



# Vernon-Verona-Sherrill

## (B) V Volleyball

### Coaches:

- Alex Rose

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jul 2, 2022	Sat	Practice (OTA (All Levels))	N/A	9:00 AM	11:00 AM	VVS MS Gym		
Jul 5, 2022	Tue	Practice (OTA (All Levels))	N/A	5:00 PM	7:00 PM	VVS MS Gym		
Jul 27, 2022	Wed	Practice (OTA (All Levels))	N/A	4:30 PM	6:30 PM	VVS MS Gym		
Jul 29, 2022	Fri	Practice (OTA (All Levels))	N/A	3:00 PM	5:00 PM	VVS MS Gym		
Aug 4, 2022	Thu	Practice (OTA (All Levels))	N/A	5:30 PM	7:30 PM	VVS MS Gym		
Aug 8, 2022	Mon	Practice (K-2 Volleyball Camp)	N/A	8:00 AM	12:00 PM	VVS MS Gym		
Aug 8, 2022	Mon	Practice (Grades 3-6 Volleyball Camp)	N/A	12:00 PM	3:30 PM	VVS MS Gym		
Aug 9, 2022	Tue	Practice (K-2 Volleyball Camp)	N/A	8:00 AM	12:00 PM	VVS MS Gym		
Aug 9, 2022	Tue	Practice (Grades 3-6 Volleyball Camp)	N/A	12:00 PM	3:30 PM	VVS MS Gym		
Aug 10, 2022	Wed	Practice (K-2 Volleyball Camp)	N/A	8:00 AM	12:00 PM	VVS MS Gym		
Aug 10, 2022	Wed	Practice (Grades 3-6 Volleyball Camp)	N/A	12:00 PM	3:30 PM	VVS MS Gym		
Aug 11, 2022	Thu	Practice (K-2 Volleyball Camp)	N/A	8:00 AM	12:00 PM	VVS MS Gym		
Aug 11, 2022	Thu	Practice (Grades 3-6 Volleyball Camp)	N/A	12:00 PM	3:30 PM	VVS MS Gym		
Aug 17, 2022	Wed	Practice (OTA (All Levels))	N/A	3:30 PM	5:30 PM	VVS MS Gym		
Sep 1, 2022	Thu	Practice (OTA (All Levels))	N/A	3:15 PM	5:00 PM	VVS MS Gym		
Sep 11, 2022	Sun	Practice (OTA (All Levels))	N/A	7:00 PM	9:00 PM	VVS MS Gym		
POSTPONED Sep 18, 2022	Sun	Practice (OTA (All Levels))	N/A	7:00 PM	9:00 PM	VVS MS Gym		
Sep 21, 2022	Wed	Practice (OTA (All Levels))	N/A	7:00 PM	9:00 PM	VVS MS Gym		
Sep 25, 2022	Sun	Practice (OTA (All Levels))	N/A	7:00 PM	9:00 PM	VVS MS Gym		
Oct 2, 2022	Sun	Practice (OTA (All Levels))	N/A	7:00 PM	9:00 PM	VVS MS Gym		
POSTPONED Oct 5, 2022	Wed	Practice (OTA (All Levels))	N/A	7:00 PM	9:00 PM	VVS MS Gym		
Oct 12, 2022	Wed	Practice (OTA (All Levels))	N/A	7:00 PM	9:00 PM	VVS MS Gym		
Oct 16, 2022	Sun	Practice (OTA (All Levels))	N/A	7:00 PM	9:00 PM	VVS MS Gym		
Oct 20, 2022	Thu	Practice (OTA (All Levels))	N/A	7:30 PM	9:00 PM	VVS MS Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE	LEAGUE
Oct 23, 2022	Sun	Practice (OTA (All Levels))	N/A	7:00 PM	9:00 PM	VVS MS Gym		
Oct 30, 2022	Sun	Practice (Co-Ed Halloween Four's Tournament)	N/A	12:00 PM	4:00 PM	VVS MS Gym		
Nov 2, 2022	Wed	Practice (OTA (All Levels))	N/A	7:00 PM	9:00 PM	VVS MS Gym		
Nov 3, 2022	Thu	Practice (OTA (All Levels))	N/A	5:00 PM	7:00 PM	VVS MS Gym		
Nov 7, 2022	Mon	Practice (OTA (All Levels))	N/A	7:00 PM	9:00 PM	VVS MS Gym		
Nov 8, 2022	Tue	Practice (OTA (All Levels))	N/A	7:00 PM	9:00 PM	VVS MS Gym		
Nov 14, 2022	Mon	Practice (OTA (All Levels))	N/A	3:30 PM	5:30 PM	VVS MS Gym		
Nov 16, 2022	Wed	Practice (OTA (All Levels))	N/A	7:00 PM	9:00 PM	VVS MS Gym		
Nov 21, 2022	Mon	Practice (OTA (All Levels))	N/A	7:00 PM	9:00 PM	VVS Volleyball Gym		
Nov 28, 2022	Mon	Practice (Try-Outs)	N/A	7:00 PM	9:00 PM	VVS Volleyball Gym		
Nov 29, 2022	Tue	Practice (Try-Outs)	N/A	7:00 PM	9:00 PM	VVS MS Gym		
Nov 30, 2022	Wed	Practice (With JV)	N/A	4:30 PM	7:00 PM	VVS MS Gym		
Dec 1, 2022	Thu	Practice	N/A	7:30 PM	9:00 PM	VVS Volleyball Gym		
Dec 2, 2022	Fri	Practice (With JV)	N/A	6:30 PM	9:00 PM	VVS MS Gym		
Dec 3, 2022	Sat	Practice (With JV)	N/A	9:00 AM	11:00 AM	VVS MS Gym		
Dec 5, 2022	Mon	Practice	N/A	7:00 PM	9:00 PM	VVS MS Gym		
Dec 6, 2022	Tue	Practice (With JV)	N/A	6:30 PM	9:00 PM	VVS MS Gym		
Dec 7, 2022	Wed	Practice (With JV)	N/A	6:30 PM	9:00 PM	VVS MS Gym		
Dec 8, 2022	Thu	Practice	N/A	6:30 PM	9:00 PM	VVS MS Gym		
Dec 9, 2022	Fri	Practice (With JV)	N/A	6:30 PM	9:00 PM	VVS MS Gym		
Dec 10, 2022	Sat	Practice	N/A	8:00 AM	10:00 AM	VVS MS Gym		
Dec 10, 2022	Sat	Practice (Modified OTA)	N/A	10:15 AM	11:45 AM	VVS Volleyball Gym		
Dec 12, 2022	Mon	Practice (With JV)	N/A	6:30 PM	9:00 PM	VVS Volleyball Gym		
Dec 13, 2022	Tue	Practice (With JV)	N/A	4:30 PM	7:00 PM	VVS MS Gym		
Dec 14, 2022	Wed	Practice (With JV)	N/A	6:30 PM	9:00 PM	VVS MS Gym		
Dec 15, 2022	Thu	Practice (With JV)	N/A	4:30 PM	7:00 PM	VVS MS Gym		
Dec 16, 2022	Fri	Practice	N/A	6:00 PM	9:00 PM	VVS MS Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 17, 2022	Sat	Regular Season (Boys Varsity Tournament )	Central Valley Academy, Little Falls, Sauquoit Valley, Chittenango, Catskill, Rome Free Academy, Oneida, Mount Markham @ Canastota	9:00 AM		Laidlaw Gym, High School Gym	Departure Date: Dec 17, 2022 Departure Time: 8:20 AM	L
Dec 19, 2022	Mon	Practice	N/A	7:30 PM	9:00 PM	VVS Volleyball Gym		
Dec 20, 2022	Tue	Practice	N/A	7:00 PM	9:00 PM	VVS Volleyball Gym		
Dec 21, 2022	Wed	Practice	N/A	7:30 PM	9:00 PM	VVS MS Gym		
Dec 22, 2022	Thu	Practice	N/A	7:00 PM	9:00 PM	VVS Volleyball Gym		
Dec 23, 2022	Fri	Practice	N/A	8:00 AM	11:00 AM	VVS MS Gym		
Dec 26, 2022	Mon	Practice	N/A	10:00 AM	12:00 PM	VVS MS Gym		
Dec 27, 2022	Tue	Practice (Intersquad Scrimmage for Officials' Rating)	N/A	5:00 PM	9:00 PM	VVS MS Gym		
Dec 28, 2022	Wed	Practice	N/A	8:00 AM	10:00 AM	VVS MS Gym		
Dec 29, 2022	Thu	Practice	N/A	8:00 AM	10:00 AM	VVS MS Gym		
Dec 30, 2022	Fri	Practice	N/A	8:00 AM	10:00 AM	VVS MS Gym		
Jan 2, 2023	Mon	Practice	N/A	8:00 AM	10:00 AM	VVS MS Gym		
Jan 3, 2023	Tue	Regular Season 3-0 W	Little Falls	6:45 PM		VVS MS Gym		NL
Jan 4, 2023	Wed	Practice	N/A	3:00 PM	4:30 PM	VVS Volleyball Gym		
Jan 5, 2023	Thu	Practice	N/A	7:00 PM	9:00 PM	VVS MS Gym		
Jan 6, 2023	Fri	Practice (With JV)	N/A	6:00 PM	9:00 PM	VVS MS Gym		
CANCELLED Jan 7, 2023	Sat	Practice	N/A	8:00 AM	10:00 AM	VVS MS Gym		
Jan 7, 2023	Sat	Regular Season 3-1 W	Canastota	11:30 AM	1:00 PM	VVS MS Gym		L
Jan 9, 2023	Mon	Practice	N/A	6:30 PM	9:00 PM	VVS MS Gym		
CANCELLED Jan 10, 2023	Tue	Practice (If no Herkimer game)	N/A	6:30 PM	9:00 PM	VVS MS Gym		
Jan 10, 2023	Tue	Regular Season 3-0 W	Herkimer	7:00 PM		VVS MS Gym		L
Jan 11, 2023	Wed	Practice	N/A	6:00 PM	7:30 PM	VVS Volleyball Gym		
Jan 12, 2023	Thu	Regular Season 3-0 W	Rome Free Academy	6:45 PM	8:15 PM	VVS MS Gym		L
Jan 13, 2023	Fri	Practice	N/A	7:00 PM	9:00 PM	VVS MS Gym		
CANCELLED Jan 14, 2023	Sat	Practice	N/A	8:00 AM	10:00 AM	VVS MS Gym		

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Jan 14, 2023	Sat	Regular Season (Oneida Tournament)	Canastota, Central Valley Academy, Chittenango, Cincinnatus, Rome Free Academy, Greenville, Catskill, Herkimer @ Oneida	9:00 AM		Fariel Gym	Departure Date: Jan 14, 2023 Departure Time: 8:30 AM	NL
Jan 16, 2023	Mon	Regular Season 3-0 W	@ Cincinnatus	5:30 PM		Cincinnatus Gymnasium	Departure Date: Jan 16, 2023 Departure Time: 3:35 PM	NL
Jan 17, 2023	Tue	Practice	N/A	6:00 PM	9:00 PM	VVS MS Gym		
Jan 18, 2023	Wed	Practice (With JV)	N/A	6:00 PM	9:00 PM	VVS MS Gym		
Jan 20, 2023	Fri	Practice	N/A	6:30 PM	9:00 PM	VVS MS Gym		
Jan 21, 2023	Sat	Regular Season 0-3 L	Oneida	6:30 PM		VVS MS Gym		L
Jan 23, 2023	Mon	Practice	N/A	7:30 PM	9:00 PM	VVS Main Gym (The Pit)		
Jan 24, 2023	Tue	Regular Season 1-3 L	Chittenango	6:45 PM	8:15 PM	VVS MS Gym		L
Jan 25, 2023	Wed	Practice	N/A	7:30 PM	9:00 PM	VVS Volleyball Gym		
Jan 26, 2023	Thu	Regular Season 3-1 W	Canastota	8:00 PM	9:30 PM	VVS MS Gym		L
Jan 27, 2023	Fri	Practice	N/A	7:00 PM	9:00 PM	VVS Volleyball Gym		
Jan 28, 2023	Sat	Regular Season 3-1 W	@ Sauquoit Valley	1:00 PM		MS Gym	Departure Date: Jan 28, 2023 Departure Time: 11:50 AM	NL
CANCELLED Jan 30, 2023	Mon	Practice	N/A	7:00 PM	9:00 PM	VVS Volleyball Gym		
Jan 30, 2023	Mon	Regular Season 3-0 W	@ Westmoreland	7:00 PM		HS Gym	Departure Date: Jan 30, 2023 Departure Time: 6:10 PM	L
Jan 31, 2023	Tue	Regular Season 3-0 W	Mount Markham	7:00 PM		VVS MS Gym		NL
CANCELLED Feb 1, 2023	Wed	Practice	N/A	7:00 PM	9:00 PM	VVS MS Gym		
Feb 2, 2023	Thu	Practice	N/A	7:00 PM	9:00 PM	VVS MS Gym		
CANCELLED Feb 2, 2023	Thu	Regular Season	@ Westmoreland	7:00 PM		Upper Elem/MS Gym	Departure Date: Feb 2, 2023 Departure Time: 4:30 PM	L
Feb 3, 2023	Fri	Practice	N/A	6:30 PM	9:00 PM	VVS Volleyball Gym		
Feb 4, 2023	Sat	Regular Season 2-3 L	@ Rome Free Academy	10:00 AM		Buddy Evans Gym (Strough MS)	Departure Date: Feb 4, 2023 Departure Time: 8:50 AM	L
Feb 5, 2023	Sun	Practice	N/A	7:00 PM	9:00 PM	VVS Volleyball Gym		
CANCELLED Feb 6, 2023	Mon	Practice	N/A	5:00 PM	7:00 PM	VVS MS Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 6, 2023	Mon	Regular Season 3-1 W	@ Central Valley Academy	6:45 PM	8:15 PM	TBD	<b>Departure Date:</b> Jan 19, 2023 <b>Departure Time:</b> 5:20 PM	L
CANCELLED Feb 7, 2023	Tue	Practice	N/A	5:00 PM	7:00 PM	VVS MS Gym		
Feb 8, 2023	Wed	Practice	N/A	6:30 PM	9:00 PM	VVS MS Gym		
Feb 9, 2023	Thu	Practice (Senior Night Celebration)	N/A	4:45 PM	9:00 PM	VVS MS Cafe		
Feb 9, 2023	Thu	Regular Season 3-1 W	Central Valley Academy	6:45 PM	8:15 PM	VVS MS Gym		L
Feb 10, 2023	Fri	Practice	N/A	3:00 PM	5:30 PM	VVS MS Gym		
Feb 11, 2023	Sat	Regular Season 1-3 L	@ Oneida	12:30 PM		Fariel Gym		L
Feb 13, 2023	Mon	Practice	N/A	6:30 PM	9:00 PM	VVS MS Gym		
Feb 14, 2023	Tue	Regular Season 2-3 L	@ Chittenango	6:45 PM	8:15 PM	Chittenango HS- Large Gym	<b>Departure Date:</b> Feb 14, 2023 <b>Departure Time:</b> 4:15 PM	L
Feb 15, 2023	Wed	Practice	N/A	6:30 PM	9:00 PM	VVS MS Gym		
Feb 16, 2023	Thu	Regular Season 1-3 L	@ Canastota	6:45 PM	8:15 PM	Laidlaw Gym	<b>Departure Date:</b> Feb 16, 2023 <b>Departure Time:</b> 4:30 PM	L
Feb 17, 2023	Fri	Practice	N/A	6:30 PM	9:00 PM	VVS MS Gym		
CANCELLED Feb 18, 2023	Sat	Practice	N/A	8:00 AM	10:00 AM	VVS MS Gym		
CANCELLED Feb 20, 2023	Mon	Practice	N/A	7:00 PM	9:00 PM	VVS MS Gym		
Feb 21, 2023	Tue	Practice	N/A	7:00 PM	9:00 PM	VVS MS Gym		
Feb 22, 2023	Wed	Practice	N/A	8:00 AM	10:00 AM	VVS MS Gym		
Feb 23, 2023	Thu	Practice	N/A	8:00 AM	10:00 AM	VVS MS Gym		
Feb 24, 2023	Fri	Practice	N/A	8:00 AM	10:00 AM	VVS MS Gym		
Feb 25, 2023	Sat	Regular Season (End of Season Varsity Tournament)	Oneida, Canastota, Little Falls, Chittenango, Rome Free Academy, Sauquoit Valley	9:00 AM	4:00 PM	VVS MS Gym, VVS Main Gym (The Pit), VVS Volleyball Gym		NL
Feb 27, 2023	Mon	Practice	N/A	6:30 PM	9:00 PM	VVS MS Gym		
Mar 1, 2023	Wed	Post-Season 0-3 L	@ Oneida	5:30 PM		Fariel Gym	<b>Departure Date:</b> Feb 28, 2023 <b>Departure Time:</b> 5:00 PM	NL
Apr 7, 2023	Fri	Practice (OTA (All Levels))	N/A	7:00 PM	9:00 PM	VVS MS Gym		
Apr 14, 2023	Fri	Practice (OTA (All Levels))	N/A	7:00 PM	9:00 PM	VVS MS Gym		
Apr 21, 2023	Fri	Practice (OTA (All Levels))	N/A	7:00 PM	9:00 PM	VVS MS Gym		

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Apr 29, 2023	Sat	Practice (OTA (All Levels))	N/A	7:00 PM	9:00 PM	VVS Volleyball Gym		
POSTPONED May 7, 2023	Sun	Practice (OTA (All Levels))	N/A	5:00 PM	7:00 PM	VVS MS Gym		
May 12, 2023	Fri	Practice (OTA (All Levels))	N/A	5:15 PM	7:15 PM	VVS MS Gym		
May 20, 2023	Sat	Practice (OTA (All Levels))	N/A	7:00 PM	9:00 PM	VVS Volleyball Gym		
May 30, 2023	Tue	Practice (OTA (All Levels))	N/A	3:45 PM	5:30 PM	VVS MS Gym		
Jun 2, 2023	Fri	Practice (OTA (All Levels))	N/A	3:45 PM	5:30 PM	VVS MS Gym		
Jun 6, 2023	Tue	Practice (OTA (All Levels))	N/A	6:00 PM	8:00 PM	VVS MS Gym		
Jun 13, 2023	Tue	Practice (OTA (All Levels))	N/A	4:00 PM	6:00 PM	VVS MS Gym		
Jun 19, 2023	Mon	Practice (Mini-Hoop Basketball Tournament)	N/A	10:00 AM	12:00 PM	Sherrill Elementary		
Jun 27, 2023	Tue	Practice (OTA (All Levels))	N/A	4:00 PM	6:00 PM	VVS MS Gym		

Date: 2026-01-04