

Coaches:

- Brett Knapp
- Stef Vanduluitgaarden

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jul 5, 2023	Wed	Practice	N/A	6:00 PM	8:00 PM	VVS Volleyball Gym		
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)		
CANCELLED Nov 20, 2023	Mon	Scrimmage (Scrimmage at Bishop Grimes (Baldwinsville Also))	@ TBD	6:00 PM	9:00 PM	TBD		NL
Nov 20, 2023	Mon	Scrimmage	Baldwinsville @ Bishop Grimes	6:00 PM	8:00 PM	Bishop Grimes Sheehan Gym	Departure Time: 4:30 PM	L
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		

Departure Time: 4:30 PM Popular Second © Unadilla 2:20 Popular Second © Unadilla 2:20	NL NL
Dec 1, 2023	
Dec 2, 2023 Sal	NL
Dec 4, 2023 Mon Practice N/A PM PM Gym	
Dec 5, 2023 Wed Practice N/A PM PM (The Pit)	
Dec 6, 2023 Wed Practice IN/A PM PM PM (The Pit) Dec 7, 2023 Thu Practice N/A 6:00 8:00 VVS Volleyball Gym PM Dec 8, 2023 Dec 9, 2023 Sat Practice N/A 6:00 8:00 VVS Main Gym (The Pit) PM PM <t< td=""><td></td></t<>	
Dec 7, 2023 Tri Regular Season @ Oneida 5:00 PM Fariel Gym Dec 8, 2023 Departure Date: Dec 8, 2023 Departure Time: 4:00 PM 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 PM Dec 12, 2023 Tue Practice N/A 6:00 PM 7:30 PM VVS Volleyball PM Dec 13, 2023 Wed Practice N/A 6:00 PM 7:30 VVS Volleyball	
Dec 8, 2023 Fri Regular Season @ Oneida 5:00 PM Fariel Gym Dec 8, 2023 Departure Time: 4:00 PM L Dec 9, 2023 Sat Practice N/A 6:00 PM 8:00 PM VVS Main Gym (The Pit) PM PM<	
Dec 9, 2023 Sat Practice N/A PM PM PM (The Pit) Dec 11, 2023 Mon Practice N/A 6:00 8:00 VVS Volleyball PM Gym Dec 12, 2023 Tue Practice N/A 6:00 7:30 VVS Volleyball PM Gym Dec 13, 2023 Wed Practice N/A 6:00 7:30 VVS Volleyball	-
Dec 11, 2023 Mon Practice N/A PM PM Gym Dec 12, 2023 Tue Practice N/A 6:00 7:30 VVS Volleyball PM Gym Dec 13, 2023 Wed Practice N/A 6:00 7:30 VVS Volleyball	
Dec 13, 2023 Wed Practice N/A PM PM Gym Figure 13, 2023 Wed Practice N/A 6:00 7:30 VVS Volleyball	
TIOC 13 2023 WIGH Practice IVIA	
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Dec 14, 2023 Thu Practice N/A 7:30 9:00 VVS Main Gym PM PM (The Pit)	
Dec 15, 2023 Fri Regular Season @ Holland 5:30 HS Gym Patent PM Departure Date: Dec 15, 2023 Departure Time: 4:30 PM	-
Dec 16, 2023 Sat Practice N/A 12:00 2:00 VVS Main Gym PM PM (The Pit)	
Dec 18, 2023 Mon Practice N/A 6:00 7:30 VVS Volleyball PM PM Gym	
CANCELLED Dec Tue Regular Season @ Notre 5:30 Michael Walsh Dame, Utica PM Gymnasium	-
Dec 20, 2023 Wed Practice N/A 6:30 7:30 VVS Volleyball PM PM Gym	
Dec 21, 2023 Thu Practice N/A 6:30 8:00 VVS Main Gym PM PM (The Pit)	
Dec 22, 2023 Fri Regular Season @ Cortland 5:00 6:45 PM PM PM Gym Cortland Jr-Sr Departure Date: Dec 22, 2023 Departure Time: 3:00 PM	NL
Dec 26, 2023 Tue Practice N/A 6:00 7:30 VVS Volleyball PM PM Gym	
Dec 27, 2023 Wed Practice N/A 6:00 7:30 VVS Volleyball PM PM Gym	
Dec 28, 2023 Thu Practice N/A 6:00 7:30 VVS Volleyball PM PM Gym	
Dec 29, 2023 Fri Practice N/A 12:00 2:00 VVS Main Gym PM PM (The Pit)	
AMI (The Pit)	
Jan 2, 2024 Tue Practice N/A 6:00 7:30 VVS Volleyball PM PM Gym	NL

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
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 6, 2024	Sat	Regular Season	@ Indian River	2:00 PM	4:00 PM	Indian River High School Main Gym	Departure Date: Jan 6, 2024 Departure Time: 11:45 AM	NL
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 13, 2024	Sat	Regular Season	@ Waterville	12:00 PM	3:00 PM	HS Gym	Departure Date: Jan 13, 2024 Departure Time: 10:30 AM	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		
Jan 19, 2024	Fri	Regular Season 36-58 L	@ Whitesboro	5:30 PM		Whitesboro High School Gym	Departure Date: Jan 19, 2024 Departure Time: 4:30 PM	L
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 30, 2024	Tue	Regular Season	@ Central Valley Academy	5:30 PM		CVA Main Gym	Departure Date: Jan 30, 2024 Departure Time: 3:30 PM	L
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		

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
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 9, 2024	Fri	Regular Season	@ Rome Free Academy	5:00 PM	6:55 PM	RFA Main Gym	Departure Date: Feb 9, 2024 Departure Time: 4:00 PM	L
Feb 11, 2024	Sun	Practice	N/A	12:00 PM	1:30 PM	VVS Volleyball Gym		
Feb 12, 2024	Mon	Regular Season	@ Stockbridge Valley	5:30 PM	7:30 PM	High School Gym	Departure Time: 4:30 PM	NL
Feb 12, 2024	Mon	Practice	N/A	6:00 PM	7:30 PM	VVS Main Gym (The Pit)		
Feb 13, 2024	Tue	Regular Season	@ Camden	5:00 PM	6:55 PM	Camden High School Main Gym	Departure Date: Feb 13, 2024 Departure Time: 3:30 PM	L
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		
May 1, 2024	Wed	Practice	N/A	7:00 PM	8:30 PM	VVS MS Gym		
May 4, 2024	Sat	Practice	N/A	6:30 PM	8:00 PM	VVS MS Gym		
May 6, 2024	Mon	Practice	N/A	7:00 PM	9:00 PM	VVS MS Gym		
May 9, 2024	Thu	Practice	N/A	7:30 PM	9:00 PM	VVS MS Gym		
May 12, 2024	Sun	Practice	N/A	6:30 PM	8:00 PM	VVS MS Gym		

	WEE	ТҮРЕ		START	END	LOCATION	TD4440D0DT4T404	LEAGUE
DATE	DAY	TYPE	OPPONENTS	TIME	TIME	LOCATION	TRANSPORTATION	/ NON- LEAGUE
May 13, 2024	Mon	Practice	N/A	7:30 PM	9:00 PM	VVS MS Gym		
May 30, 2024	Thu	Practice	N/A	6:30 PM	8:00 PM	VVS MS Gym		
Jun 2, 2024	Sun	Practice	N/A	5:00 PM	6:30 PM	VVS MS Gym		
Jun 6, 2024	Thu	Practice	N/A	6:30 PM	8:00 PM	VVS MS Gym		
Jun 9, 2024	Sun	Practice	N/A	5:00 PM	6:30 PM	VVS Main Gym (The Pit)		
Jun 13, 2024	Thu	Practice	N/A	6:30 PM	8:00 PM	VVS MS Gym		
Jun 16, 2024	Sun	Practice	N/A	5:00 PM	6:30 PM	VVS MS Gym		
Jun 18, 2024	Tue	Practice	N/A	6:30 PM	8:00 PM	VVS Main Gym (The Pit)		
Jun 20, 2024	Thu	Practice	N/A	6:30 PM	8:00 PM	VVS MS Gym		
Jun 23, 2024	Sun	Practice	N/A	5:00 PM	6:30 PM	VVS MS Gym		
Jun 27, 2024	Thu	Practice	N/A	6:30 PM	8:00 PM	VVS MS Gym		
Jun 30, 2024	Sun	Practice	N/A	5:00 PM	6:30 PM	VVS MS Gym		

Date: 2025-12-05