## Vernon-Verona-Sherrill (B) V Volleyball

## **Coaches:**

• Alex Rose

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE TRANSPORTATION / NON- LEAGUE
Jul 3, 2023	Mon	Practice (OTA (All Levels))		4:00 PM	6:00 PM	VVS Volleyball Gym	
Jul 18, 2023	Tue	Practice (OTA (All Levels))		4:00 PM	6:00 PM	VVS MS Gym	
Jul 25, 2023	Tue	Practice (OTA (All Levels))		6:00 PM	8:00 PM	VVS MS Gym	
Aug 3, 2023	Thu	Practice (OTA (All Levels))		5:00 PM	7:00 PM	VVS MS Gym	
Aug 8, 2023	Tue	Practice (OTA (All Levels))		3:30 PM	5:30 PM	VVS MS Gym	
Aug 15, 2023	Tue	Practice (OTA (All Levels))		3:30 PM	5:30 PM	VVS MS Gym	
Aug 24, 2023	Thu	Practice (OTA (All Levels))	N/A	5:00 PM	7:00 PM	VVS MS Gym	
Aug 28, 2023	Mon	Practice (Grades 3-6 Volleyball Camp)	N/A	1:00 PM	3:00 PM	VVS MS Gym	
Aug 28, 2023	Mon	Practice (OTA (All Levels))	N/A	3:00 PM	5:00 PM	VVS MS Gym	
Aug 29, 2023	Tue	Practice (Grades 3-6 Volleyball Camp)	N/A	1:00 PM	3:00 PM	VVS MS Gym	
Aug 29, 2023	Tue	Practice (OTA (All Levels))	N/A	3:00 PM	5:00 PM	VVS MS Gym	
Aug 30, 2023	Wed	Practice (Grades 3-6 Volleyball Camp)	N/A	1:00 PM	3:00 PM	VVS MS Gym	
Aug 31, 2023	Thu	Practice (Grades 3-6 Volleyball Camp)	N/A	1:00 PM	3:00 PM	VVS MS Gym	
Aug 31, 2023	Thu	Practice (OTA (All Levels))		3:00 PM	5:00 PM	VVS MS Gym	
Sep 17, 2023	Sun	Practice (OTA (All Levels))		7:00 PM	9:00 PM	VVS Volleyball Gym	
Sep 24, 2023	Sun	Practice (OTA (All Levels))		7:00 PM	9:00 PM	VVS Volleyball Gym	
Oct 1, 2023	Sun	Practice (OTA (All Levels))		7:00 PM	9:00 PM	VVS Volleyball Gym	
Oct 8, 2023	Sun	Practice (OTA (All Levels))		4:30 PM	6:30 PM	VVS MS Gym	
POSTPONED Oct 15, 2023	Sun	Practice (OTA (All Levels))		7:00 PM	9:00 PM	VVS Volleyball Gym	
Oct 22, 2023	Sun	Practice (OTA (All Levels))		7:00 PM	9:00 PM	VVS Volleyball Gym	
Oct 26, 2023	Thu	Practice (OTA (All Levels))	N/A	7:00 PM	9:00 PM	VVS MS Gym	
Oct 29, 2023	Sun	Practice (Co-Ed Halloween Four's Tournament)		12:00 PM	4:00 PM	VVS MS Gym	
Nov 5, 2023	Sun	Practice (OTA (All Levels))		7:00 PM	9:00 PM	VVS MS Gym	
Nov 9, 2023	Thu	Practice (OTA (All Levels))	N/A	7:00 PM	9:00 PM	VVS MS Gym	

Latvals ()      Latvals () <thlatvals ()<="" th="">      Latvals ()      Latvals</thlatvals>	DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAG / NON LEAG
Lavels ()      Lavels ()      PM      PM      PM        Nov 25, 2023      Sat      Practice (Alumni Game)      N/A      1200      3200      VVS MS Gym	Nov 13, 2023	Mon		N/A			VVS MS Gym		
Nov 27, 2023      Safe      Game)      N/A      PM      PM      VVS MS Gym        Nov 27, 2023      Mon      Ortesite (Try- 0US MS Cym      N/A      7.00      9.00      VVS MS Gym	Nov 21, 2023	Tue	Practice (OTA (All Levels))	N/A			VVS MS Gym		
Nov 21, 2023      Null      Outs      NUA      PM      PM      Vita Mis Optim        28, 2023      Vita      Practice (Try- Outs)      N/A      500      700      VVS MS Gym	Nov 25, 2023	Sat	•	N/A			VVS MS Gym		
B8, 2023      ILB      Outs)      IVA      PM      PM      VVS MS Gym        Nov 29, 2023      Wed      Practice      N/A      500      800      VVS MS Gym	Nov 27, 2023	Mon		N/A			VVS MS Gym		
Nov 29, 2023      Weid      Practice      N/A      PM      PM      VW      VVS MS Gym        Nov 30, 2023      Thu      Practice      N/A      630      9.00      VVS MS Gym		Tue		N/A			VVS MS Gym		
NOV 30, 2023      Initio      Practice      N/A      PM      PM      VVS MS Gym        Dec 1, 2023      Fri      Practice      N/A      8:00      9:00      VVS MS Gym	Nov 29, 2023	Wed	Practice	N/A			VVS MS Gym		
Jeb I, 2023      Fn      Practice      N/A      PM      PM      PM      VIS MS Gym        Dec 2, 2023      Sat      Practice      N/A      500      8:00      11:00      VVS MS Gym	Nov 30, 2023	Thu	Practice	N/A			VVS MS Gym		
Jeb 2, 2023      Sale      Fractice      N/A      AM      AM      AM      VVS MIS Gym        Dec 4, 2023      Mon      Practice      N/A      PM      PM      PM      VVS Volleyball        Dec 5, 2023      Tue      Practice      N/A      PM      PM      PM      VVS Volleyball        Dec 6, 2023      Wed      Practice      N/A      PM      PM      Gym      VVS Volleyball        Dec 6, 2023      Tuu      Practice      N/A      PM      PM      Gym      VVS Volleyball        Dec 7, 2023      Tuu      Practice      N/A      PM      PM      VVS Volleyball        Dec 9, 2023      Sat      Practice      N/A      PM      PM      VVS MS Gym        Dec 11, 2023      Mon      Practice      N/A      PM      PM      VVS MS Gym        Dec 12, 2023      Tue      Practice      N/A      PM      PM      VVS MS Gym        Dec 14, 2023      Tu      Practice      N/A      PM      PM      PM      Stat      Stat      Central Valley Academy, Chrietango, Litt	Dec 1, 2023	Fri	Practice	N/A			VVS MS Gym		
Jee 4, 2023  Mon  Practice  N/A  PM  PM  VVS VMS vol sym    Dec 5, 2023  Tue  Practice  N/A  PM  PM  PM  Gym    Dec 6, 2023  Wed  Practice  N/A  PM  PM  Gym  VVS Volleyball    Dec 7, 2023  Thu  Practice  N/A  7:00  9:00  VVS Volleyball  PM    Dec 7, 2023  Thu  Practice  N/A  7:00  9:00  VVS Volleyball  PM    Dec 8, 2023  Fri  Practice  N/A  7:00  9:00  VVS Volleyball  PM    Dec 9, 2023  Sat  Practice  N/A  7:00  9:00  VVS MS Gym  PM    Dec 11, 2023  Mon  Practice  N/A  5:00  8:00  VVS MS Gym    Dec 12, 2023  Tue  Practice  N/A  5:00  8:00  VVS MS Gym    CANCELLED Dec 13, 2023  Tue  Practice  N/A  7:00  9:00  VVS MS Gym    Dec 14, 2023  Thu  Practice  N/A  7:00  9:00  VVS MS Gym    Dec 15, 2023  Fri  Practice  N/A  7:00  9:00  VVS MS Gym    Dec 16, 2023  Sat	Dec 2, 2023	Sat	Practice	N/A			VVS MS Gym		
JBC 5, 2023  TuB  Practice  N/A  PM  Gym  Gym    Dec 6, 2023  Wed  Practice  N/A  PM  Gym  VVS Volleyball    Dec 7, 2023  Thu  Practice  N/A  7:00  PM  Gym    Dec 7, 2023  Thu  Practice  N/A  7:00  PM  VVS Volleyball    Dec 8, 2023  Fri  Practice  N/A  7:00  9:00  VVS VSl SGym    Dec 9, 2023  Sat  Practice  N/A  7:00  9:00  VVS MS Gym    Dec 11, 2023  Mon  Practice  N/A  7:00  9:00  VVS MS Gym    Dec 12, 2023  Tue  Practice  N/A  PM  PM  VVS MS Gym    Dec 12, 2023  Tue  Practice  N/A  PM  PM  VVS MS Gym    Dec 12, 2023  Tue  Practice  N/A  PM  PM  VVS MS Gym    Dec 12, 2023  Thu  Practice  N/A  PM  PM  Gym    Dec 14, 2023  Thu  Practice  N/A  PM  PM  Gym    Dec 15, 2023  Fri  Practice  N/A  PM  PM  Gym    Dec 16, 2023  Sat  Sr/immage	Dec 4, 2023	Mon	Practice	N/A			VVS MS Gym		
Dec 6, 2023      Wed      Practice      N/A      PM      PM      Gym        Dec 7, 2023      Thu      Practice      N/A      PM      PM      Gym      VVS MS Gym        Dec 8, 2023      Fri      Practice      N/A      PM      PM      Gym      VVS VS MS Gym        Dec 8, 2023      Sat      Practice      N/A      PM      PM      Gym      VVS VS Volleyball        Dec 11, 2023      Mon      Practice      N/A      5:00      8:00      VVS MS Gym	Dec 5, 2023	Tue	Practice	N/A			-		
Dec 1, 2023  Thu  Practice  IVA  PM  PM  VVS W6 Gym    Dec 8, 2023  Fri  Practice  N/A  7:00 PM  9:00 PM  VVS MS Gym	Dec 6, 2023	Wed	Practice	N/A					
Jee 8, 2023FitPracticeN/APMPMGymGymDec 9, 2023SatPracticeN/A12:00 PM2:00 PMVVS MS Gym	Dec 7, 2023	Thu	Practice	N/A			VVS MS Gym		
Jace 9, 2023SaitPracticeIV/APMPMPMVVS MS GymDec 11, 2023MonPracticeN/A $\stackrel{5:00}{PM}$ $\stackrel{8:00}{PM}$ VVS MS Gym	Dec 8, 2023	Fri	Practice	N/A			-		
Jee 11, 2023MonPracticeN/APMPMVVS MS GymDec 12, 2023TuePracticeN/A $\begin{array}{c} 6:30 \\ PM \end{array} \end{array}$ $\begin{array}{c} 9:00 \\ PM \end{array}$ VVS MS Gym	Dec 9, 2023	Sat	Practice	N/A			VVS MS Gym		
Dec 12, 2023TuePracticeN/APMPMPMVVS MS GymCANCELLED Dec 13, 2023WedPracticeN/A7:00 PM9:00 PMVVS MS Gym	Dec 11, 2023	Mon	Practice	N/A			VVS MS Gym		
13, 2023    Wed    Practice    N/A    PM    PM    PM    VVS MS Gym      Dec 14, 2023    Thu    Practice    N/A    7:00    9:00    VVS Volleyball	Dec 12, 2023	Tue	Practice	N/A			VVS MS Gym		
Dec 14, 2023ThuPracticeN/APMPMGymDec 15, 2023FriPracticeN/A $\stackrel{6:00}{PM}$ $\stackrel{9:00}{PM}$ VVS MS GymDec 15, 2023FriPracticeN/A $\stackrel{6:00}{PM}$ $\stackrel{9:00}{PM}$ VVS MS GymDec 16, 2023SatScrimmage (Early Bird Scrimmage)Central Valley Academy, Oneida, Suquoit Valley, Catskill, Voorheesville, Mount Markham @ Canastota9:304:30Laidlaw Gym, Dimao GymDeparture Time: 8:00 AMNLDec 17, 2023SunPracticeN/A $\frac{12:00}{PM}$ $\frac{2:00}{PM}$ VVS VolleyballDeparture Time: 4:00 PMLDec 18, 2023MonScrimmage@ Oneida $\frac{7:30}{PM}$ $\frac{9:00}{PM}$ VVS VolleyballDeparture Time: 4:00 PMLDec 19, 2023TuePracticeN/A $\frac{4:30}{7:00}$ 7:00VVS VolleyballL	CANCELLED Dec 13, 2023	Wed	Practice	N/A			VVS MS Gym		
Dec 15, 2023PriPracticeN/APMPMPMVVS MS GymDec 16, 2023SatScrimmage (Early Bird Scrimmage)Central Valley Academy, Chittenango, Little Falls, Rome Free 	Dec 14, 2023	Thu	Practice	N/A					
Dec 16, 2023SatScrimmage (Early Bird Scrimmage)Academy, Chittenango, Little Falls, Rome Free Academy, Oneida, Utica Proctor, Westmoreland, Sauquoit Valley, Catskill, Voorheesville, Mount Markham @ Canastota9:30 AM4:30 PMLaidlaw Gym, Dimao GymDeparture Time: 8:00 AMNLDec 17, 2023SunPracticeN/A12:00 PM2:00 PMVVS Volleyball Gym	Dec 15, 2023	Fri	Practice	N/A			VVS MS Gym		
Dec 17, 2023  Sun  Practice  N/A  PM  PM  Gym    Dec 18, 2023  Mon  Scrimmage  @ Oneida  6:30 PM  57 Gym  Departure Time: 4:00 PM  L    POSTPONED Dec 18, 2023  Mon  Practice  N/A  7:30 PM  9:00 PM  VVS Volleyball    Dec 19, 2023  Tue  Practice  N/A  4:30  7:00  VVS Volleyball	Dec 16, 2023	Sat		Academy, Chittenango, Little Falls, Rome Free Academy, Oneida, Utica Proctor, Westmoreland, Sauquoit Valley, Catskill, Voorheesville, Mount Markham @					NL
Dec 18, 2023  Mon  Scrimmage  @ Oneida  PM  57 Gym  4:00 PM  L    POSTPONED Dec 18, 2023  Mon  Practice  N/A  7:30 PM  9:00  VVS Volleyball    Dec 19, 2023  Tue  Practice  N/A  4:30  7:00  VVS Volleyball	Dec 17, 2023	Sun	Practice	N/A					
18, 2023  PM  PM  Gym    Dec 19, 2023  Tue  Practice  N/A  4:30  7:00  VVS Volleyball	Dec 18, 2023	Mon	Scrimmage	@ Oneida			57 Gym		L
	POSTPONED Dec 18, 2023	Mon	Practice	N/A					
	Dec 19, 2023	Tue	Practice	N/A					

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
CANCELLED Dec 20, 2023	Wed	Practice (Split w/ JV)	N/A	7:30 PM	9:00 PM	VVS Volleyball Gym		
Dec 21, 2023	Thu	Practice	N/A	7:00 PM	9:00 PM	VVS MS Gym		
Dec 22, 2023	Fri	Practice	N/A	8:00 AM	10:00 AM	VVS MS Gym		
POSTPONED Dec 26, 2023	Tue	Practice	N/A	8:00 AM		VVS MS Gym		
Dec 27, 2023	Wed	Practice	N/A	8:00 AM		VVS MS Gym		
CANCELLED Dec 28, 2023	Thu	Practice (Split w/ JV)	N/A	10:00 AM	12:30 PM	VVS MS Gym		
Dec 28, 2023	Thu	Practice (Intersquad Scrimmage for Officials' Rating)	N/A	6:00 PM	9:00 PM	VVS MS Gym		
Dec 29, 2023	Fri	Practice	N/A	8:00 AM	10:00 AM	VVS MS Gym		
Dec 30, 2023	Sat	Regular Season 1-3 L	Utica Proctor	11:30 AM		VVS MS Gym		L
Jan 2, 2024	Tue	Practice	N/A	6:30 PM	9:00 PM	VVS MS Gym		
Jan 3, 2024	Wed	Practice	N/A	7:00 PM	9:00 PM	VVS MS Gym		
Jan 4, 2024	Thu	Regular Season 3-0 W	Cincinnatus	5:30 PM		VVS MS Gym		NL
Jan 5, 2024	Fri	Practice	N/A	7:00 PM	9:00 PM	VVS MS Gym		
Jan 6, 2024	Sat	Regular Season 3-0 W	@ Herkimer	2:00 PM		Elementary School Gym	Departure Time: 12:30 PM	NL
Jan 8, 2024	Mon	Practice	N/A	6:00 PM	9:00 PM	VVS Volleyball Gym		
Jan 10, 2024	Wed	Practice	N/A	6:30 PM	9:00 PM	VVS Volleyball Gym		
Jan 11, 2024	Thu	Practice	N/A	4:00 PM	6:00 PM	VVS Volleyball Gym		
Jan 12, 2024	Fri	Practice	N/A	6:00 PM	9:00 PM	VVS MS Gym		
Jan 13, 2024	Sat	Regular Season 3-1 W	@ Rome Free Academy	11:30 AM		Buddy Evans Gym (Strough MS)	Departure Time: 10:20 AM	L
Jan 15, 2024	Mon	Practice	N/A	5:00 PM	7:30 PM	VVS Volleyball Gym		
Jan 16, 2024	Tue	Practice	N/A	4:00 PM	6:30 PM	VVS Volleyball Gym		
Jan 17, 2024	Wed	Practice	N/A	7:30 PM	9:00 PM	VVS MS Gym		
Jan 18, 2024	Thu	Regular Season 0-3 L	Central Valley Academy	7:00 PM	8:30 PM	VVS MS Gym		L
Jan 19, 2024	Fri	Practice	N/A	6:30 PM	9:00 PM	VVS MS Gym		
Jan 20, 2024	Sat	Regular Season 0-3 L	@ Canastota	12:30 PM	2:00 PM	Laidlaw Gym	Departure Time: 10:00 AM	L
Jan 22, 2024	Mon	Practice	N/A	6:30 PM	9:00 PM	VVS Volleyball Gym		
Jan 23, 2024	Tue	Regular Season 3-0 W	Oneida	7:00 PM	8:30 PM	VVS MS Gym		L
Jan 24, 2024	Wed	Practice (Split w/ JV)	N/A	6:30 PM	9:00 PM	VVS MS Gym		

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	end Time	LOCATION	TRANSPORTATION	LEAGL / NON- LEAGL
Jan 25, 2024	Thu	Regular Season 0-3 L	Chittenango	7:00 PM	8:30 PM	VVS MS Gym		L
Jan 26, 2024	Fri	Practice	N/A	6:00 PM	9:00 PM	VVS MS Gym		
Jan 27, 2024	Sat	Regular Season 3-2 W	@ Utica Proctor	2:30 PM	4:00 PM	PHS Main Gym	Departure Time: 11:45 AM	L
Jan 29, 2024	Mon	Practice	N/A	6:00 PM	9:00 PM	VVS MS Gym		
Jan 30, 2024	Tue	Practice	N/A	6:00 PM	9:00 PM	VVS Volleyball Gym		
POSTPONED Jan 30, 2024	Tue	Regular Season	@ Mount Markham	7:00 PM		MS Big Gym	Departure Time: 5:30 PM	NL
Jan 31, 2024	Wed	Practice	N/A	6:00 PM	9:00 PM	VVS Volleyball Gym		
<sup>-</sup> eb 1, 2024	Thu	Regular Season 3-0 W	Westmoreland	7:00 PM		VVS MS Gym		NL
<sup>-</sup> eb 2, 2024	Fri	Practice	N/A	7:00 PM	9:00 PM	VVS MS Gym		
CANCELLED Feb 3, 2024	Sat	Practice	N/A	11:30 AM	2:00 PM	VVS MS Gym		
<sup>-</sup> eb 5, 2024	Mon	Practice	N/A	6:30 PM	9:00 PM	VVS MS Gym		
<sup>=</sup> eb 6, 2024	Tue	Regular Season 3-0 W	Rome Free Academy	7:00 PM	8:30 PM	VVS MS Gym		L
<sup>-</sup> eb 7, 2024	Wed	Practice	N/A	6:30 PM	9:00 PM	VVS MS Gym		
<sup>=</sup> eb 8, 2024	Thu	Regular Season 0-3 L	@ Central Valley Academy	7:30 PM	9:00 PM	Gregory B. Jarvis Middle School gym	<b>Departure Time:</b> 4:40 PM	L
Feb 9, 2024	Fri	Practice	N/A	3:00 PM	5:30 PM	VVS MS Gym		
Feb 10, 2024	Sat	Regular Season 3-0 W	Canastota	11:30 AM		VVS MS Gym		L
<sup>-</sup> eb 12, 2024	Mon	Practice (Stretch Session Before the Bus)	N/A	3:15 PM	4:15 PM	VVS MS Gym		
<sup>-</sup> eb 12, 2024	Mon	Regular Season 3-0 W	@ Oneida	7:00 PM	8:30 PM	Fariel Gym	Departure Time: 4:40 PM	L
<sup>-</sup> eb 13, 2024	Tue	Practice	N/A	6:30 PM	9:00 PM	VVS MS Gym		
CANCELLED Feb 14, 2024	Wed	Practice	N/A	6:30 PM	9:00 PM	VVS MS Gym		
<sup>-</sup> eb 14, 2024	Wed	Regular Season 1-3 L	Sauquoit Valley	7:00 PM		VVS MS Gym		NL
<sup>-</sup> eb 16, 2024	Fri	Practice	N/A	6:30 PM	9:00 PM	VVS MS Gym		
<sup>-</sup> eb 19, 2024	Mon	Practice	N/A	7:00 PM	9:00 PM	VVS MS Gym		
CANCELLED Feb 20, 2024	Tue	Practice	N/A	8:00 AM	11:00 AM	VVS MS Gym		
<sup>-</sup> eb 20, 2024	Tue	Regular Season 3-0 W	@ Little Falls	7:00 PM	7:00 PM	MS Gym	<b>Departure Time:</b> 4:00 PM	NL
<sup>-</sup> eb 21, 2024	Wed	Practice	N/A	8:00 AM	11:00 AM	VVS MS Gym		
CANCELLED Feb 22, 2024	Thu	Practice	N/A	8:00 AM	11:00 AM	VVS MS Gym		
- eb 22, 2024	Thu	Regular Season 0-3 L	@ Chittenango	4:00 PM		Chittenango HS- Large Gym	Departure Time: 2:45 PM	L

DATE	WEEK DAY	<sup>(</sup> ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Feb 23, 2024	Fri	Practice	N/A	8:00 AM	11:00 AM	VVS MS Gym		
Feb 24, 2024	Sat	Regular Season (End of Season Tournament)	Chittenango, Central Valley Academy, Little Falls, Oneida, Canastota, Utica Proctor, Rome Free Academy, Sauquoit Valley	9:00 AM		VVS MS Gym, VVS Main Gym (The Pit), VVS Volleyball Gym		L
Feb 26, 2024	Mon	Post-Season 3-0 W	Oneida	6:00 PM		VVS MS Gym		NL
Feb 27, 2024	Tue	Post-Season 1-3 L	@ Central Valley Academy	6:00 PM		Gregory B. Jarvis Middle School gym	<b>Departure Time:</b> 4:15 PM	L
May 3, 2024	Fri	Practice (OTA (All Levels))	N/A	5:15 PM	7:15 PM	VVS MS Gym		

Date: 2024-05-05