academy, Holland Patent	4:00 PM		Proctor Park			L
Oct 16, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 17, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Weight Room			
Oct 18, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 19, 2024	Sat	Meet (Marcellus Invitational)	Vs. Multiple	9:00 AM		Marcellus Park			NL
Oct 19, 2024	Sat	Regular Season (Marcellus Invitational)	@ TBD	2:00 PM		Marcellus Park	Bus/Driver: Durham	Departure Point: Proctor Cafeteria Departure Date: Oct 19, 2024 Departure Time: 7:30 AM	NL
Oct 21, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 22, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			

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Oct 23, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 24, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Weight Room			
Oct 25, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 26, 2024	Sat	Regular Season (TVL Championship)	Rome Free Academy, Whitesboro, New Hartford, Holland Patent, Vernon-Verona-Sherrill, Camden, Central Valley Academy, Oneida @ Notre Dame, Utica	12:45 PM		Proctor Park, Utica			L
Oct 28, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 29, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 30, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 31, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Weight Room			
Nov 1, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Nov 4, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Nov 5, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Nov 6, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Nov 7, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Weight Room			
Nov 8, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 9, 2024	Sat	Regular Season (Sectionals @ Mount Markham High School)	@ TBD	10:30 AM		TBD	Bus/Driver: Durham	Departure Point: Proctor Cafeteria Departure Time: 7:45 AM	NL

Date: 2025-12-17