

Coaches:

- Stef Vanduluitgaarden
- Josh Randall

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 31, 2022	Mon	Practice	N/A	2:30 PM	4:00 PM	VVS Main Gym (The Pit)		
Nov 2, 2022	Wed	Practice	N/A	2:30 PM	4:00 PM	VVS Main Gym (The Pit)		
Nov 7, 2022	Mon	Practice	N/A	2:30 PM	4:00 PM	VVS Main Gym (The Pit)		
Nov 9, 2022	Wed	Practice	N/A	2:30 PM	4:00 PM	VVS Main Gym (The Pit)		
Nov 14, 2022	Mon	Practice	N/A	2:30 PM	4:00 PM	VVS Volleyball Gym		
Nov 16, 2022	Wed	Practice	N/A	2:30 PM	4:00 PM	VVS Volleyball Gym		
Nov 21, 2022	Mon	Practice	N/A	2:30 PM	5:00 PM	VVS Volleyball Gym		
Nov 22, 2022	Tue	Practice	N/A	2:30 PM	5:00 PM	VVS Volleyball Gym		
Nov 23, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	VVS Main Gym (The Pit)		
Nov 28, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	VVS Volleyball Gym		
Nov 29, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	VVS Volleyball Gym		
Nov 30, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	VVS Volleyball Gym		
Dec 1, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	VVS Volleyball Gym		
Dec 2, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	VVS Volleyball Gym		
Dec 5, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	VVS Volleyball Gym		
Dec 6, 2022	Tue	Practice	N/A	3:00 PM	4:30 PM	VVS Volleyball Gym		
Dec 8, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	VVS Volleyball Gym		
Dec 9, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	VVS Volleyball Gym		
Dec 10, 2022	Sat	Practice	N/A	10:00 AM	12:00 PM	VVS Main Gym (The Pit)		
Dec 12, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	VVS Volleyball Gym		
Dec 13, 2022	Tue	Regular Season	@ New Hartford (Red)	4:00 PM		Perry JH Gym	Dec 13, 2022 Departure Time: 2:45 PM	L
Dec 14, 2022	Wed	Practice	N/A	3:00 PM	4:30 PM	VVS Volleyball Gym		
Dec 15, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	VVS Main Gym (The Pit)		
Dec 16, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	VVS Volleyball Gym		
Dec 17, 2022	Sat	Practice	N/A	8:00 AM	10:00 AM	VVS Main Gym (The Pit)		
Dec 19, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	VVS Volleyball Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 20, 2022	Tue	Regular Season	@ Utica Proctor (DMS)	4:30 PM		Donovan Gym	Departure Date: Dec 20, 2022 Departure Time: 3:00 PM	L
Dec 21, 2022	Wed	Practice	N/A	3:00 PM	4:30 PM	VVS Volleyball Gym		
Dec 22, 2022	Thu	Regular Season	Rome Free Academy (Orange Team)	6:00 PM		VVS MS Gym		L
Dec 26, 2022	Mon	Practice	N/A	5:00 PM	7:00 PM	VVS Volleyball Gym		
Dec 29, 2022	Thu	Practice	N/A	10:00 AM	12:00 PM	VVS Volleyball Gym		
Dec 30, 2022	Fri	Practice	N/A	10:00 AM	12:00 PM	VVS Volleyball Gym		
Jan 2, 2023	Mon	Practice	N/A	3:00 PM	4:30 PM	VVS Volleyball Gym		
Jan 3, 2023	Tue	Regular Season	@ Holland Patent (Purple Team)	4:30 PM		HPE Gym	Departure Date: Jan 3, 2023 Departure Time: 2:45 PM	L
Jan 5, 2023	Thu	Practice	N/A	3:00 PM	4:30 PM	VVS Volleyball Gym		
Jan 6, 2023	Fri	Practice	N/A	3:00 PM	4:30 PM	VVS Volleyball Gym		
Jan 7, 2023	Sat	Regular Season	Camden (Blue 8th Grade)	2:00 PM	3:30 PM	VVS Main Gym (The Pit)		L
Jan 9, 2023	Mon	Practice	N/A	2:30 PM	4:30 PM	VVS Main Gym (The Pit)		
Jan 10, 2023	Tue	Regular Season	@ Whitesboro (Blue)	4:00 PM		Whitesboro Middle School Gym	Departure Date: Jan 10, 2023 Departure Time: 2:45 PM	L
Jan 11, 2023	Wed	Practice	N/A	2:30 PM	4:00 PM	VVS Main Gym (The Pit)		
Jan 12, 2023	Thu	Regular Season	@ Holland Patent (Gold Team)	5:30 PM		HPE Gym	Departure Date: Jan 12, 2023 Departure Time: 4:00 PM	L
Jan 13, 2023	Fri	Practice	N/A	3:00 PM	4:30 PM	VVS Main Gym (The Pit)		
Jan 14, 2023	Sat	Practice	N/A	10:00 AM	12:00 PM	VVS Volleyball Gym		
Jan 16, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	VVS Main Gym (The Pit)		
Jan 17, 2023	Tue	Regular Season	New Hartford (Blue)	4:30 PM	6:00 PM	VVS Main Gym (The Pit)		L
Jan 18, 2023	Wed	Practice	N/A	2:30 PM	4:00 PM	VVS Main Gym (The Pit)		
Jan 20, 2023	Fri	Practice	N/A	3:00 PM	4:30 PM	VVS Main Gym (The Pit)		
Jan 23, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	VVS Volleyball Gym		
Jan 24, 2023	Tue	Regular Season	@ Utica Proctor (JFK)	4:30 PM		JFK Gym	Departure Date: Jan 24, 2023 Departure Time: 3:00 PM	L
Jan 25, 2023	Wed	Practice	N/A	3:00 PM	4:30 PM	VVS MS Gym		

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 26, 2023	Thu	Regular Season	@ Oneida	4:30 PM		Shortell MS Gym	Departure Date: Jan 26, 2023 Departure Time: 3:30 PM	L
Jan 28, 2023	Sat	Practice	N/A	12:00 PM	2:00 PM	VVS Volleyball Gym		
Jan 30, 2023	Mon	Regular Season	Whitesboro (White)	4:30 PM	6:00 PM	VVS Main Gym (The Pit)		L
Jan 31, 2023	Tue	Regular Season	Notre Dame, Utica	4:30 PM	6:00 PM	VVS Main Gym (The Pit)		L
Feb 1, 2023	Wed	Practice	N/A	3:00 PM	4:30 PM	VVS Volleyball Gym		
Feb 2, 2023	Thu	Regular Season	Rome Free Academy (Black Team)	4:30 PM	6:00 PM	VVS Main Gym (The Pit)		L
Feb 3, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	VVS Main Gym (The Pit)		
Feb 4, 2023	Sat	Practice	N/A	10:00 AM	11:30 AM	VVS Main Gym (The Pit)		
Feb 6, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	VVS Volleyball Gym		
Feb 7, 2023	Tue	Regular Season	@ Whitesboro (White)	4:30 PM		Whitesboro Middle School Gym	Departure Date: Feb 7, 2023 Departure Time: 3:00 PM	L
Feb 16, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	VVS Volleyball Gym		

Date: 2025-12-20