

Coaches:

- David Carter
- Adam Tritten

| DATE | WEEK DAY | ТҮРЕ | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGU / NON- LEAGU |
|--------------|-------------|---|------------------------------|---------------|-------------|--|------------------------------|--|--------------------------|
| Aug 22, 2022 | Mon | Practice (Try Outs- Combined with VARSITY) | N/A | 9:00 AM | 12:00 PM | PHS Stadium (Turf Field/Track) | | | |
| Aug 23, 2022 | Tue | Practice (Try Outs- Combined with VARSITY) | N/A | 9:00 AM | 12:00 PM | PHS Stadium (Turf Field/Track) | | | |
| Aug 24, 2022 | Wed | Practice | N/A | 9:00 AM | 11:00 AM | PHS Stadium (Turf Field/Track) | | | |
| Aug 25, 2022 | Thu | Practice | N/A | 9:00 AM | 11:00 AM | PHS Stadium (Turf Field/Track) | | | |
| Aug 26, 2022 | Fri | Practice | N/A | 9:00 AM | 11:00 AM | PHS Stadium (Turf Field/Track) | | | |
| Aug 27, 2022 | Sat | Practice | N/A | 9:00 AM | 10:30 AM | Proctor Grass Practice Field | | | |
| Aug 29, 2022 | Mon | Scrimmage | @ East Syracuse Minoa | 1:00 PM | | ESM High School - Upper Field #2 | Bus/Driver: Utica | Departure Point: Proctor High Turf Parking Lot Departure Date: Aug 29, 2022 Departure Time: 10:45 AM | NL |
| Aug 30, 2022 | Tue | Practice (Practice) | N/A | 10:30 AM | 12:00 PM | Proctor Grass Practice Field | | | |
| Aug 31, 2022 | Wed | Practice (Pre- Game Practice) | N/A | 3:30 PM | 5:00 PM | Proctor Grass Practice Field | | | |
| Sep 1, 2022 | Thu | Regular Season 2-8 L | Central Valley Academy | 4:30 PM | 5:55 PM | PHS Grass Soccer Field | | | L |
| Sep 2, 2022 | Fri | Regular Season 6-3 W | @ Lowville | 3:30 PM | | Lewis County Fairgrounds Stadium Field | Bus/Driver: Durham | Departure Point: Stadium Armory Dr Entrance Departure Date: Sep 2, 2022 Departure Time: 1:30 PM | NL |
| Sep 6, 2022 | Tue | Practice (PRACTICE- Regular Season Practice 1.5 hours) | N/A | 3:30 PM | 5:00 PM | Proctor Grass Practice Field | | | |
| Sep 7, 2022 | Wed | Practice (Pre- Game Practice) | N/A | 3:30 PM | 4:30 PM | Proctor Grass Practice Field | | | |

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| Sep 8, 2022 | Thu | Regular Season 1-6 L | @ Rome Free Academy | 4:30 PM | | Joy Elementary Grass Field | Bus/Driver: Durham | Departure Point: Proctor HS Departure Date: Sep 8, 2022 Departure Time: 3:15 PM | L |
| Sep 9, 2022 | Fri | Practice (PRACTICE- Regular Season Practice 1.5 hours) | N/A | 3:30 PM | 5:00 PM | Proctor Grass Practice Field | | | |
| Sep 12, 2022 | Mon | Practice (Pre- Game Practice) | N/A | 3:30 PM | 4:30 PM | Proctor Grass Practice Field | | | |
| Sep 13, 2022 | Tue | Regular Season 3-2 W | @ Vernon- Verona- Sherrill | 4:15 PM | | Turf Field Stadium | Bus/Driver: Durham | Departure Point: Proctor HS Departure Date: Sep 13, 2022 Departure Time: 3:00 PM | L |
| Sep 14, 2022 | Wed | Practice (Pre- Game Practice) | N/A | 3:30 PM | 4:30 PM | Proctor Grass Practice Field | | | |
| Sep 15, 2022 | Thu | Regular Season 1-11 L | New Hartford | 4:30 PM | 5:55 PM | PHS Grass Soccer Field | | | L |
| Sep 16, 2022 | Fri | Practice (PRACTICE- Regular Season Practice 1.5 hours) | N/A | 3:30 PM | 5:00 PM | Proctor Grass Practice Field | | | |
| Sep 19, 2022 | Mon | Practice (Pre- Game Practice) | N/A | 3:30 PM | 4:30 PM | Proctor Grass Practice Field | | | |
| Sep 20, 2022 | Tue | Regular Season 0-8 L | @ Holland Patent | 4:30 PM | | GWF Soccer Field #1 | Bus/Driver: Durham | Departure Point: Proctor HS Departure Date: Sep 20, 2022 Departure Time: 3:15 PM | L |
| Sep 21, 2022 | Wed | Practice (Pre- Game Practice) | N/A | 3:30 PM | 4:30 PM | Proctor Grass Practice Field | | | |
| Sep 22, 2022 | Thu | Regular Season 0-8 L | Whitesboro | 4:30 PM | 5:55 PM | PHS Grass Soccer Field | | | L |
| Sep 23, 2022 | Fri | Practice (PRACTICE- Regular Season Practice 1.5 hours) | N/A | 3:00 PM | 4:30 PM | Proctor Grass Practice Field | | | |
| Sep 26, 2022 | Mon | Regular Season 3-1 W | Canastota | 4:30 PM | 5:55 PM | PHS Grass Soccer Field | | | NL |
| Sep 27, 2022 | Tue | Regular Season 0-7 L | @ Carthage | 5:00 PM | | Pine Field (HS) | Bus/Driver: Durham | Departure Point: Proctor HS Departure Date: Sep 27, 2022 Departure Time: 2:50 PM | NL |

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| Sep 28, 2022 | Wed | Practice (Pre- Game Practice) | N/A | 3:30 PM | 4:30 PM | Proctor Grass Practice Field | | | |
| Sep 29, 2022 | Thu | Regular Season 3-6 L | Camden | 4:30 PM | 5:55 PM | PHS Grass Soccer Field | | | L |
| Sep 30, 2022 | Fri | Practice (PRACTICE- Regular Season Practice 1.5 hours) | N/A | 3:30 PM | 5:00 PM | Proctor Grass Practice Field | | | |
| Oct 3, 2022 | Mon | Practice (Pre- Game Practice) | N/A | 3:30 PM | 4:30 PM | Proctor Grass Practice Field | | | |
| Oct 4, 2022 | Tue | Regular Season 1-12 L | Rome Free Academy | 4:30 PM | | PHS Grass Soccer Field | | | L |
| Oct 5, 2022 | Wed | Practice (Pre- Game Practice) | N/A | 3:30 PM | 4:30 PM | Proctor Grass Practice Field | | | |
| Oct 6, 2022 | Thu | Regular Season 4-3 W | Oneida | 4:30 PM | 5:55 PM | PHS Stadium (Turf Field/Track) | | | L |
| Oct 7, 2022 | Fri | Practice (PRACTICE- Regular Season Practice 1.5 hours) | N/A | 3:30 PM | 5:00 PM | Proctor Grass Practice Field | | | |
| Oct 11, 2022 | Tue | Regular Season 0-10 L | @ New Hartford | 4:15 PM | | Perry JH Soccer Field | | Departure Point: Proctor HS Departure Date: Oct 11, 2022 Departure Time: 3:15 PM | L |
| Oct 12, 2022 | Wed | Practice (Pre- Game Practice) | N/A | 3:30 PM | 4:30 PM | Proctor Grass Practice Field | | | |
| Oct 13, 2022 | Thu | Regular Season 0-8 L | @ Whitesboro | 4:15 PM | | Ed Wadas Complex High School | Bus/Driver: Durham | Departure Point: Proctor HS Departure Date: Oct 13, 2022 Departure Time: 3:00 PM | L |
| Oct 14, 2022 | Fri | Regular Season 6-2 W | @ Canastota | 4:15 PM | | High School Soccer Field (Grass) | Bus/Driver: Durham | Departure Point: Proctor HS Departure Date: Oct 14, 2022 Departure Time: 2:45 PM | NL |

Date: 2024-05-20