

## Coaches:

• Justin VanDuluigaarden, Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	
Jul 5, 2023	Wed	Practice	N/A	6:00 PM	8:00 PM	VVS Volleyball Gym		LEAGUE
Jul 12, 2023	Wed	Practice	N/A	6:00 PM	8:00 PM	VVS Volleyball Gym		
Jul 15, 2023	Sat	Practice	N/A	6:00 PM	7:30 PM	VVS Volleyball Gym		
Jul 19, 2023	Wed	Practice	N/A	6:00 PM	8:00 PM	VVS MS Gym		
Jul 21, 2023	Fri	Practice	N/A	6:00 PM	7:30 PM	VVS MS Gym		
Jul 26, 2023	Wed	Practice	N/A	6:00 PM	8:00 PM	VVS MS Gym		
Jul 30, 2023	Sun	Practice	N/A	3:00 PM	4:30 PM	VVS MS Gym		
Aug 2, 2023	Wed	Practice	N/A	6:00 PM	8:00 PM	VVS MS Gym		
Aug 9, 2023	Wed	Practice	N/A	6:00 PM	8:00 PM	VVS MS Gym		
Aug 16, 2023	Wed	Practice	N/A	6:00 PM	8:00 PM	VVS MS Gym		
Nov 13, 2023	Mon	Practice	N/A	6:00 PM	8:30 PM	VVS Main Gym (The Pit)		
Nov 14, 2023	Tue	Practice	N/A	6:00 PM	8:30 PM	VVS Main Gym (The Pit)		
Nov 15, 2023	Wed	Practice	N/A	6:00 PM	7:30 PM	VVS Volleyball Gym		
Nov 16, 2023	Thu	Practice	N/A	6:00 PM	8:00 PM	VVS Volleyball Gym		
Nov 17, 2023	Fri	Practice	N/A	6:00 PM	8:00 PM	VVS Volleyball Gym		
Nov 18, 2023	Sat	Practice	N/A	8:00 AM	10:00 AM	VVS Main Gym (The Pit)		
Nov 21, 2023	Tue	Practice	N/A	5:00 PM	7:00 PM	VVS Volleyball Gym		
Nov 22, 2023	Wed	Practice	N/A	8:00 AM	10:00 AM	VVS Main Gym (The Pit)		
Nov 24, 2023	Fri	Scrimmage	Stockbridge Valley	6:00 PM	8:00 PM	VVS Volleyball Gym		NL
Nov 25, 2023	Sat	Practice	N/A	6:00 PM	7:30 PM	VVS MS Gym		
Nov 27, 2023	Mon	Practice	N/A	7:00 PM	9:00 PM	VVS Volleyball Gym		
Nov 28, 2023	Tue	Practice	N/A	6:30 PM	8:30 PM	VVS Main Gym (The Pit)		
Nov 29, 2023	Wed	Practice	N/A	7:00 PM	9:00 PM	VVS Volleyball Gym		
Nov 30, 2023	Thu	Practice	N/A	7:00 PM	9:00 PM	VVS Volleyball Gym		
Dec 4, 2023	Mon	Practice	N/A	7:00 PM	9:00 PM	VVS Volleyball Gym		
Dec 5, 2023	Tue	Practice	N/A	6:00 PM	7:30 PM	VVS Main Gym (The Pit)		

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE / TRANSPORTATION NON- LEAGUE
Dec 6, 2023	Wed	Practice	N/A	7:00 PM	9:00 PM	VVS Main Gym (The Pit)	
Dec 7, 2023	Thu	Practice	N/A	6:00 PM	8:00 PM	VVS Volleyball Gym	
Dec 9, 2023	Sat	Practice	N/A	6:00 PM	8:00 PM	VVS Main Gym (The Pit)	
Dec 11, 2023	Mon	Practice	N/A	6:00 PM	8:00 PM	VVS Volleyball Gym	
Dec 12, 2023	Tue	Practice	N/A	6:00 PM	7:30 PM	VVS Volleyball Gym	
Dec 13, 2023	Wed	Practice	N/A	6:00 PM	7:30 PM	VVS Volleyball Gym	
Dec 14, 2023	Thu	Practice	N/A	7:30 PM	9:00 PM	VVS Main Gym (The Pit)	
Dec 16, 2023	Sat	Practice	N/A	12:00 PM	2:00 PM	VVS Main Gym (The Pit)	
Dec 18, 2023	Mon	Practice	N/A	6:00 PM	7:30 PM	VVS Volleyball Gym	
Dec 20, 2023	Wed	Practice	N/A	6:30 PM	7:30 PM	VVS Volleyball Gym	
Dec 21, 2023	Thu	Practice	N/A	6:30 PM	8:00 PM	VVS Main Gym (The Pit)	
Dec 26, 2023	Tue	Practice	N/A	6:00 PM	7:30 PM	VVS Volleyball Gym	
Dec 27, 2023	Wed	Practice	N/A	6:00 PM	7:30 PM	VVS Volleyball Gym	
Dec 28, 2023	Thu	Practice	N/A	6:00 PM	7:30 PM	VVS Volleyball Gym	
Dec 29, 2023	Fri	Practice	N/A	12:00 PM	2:00 PM	VVS Main Gym (The Pit)	
Dec 30, 2023	Sat	Regular Season	Indian River	11:00 AM		VVS Main Gym (The Pit)	NL
Jan 2, 2024	Tue	Practice	N/A	6:00 PM	7:30 PM	VVS Volleyball Gym	
Jan 3, 2024	Wed	Practice	N/A	6:00 PM	7:30 PM	VVS Volleyball Gym	
Jan 4, 2024	Thu	Practice	N/A	6:30 PM	8:00 PM	VVS Volleyball Gym	
Jan 5, 2024	Fri	Regular Season	Camden	5:30 PM		VVS Main Gym (The Pit)	L
Jan 8, 2024	Mon	Practice	N/A	7:00 PM	9:00 PM	VVS Main Gym (The Pit)	
Jan 10, 2024	Wed	Regular Season	Central Valley Academy	6:00 PM		VVS Main Gym (The Pit)	L
Jan 10, 2024	Wed	Practice	N/A	6:00 PM	7:30 PM	VVS Main Gym (The Pit)	
Jan 11, 2024	Thu	Practice	N/A	6:00 PM	7:30 PM	VVS Volleyball Gym	
Jan 12, 2024	Fri	Regular Season	Utica Proctor	5:30 PM		VVS Main Gym (The Pit)	L
Jan 14, 2024	Sun	Practice	N/A	8:00 AM	9:30 AM	VVS MS Gym	
Jan 15, 2024	Mon	Regular Season	Stockbridge Valley	5:00 PM	6:30 PM	VVS Main Gym (The Pit)	NL
Jan 17, 2024	Wed	Practice	N/A	6:00 PM	7:30 PM	VVS Volleyball Gym	
Jan 18, 2024	Thu	Practice	N/A	6:00 PM	7:30 PM	VVS Volleyball Gym	

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 20, 2024	Sat	Practice	N/A	6:00 PM	7:30 PM	VVS Volleyball Gym		
Jan 22, 2024	Mon	Practice	N/A	7:30 PM	9:00 PM	VVS Main Gym (The Pit)		
Jan 23, 2024	Tue	Regular Season	Holland Patent	6:00 PM		VVS Main Gym (The Pit)		L
Jan 24, 2024	Wed	Practice	N/A	6:00 PM	7:30 PM	VVS Volleyball Gym		
Jan 25, 2024	Thu	Practice	N/A	6:00 PM	7:30 PM	VVS Volleyball Gym		
Jan 26, 2024	Fri	Regular Season	Oneida	5:30 PM		VVS Main Gym (The Pit)		L
Jan 27, 2024	Sat	Practice	N/A	6:00 PM	7:30 PM	VVS Main Gym (The Pit)		
Jan 29, 2024	Mon	Practice	N/A	7:30 PM	9:00 PM	VVS Main Gym (The Pit)		
Jan 31, 2024	Wed	Practice	N/A	7:30 PM	9:00 PM	VVS Main Gym (The Pit)		
Feb 1, 2024	Thu	Practice	N/A	6:00 PM	7:30 PM	VVS Volleyball Gym		
CANCELLED Feb 2, 2024	Fri	Regular Season	Notre Dame, Utica	5:30 PM		VVS Main Gym (The Pit)		L
Feb 3, 2024	Sat	Practice	N/A	6:00 PM	7:30 PM	VVS Main Gym (The Pit)		
Feb 5, 2024	Mon	Practice	N/A	7:30 PM	9:00 PM	VVS Main Gym (The Pit)		
Feb 6, 2024	Tue	Regular Season	New Hartford	6:00 PM		VVS Main Gym (The Pit)		L
Feb 7, 2024	Wed	Practice	N/A	6:00 PM	7:30 PM	VVS Volleyball Gym		
Feb 8, 2024	Thu	Practice	N/A	7:00 PM	8:30 PM	VVS Main Gym (The Pit)		
Feb 11, 2024	Sun	Practice	N/A	12:00 PM	1:30 PM	VVS Volleyball Gym		
Feb 12, 2024	Mon	Practice	N/A	6:00 PM	7:30 PM	VVS Main Gym (The Pit)		
Mar 6, 2024	Wed	Practice	N/A	7:30 PM	9:00 PM	VVS MS Gym		
Mar 10, 2024	Sun	Practice	N/A	6:00 PM	8:00 PM	VVS MS Gym		
Mar 13, 2024	Wed	Practice	N/A	7:30 PM	9:00 PM	VVS MS Gym		
Mar 16, 2024	Sat	Practice	N/A	6:00 PM	7:30 PM	VVS MS Gym		
Mar 17, 2024	Sun	Practice	N/A	6:00 PM	8:00 PM	VVS MS Gym		
Mar 23, 2024	Sat	Practice	N/A	6:30 PM	8:00 PM	VVS MS Gym		
Mar 24, 2024	Sun	Practice	N/A	6:00 PM	8:00 PM	VVS MS Gym		
Mar 30, 2024	Sat	Practice	N/A	6:30 PM	8:00 PM	VVS MS Gym		
Apr 6, 2024	Sat	Practice	N/A	6:30 PM	8:00 PM	VVS MS Gym		
Apr 13, 2024	Sat	Practice	N/A	6:30 PM	8:00 PM	VVS MS Gym		
Apr 20, 2024	Sat	Practice	N/A	6:30 PM	8:00 PM	VVS MS Gym		

DATE	WEEK DAY	TYPE	OPPONENTS			LOCATION	LEAGUE / TRANSPORTATION NON- LEAGUE
May 1, 2024	Wed	Practice				VVS MS Gym	
May 4, 2024	Sat	Practice	N/A	6:30 PM	8:00 PM	VVS MS Gym	

Date: 2024-05-05