



# Vernon-Verona-Sherrill

## (B) V Volleyball

### Coaches:

- Alex Rose

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jul 3, 2023	Mon	Practice (OTA (All Levels))	N/A	4:00 PM	6:00 PM	VVS Volleyball Gym		
Jul 18, 2023	Tue	Practice (OTA (All Levels))	N/A	4:00 PM	6:00 PM	VVS MS Gym		
Jul 25, 2023	Tue	Practice (OTA (All Levels))	N/A	8:00 AM	10:00 AM	VVS MS Gym		
Aug 3, 2023	Thu	Practice (OTA (All Levels))	N/A	5:00 PM	7:00 PM	VVS MS Gym		
Aug 8, 2023	Tue	Practice (OTA (All Levels))	N/A	3:30 PM	5:30 PM	VVS MS Gym		
Aug 15, 2023	Tue	Practice (OTA (All Levels))	N/A	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))	N/A	3:00 PM	5:00 PM	VVS MS Gym		
Sep 17, 2023	Sun	Practice (OTA (All Levels))	N/A	7:00 PM	9:00 PM	VVS Volleyball Gym		
Sep 24, 2023	Sun	Practice (OTA (All Levels))	N/A	7:00 PM	9:00 PM	VVS Volleyball Gym		
Oct 1, 2023	Sun	Practice (OTA (All Levels))	N/A	7:00 PM	9:00 PM	VVS Volleyball Gym		
Oct 8, 2023	Sun	Practice (OTA (All Levels))	N/A	4:30 PM	6:30 PM	VVS MS Gym		
POSTPONED Oct 15, 2023	Sun	Practice (OTA (All Levels))	N/A	7:00 PM	9:00 PM	VVS Volleyball Gym		
Oct 22, 2023	Sun	Practice (OTA (All Levels))	N/A	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)	N/A	12:00 PM	4:00 PM	VVS MS Gym		
Nov 5, 2023	Sun	Practice (OTA (All Levels))	N/A	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		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 13, 2023	Mon	Practice (OTA (All Levels))	N/A	7:00 PM	9:00 PM	VVS MS Gym		
Nov 21, 2023	Tue	Practice (OTA (All Levels))	N/A	7:00 PM	9:00 PM	VVS MS Gym		
Nov 25, 2023	Sat	Practice (Alumni Game)	N/A	12:00 PM	3:00 PM	VVS MS Gym		
Nov 27, 2023	Mon	Practice (Try-Outs)	N/A	7:00 PM	9:00 PM	VVS MS Gym		
POSTPONED Nov 28, 2023	Tue	Practice (Try-Outs)	N/A	7:00 PM	9:00 PM	VVS MS Gym		
Nov 29, 2023	Wed	Practice	N/A	5:00 PM	7:00 PM	VVS MS Gym		
Nov 30, 2023	Thu	Practice	N/A	5:00 PM	8:00 PM	VVS MS Gym		
Dec 1, 2023	Fri	Practice	N/A	6:30 PM	9:00 PM	VVS MS Gym		
Dec 2, 2023	Sat	Practice	N/A	8:00 AM	11:00 AM	VVS MS Gym		
Dec 4, 2023	Mon	Practice	N/A	5:00 PM	8:00 PM	VVS MS Gym		
Dec 5, 2023	Tue	Practice	N/A	7:00 PM	9:00 PM	VVS Volleyball Gym		
Dec 6, 2023	Wed	Practice	N/A	6:30 PM	9:00 PM	VVS Volleyball Gym		
Dec 7, 2023	Thu	Practice	N/A	7:00 PM	9:00 PM	VVS MS Gym		
Dec 8, 2023	Fri	Practice	N/A	7:00 PM	9:00 PM	VVS Volleyball Gym		
Dec 9, 2023	Sat	Practice	N/A	12:00 PM	2:00 PM	VVS MS Gym		
Dec 11, 2023	Mon	Practice	N/A	5:00 PM	8:00 PM	VVS MS Gym		
Dec 12, 2023	Tue	Practice	N/A	6:30 PM	9:00 PM	VVS MS Gym		
CANCELLED Dec 13, 2023	Wed	Practice	N/A	7:00 PM	9:00 PM	VVS MS Gym		
Dec 14, 2023	Thu	Practice	N/A	7:00 PM	9:00 PM	VVS Volleyball Gym		
Dec 15, 2023	Fri	Practice	N/A	6:00 PM	9:00 PM	VVS MS Gym		
Dec 16, 2023	Sat	Scrimmage (Early Bird Scrimmage)	Central Valley Academy, Chittenango, Little Falls, Rome Free Academy, Oneida, Utica Proctor, Westmoreland, Sauquoit Valley, Catskill, Voorheesville, Mount Markham @ Canastota	9:30 AM	4:30 PM	Laidlaw Gym, High School Gym	Departure Time: 8:00 AM	NL
Dec 17, 2023	Sun	Practice	N/A	12:00 PM	2:00 PM	VVS Volleyball 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 Gym		
Dec 19, 2023	Tue	Practice	N/A	4:30 PM	7:00 PM	VVS Volleyball Gym		

DATE	WEEK DAY	TYPE	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	10:30 AM	VVS MS Gym		
Dec 27, 2023	Wed	Practice	N/A	8:00 AM	10:00 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	Cincinnati	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	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
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		
Feb 1, 2024	Thu	Regular Season 3-0 W	Westmoreland	7:00 PM		VVS MS Gym		NL
Feb 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		
Feb 5, 2024	Mon	Practice	N/A	6:30 PM	9:00 PM	VVS MS Gym		
Feb 6, 2024	Tue	Regular Season 3-0 W	Rome Free Academy	7:00 PM	8:30 PM	VVS MS Gym		L
Feb 7, 2024	Wed	Practice	N/A	6:30 PM	9:00 PM	VVS MS Gym		
Feb 8, 2024	Thu	Regular Season 0-3 L	@ Central Valley Academy	7:30 PM	9:00 PM	Gregory B. Jarvis Middle School gym	Departure Time: 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
Feb 12, 2024	Mon	Practice (Stretch Session Before the Bus)	N/A	3:15 PM	4:15 PM	VVS MS Gym		
Feb 12, 2024	Mon	Regular Season 3-0 W	@ Oneida	7:00 PM	8:30 PM	Fariel Gym	Departure Time: 4:40 PM	L
Feb 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		
Feb 14, 2024	Wed	Regular Season 1-3 L	Sauquoit Valley	7:00 PM		VVS MS Gym		NL
Feb 16, 2024	Fri	Practice	N/A	6:30 PM	9:00 PM	VVS MS Gym		
Feb 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		
Feb 20, 2024	Tue	Regular Season 3-0 W	@ Little Falls	7:00 PM	7:00 PM	MS Gym	Departure Time: 4:00 PM	NL
Feb 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		
Feb 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	TYPE	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	Departure Time: 4:15 PM	L
May 3, 2024	Fri	Practice (OTA (All Levels))	N/A	5:15 PM	7:15 PM	VVS MS Gym		
May 9, 2024	Thu	Practice (OTA (All Levels))	N/A	5:30 PM	7:30 PM	VVS MS Gym		
May 17, 2024	Fri	Practice (OTA (All Levels))	N/A	3:30 PM	5:30 PM	VVS MS Gym		
May 21, 2024	Tue	Practice (OTA (All Levels))	N/A	7:00 PM	9:00 PM	VVS MS Gym		
May 29, 2024	Wed	Practice (OTA (All Levels))	N/A	7:00 PM	9:00 PM	VVS MS Gym		
Jun 4, 2024	Tue	Practice (OTA (All Levels))	N/A	5:00 PM	7:00 PM	VVS MS Gym		
Jun 11, 2024	Tue	Practice (OTA (All Levels))	N/A	7:30 PM	9:00 PM	VVS MS Gym		
POSTPONED Jun 18, 2024	Tue	Practice (OTA (All Levels))	N/A	5:00 PM	7:00 PM	VVS MS Gym		
Jun 23, 2024	Sun	Practice (OTA (All Levels))	N/A	8:00 AM	10:00 AM	VVS MS Gym		
Jun 25, 2024	Tue	Practice (OTA (All Levels))	N/A	8:00 AM	10:00 AM	VVS MS Gym		
CANCELLED Jun 27, 2024	Thu	Practice (OTA (All Levels))	N/A	4:00 PM	6:00 PM	VVS MS Gym		

Date: 2025-12-22