

**Coaches:**

- David Caruso, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Aug 18, 2025	Mon	Practice	N/A	5:00 PM	7:00 PM	Parkway Recreation Center (Tennis Courts), (OCC) Onondaga Community College			
Aug 19, 2025	Tue	Practice	N/A	5:00 PM	7:00 PM	Parkway Recreation Center (Tennis Courts), (OCC) Onondaga Community College			
Aug 20, 2025	Wed	Practice	N/A	5:00 PM	7:00 PM	Parkway Recreation Center (Tennis Courts), (OCC) Onondaga Community College			
Aug 21, 2025	Thu	Practice	N/A	5:00 PM	7:00 PM	Parkway Recreation Center (Tennis Courts), (OCC) Onondaga Community College			
Aug 22, 2025	Fri	Practice	N/A	5:00 PM	7:00 PM	Parkway Recreation Center (Tennis Courts), (OCC) Onondaga Community College			
Aug 25, 2025	Mon	Practice	N/A	5:00 PM	7:00 PM	Parkway Recreation Center (Tennis Courts), (OCC) Onondaga Community College			
Aug 26, 2025	Tue	Practice	N/A	5:00 PM	7:00 PM	Parkway Recreation Center (Tennis Courts), (OCC) Onondaga Community College			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 27, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Aug 28, 2025	Thu	Practice	N/A	3:00 PM	3:00 PM	PHS Weight Room			
Aug 29, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Aug 30, 2025	Sat	Practice	N/A	8:00 AM		Proctor Park			
Sep 1, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 2, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 3, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 4, 2025	Thu	Practice	N/A	3:00 PM	3:00 PM	PHS Weight Room			
Sep 5, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 6, 2025	Sat	Regular Season (Mustang Invitational)	Central Valley Academy, Remsen (Remsen), Camden, New Hartford, Westmoreland, Notre Dame, Utica, Holland Patent, Waterville, Clinton, South Lewis, Jamesville-Dewitt, Cicero-North Syracuse, Weedsport, Jordan-Elbridge, Marcellus, Beaver River, Watertown, Pulaski, Fabius-Pompey, Canastota, Vernon-Verona-Sherrill, Cazenovia, Whitesboro, DeRuyter, Hamilton, Baldwinsville, Indian River, Liverpool, Onondaga Central, Phoenix, West Genesee, Auburn, Central Square, Tully @ Mount Markham	8:00 AM		HS Track	Departure Point: Cafeteria Departure Time: 6:45 AM		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 8, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 9, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 10, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 11, 2025	Thu	Practice	N/A	3:00 PM	3:00 PM	PHS Weight Room			
Sep 12, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 13, 2025	Sat	Regular Season (NH INVITATIONAL)	Clinton, Rome Free Academy, Oneonta, Unadilla Valley (UV/GMU), New York Mills, Town of Webb UFSD (Town of Webb), Camden, TBD @ New Hartford	9:00 AM		Cross Country Course (Perry JH)	<b>Departure Point:</b> Cafetria <b>Departure Time:</b> 8:15 AM		NL
Sep 15, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 16, 2025	Tue	Regular Season	Holland Patent, Notre Dame, Utica @ Camden	4:00 PM		Camden Cross Country Course	<b>Departure Point:</b> Cafe 1 <b>Departure Time:</b> 2:30 PM		L
Sep 17, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 18, 2025	Thu	Practice	N/A	3:00 PM	3:00 PM	PHS Weight Room			
Sep 19, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 20, 2025	Sat	Regular Season (Baldwinsville Invitational )	TBD	9:00 AM		Bville - Durgree Cross Country Trail	<b>Bus/Driver:</b> Durham <b>Departure Point:</b> Proctor Cafeteria <b>Departure Time:</b> 9:00 AM		L
Sep 22, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 23, 2025	Tue	Regular Season	Oneida @ Vernon-Verona-Sherrill	4:00 PM		Cross Country Course	<b>Departure Point:</b> Cafe 1 <b>Return Date:</b> <b>Return Time:</b> 2:30 PM		L
Sep 24, 2025	Wed	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 25, 2025	Thu	Practice	N/A	3:00 PM	3:00 PM	PHS Weight Room			
Sep 26, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 27, 2025	Sat	Regular Season (EJ Hermann Invitational)	Mount Markham	8:00 AM		Proctor Park			L
Sep 27, 2025	Sat	Regular Season (E.J. Hermann Invitational)	Hamilton	8:00 AM		Proctor Park			L
Sep 27, 2025	Sat	Regular Season (EJ Herrmann Invitational)	Cooperstown (Cooperstown/Milford)	9:00 AM		Proctor Park			NL
Sep 27, 2025	Sat	Regular Season (EJ Herrmann Invitational)	TBD	9:00 AM		Proctor Park			NL
Sep 27, 2025	Sat	Regular Season (Proctor Park Invite )	Edmeston (Edmeston/Morris)	9:15 AM		Proctor Park			NL
Sep 27, 2025	Sat	Regular Season (EJ Hermann Invitational )	Clinton	9:30 AM		Proctor Park			NL
Sep 27, 2025	Sat	Regular Season (EJ Hermann)	Town of Webb UFSD (Town of Webb)	9:30 AM		Proctor Park			NL
Sep 27, 2025	Sat	Regular Season (EJ Hermann Invite)	Oneonta	9:30 AM		Proctor Park			NL
Sep 27, 2025	Sat	Regular Season (EJ Herrmann Invitational)	Rome Free Academy	10:00 AM		RFA Cross Country Course	Departure Date: Oct 11, 2025		L
Sep 27, 2025	Sat	Regular Season (EJ Herman Invitational)	Central Valley Academy	11:00 AM		Proctor Park			L
Sep 27, 2025	Sat	Regular Season	New York Mills	TBD		Proctor Park			NL
Sep 27, 2025	Sat	Regular Season (EJ Hermann Invitational)	@ DeRuyter	TBD		TBD			NL
Sep 29, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 30, 2025	Tue	Regular Season	Central Valley Academy @ Rome Free Academy	4:00 PM		RFA Cross Country Course	Departure Point: Cafe 1 Departure Time: 2:30 PM		L
Oct 1, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 2, 2025	Thu	Practice	N/A	3:00 PM	3:00 PM	PHS Weight Room			
Oct 3, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 6, 2025	Mon	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
Oct 7, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Oct 8, 2025	Wed	Regular Season (Senior Recognition Day)	Whitesboro, New Hartford	4:00 PM		Proctor Park		L
Oct 9, 2025	Thu	Practice	N/A	3:00 PM	3:00 PM	PHS Weight Room		
Oct 10, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Oct 11, 2025	Sat	Regular Season (Caughlin Invitational)	Altmar-Parish-Williamstown (APW Rebels), New York Mills, Town of Webb UFSD (Town of Webb), Mexico, Mount Markham, Clinton, Oswego, Hamilton, Sandy Creek @ Rome Free Academy	9:00 AM		RFA Cross Country Course	Departure Time: 8:00 AM	NL
CANCELLED Oct 13, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Oct 15, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Oct 16, 2025	Thu	Practice	N/A	3:00 PM	3:00 PM	PHS Weight Room		
Oct 17, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Oct 18, 2025	Sat	Regular Season (Marcellus Cross Country Invitational )	Marcellus	10:00 AM		Cross Country Course at MS	Bus/Driver: Durham	Departure Point: Proctor Cafeteria Departure Date: Oct 18, 2025 Departure Time: 9:30 AM L
Oct 20, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Oct 21, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Oct 22, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Oct 23, 2025	Thu	Practice	N/A	3:00 PM	3:00 PM	PHS Weight Room		
Oct 24, 2025	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
Oct 25, 2025	Sat	Regular Season (TVL Invitational)	New Hartford, Vernon-Verona-Sherrill, Camden, Oneida, Holland Patent, Whitesboro, Notre Dame, Utica, Rome Free Academy @ Central Valley Academy	9:00 AM		Diss Athletic Complex		<b>Departure Point:</b> Cafe 1 <b>Departure Time:</b> 7:30 AM	L
Oct 27, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 28, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 29, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 30, 2025	Thu	Practice	N/A	3:00 PM	3:00 PM	PHS Weight Room			
Oct 31, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Nov 3, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Nov 4, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Nov 5, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Nov 6, 2025	Thu	Practice	N/A	3:00 PM	3:00 PM	PHS Weight Room			
Nov 7, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Nov 8, 2025	Sat	Regular Season (Sectionals )	Mount Markham	10:00 AM		Stadium	<b>Bus/Driver:</b> Durham	<b>Departure Point:</b> Proctor Cafeteria <b>Departure Date:</b> Nov 8, 2025	L

Date: 2025-12-05