



# Vernon-Verona-Sherrill

## (G) JV Volleyball

### Coaches:

- Katie Fortier

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE	LEAGUE
Aug 30, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	VVS MS Gym		
Sep 11, 2023	Mon	Practice (Meet at the Middle School Side Doors, be ready to warm up by 6:10 AM)	N/A	6:05 AM	7:00 AM	Middle School Weight Room		
Sep 13, 2023	Wed	Practice	N/A	4:00 PM	5:00 PM	Middle School Weight Room		
Sep 13, 2023	Wed	Practice (Volleyball Open Gym 9-12)	N/A	5:15 PM	7:00 PM	VVS MS Gym		
Sep 15, 2023	Fri	Practice (Meet at the Middle School Side Doors, be ready to warm up by 6:10 AM)	N/A	6:05 AM	7:00 AM	Middle School Weight Room		
Sep 18, 2023	Mon	Practice (Meet at the Middle School Side Doors, be ready to warm up by 6:10 AM)	N/A	6:05 AM	7:00 AM	Middle School Weight Room		
Sep 22, 2023	Fri	Practice (Meet at the Middle School Side Doors, be ready to warm up by 6:10 AM)	N/A	6:05 AM	7:00 AM	Middle School Weight Room		
Sep 25, 2023	Mon	Practice (Meet at the Middle School Side Doors, be ready to warm up by 6:10 AM)	N/A	6:05 AM	7:00 AM	Middle School Weight Room		
Sep 27, 2023	Wed	Practice	N/A	4:00 PM	5:00 PM	Middle School Weight Room		
Sep 27, 2023	Wed	Practice (Volleyball Open Gym 9-12)	N/A	5:15 PM	7:00 PM	VVS MS Gym		
Sep 29, 2023	Fri	Practice (Meet at the Middle School Side Doors, be ready to warm up by 6:10 AM)	N/A	6:05 AM	7:00 AM	Middle School Weight Room		
Oct 2, 2023	Mon	Practice (Meet at the Middle School Side Doors, be ready to warm up by 6:10 AM)	N/A	6:05 AM	7:00 AM	Middle School Weight Room		
Oct 4, 2023	Wed	Practice	N/A	4:00 PM	5:00 PM	Middle School Weight Room		
Oct 4, 2023	Wed	Practice (Volleyball Open Gym 9-12)	N/A	5:15 PM	7:00 PM	VVS MS Gym		
Oct 6, 2023	Fri	Practice (Meet at the Middle School Side Doors, be ready to warm up by 6:10 AM)	N/A	6:05 AM	7:00 AM	Middle School Weight Room		
Oct 11, 2023	Wed	Practice	N/A	4:00 PM	5:00 PM	Middle School Weight Room		
Oct 11, 2023	Wed	Practice (Volleyball Open Gym 9-12)	N/A	5:15 PM	7:00 PM	VVS MS Gym		
Oct 13, 2023	Fri	Practice (Meet at the Middle School Side Doors, be ready to warm up by 6:10 AM)	N/A	6:05 AM	7:00 AM	Middle School Weight Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE	LEAGUE
Oct 16, 2023	Mon	Practice (Meet at the Middle School Side Doors, be ready to warm up by 6:10 AM)	N/A	6:05 AM	7:00 AM	Middle School Weight Room		
Oct 20, 2023	Fri	Practice (Meet at the Middle School Side Doors, be ready to warm up by 6:10 AM)	N/A	6:05 AM	7:00 AM	Middle School Weight Room		
Oct 23, 2023	Mon	Practice (Meet at the Middle School Side Doors, be ready to warm up by 6:10 AM)	N/A	6:05 AM	7:00 AM	Middle School Weight Room		
Oct 25, 2023	Wed	Practice (Volleyball Open Gym 3-5 PM (grades 7&8) 5-7 PM (grades 9-12))	N/A	3:00 PM	7:00 PM	VVS MS Gym		
Oct 27, 2023	Fri	Practice (Meet at the Middle School Side Doors, be ready to warm up by 6:10 AM)	N/A	6:05 AM	7:00 AM	Middle School Weight Room		
Nov 1, 2023	Wed	Practice (Volleyball Open Gym (grades 7&8))	N/A	3:00 PM	5:00 PM	VVS MS Gym		
Nov 1, 2023	Wed	Practice (Volleyball Open Gym (grades 9-12))	N/A	5:00 PM	7:00 PM	VVS MS Gym		
Nov 7, 2023	Tue	Practice (7-12 OTA and Pre-Season Parent Player Meeting for all athletes (mandatory: 6:30-7:00 PM))	N/A	5:00 PM	7:00 PM	VVS MS Gym		
Nov 13, 2023	Mon	Practice (JV & V Tryouts )	N/A	4:00 PM	6:00 PM	VVS MS Gym		
Nov 14, 2023	Tue	Practice (JV & V Tryouts )	N/A	4:00 PM	6:00 PM	VVS MS Gym		
Nov 15, 2023	Wed	Practice (JV & V Tryouts )	N/A	4:00 PM	6:00 PM	VVS MS Gym		
Nov 16, 2023	Thu	Practice	N/A	2:30 PM	5:00 PM	VVS MS Gym		
Nov 17, 2023	Fri	Practice (**this accidentally was scheduled for 2:30 originally )	N/A	3:00 PM	5:00 PM	VVS MS Gym		
Nov 18, 2023	Sat	Practice	N/A	8:00 AM	10:00 AM	VVS MS Gym		
Nov 20, 2023	Mon	Practice	N/A	7:00 PM	9:00 PM	VVS MS Gym		
Nov 21, 2023	Tue	Practice	N/A	5:00 PM	6:30 PM	VVS MS Gym		
Nov 24, 2023	Fri	Practice	N/A	6:30 PM	8:00 PM	VVS MS Gym		
Nov 27, 2023	Mon	Practice	N/A	5:00 PM	7:00 PM	VVS MS Gym		
Nov 28, 2023	Tue	Practice	N/A	5:00 PM	7:00 PM	VVS MS Gym		
Nov 29, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	VVS MS Gym		
Dec 1, 2023	Fri	Practice	N/A	5:00 PM	6:30 PM	VVS MS Gym		
Dec 5, 2023	Tue	Practice	N/A	5:00 PM	7:00 PM	VVS MS Gym		
Dec 6, 2023	Wed	Practice	N/A	2:30 PM	4:00 PM	VVS MS Gym		
Dec 8, 2023	Fri	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
Dec 10, 2023	Sun	Practice	N/A	11:00 AM	1:00 PM	VVS MS Gym		
Dec 12, 2023	Tue	Practice	N/A	4:30 PM	6:30 PM	VVS MS Gym		
Dec 13, 2023	Wed	Practice	N/A	2:30 PM	4:00 PM	VVS MS Gym		
Dec 14, 2023	Thu	Regular Season	Rome Free Academy	6:00 PM	7:00 PM	VVS MS Gym		L
Dec 17, 2023	Sun	Practice	N/A	2:00 PM	4:00 PM	VVS MS Gym		
Dec 18, 2023	Mon	Regular Season	Holland Patent	6:00 PM		VVS MS Gym		L
Dec 19, 2023	Tue	Practice	N/A	2:30 PM	4:00 PM	VVS MS Gym		
Dec 20, 2023	Wed	Regular Season	Stockbridge Valley	6:00 PM		VVS MS Gym		NL
Dec 21, 2023	Thu	Practice	N/A	4:00 PM	5:30 PM	VVS MS Gym		
Dec 27, 2023	Wed	Practice	N/A	12:00 PM	2:00 PM	VVS MS Gym		
Dec 28, 2023	Thu	Practice	N/A	8:00 AM	9:30 AM	VVS MS Gym		
Dec 29, 2023	Fri	Practice	N/A	10:00 AM	12:00 PM	VVS MS Gym		
Dec 30, 2023	Sat	Practice	N/A	7:30 AM	9:00 AM	VVS MS Gym		
Jan 2, 2024	Tue	Practice	N/A	4:30 PM	6:30 PM	VVS MS Gym		
Jan 3, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	VVS MS Gym		
Jan 5, 2024	Fri	Practice	N/A	4:00 PM	5:30 PM	VVS MS Gym		
Jan 7, 2024	Sun	Practice	N/A	8:30 AM	10:00 AM	VVS MS Gym		
Jan 8, 2024	Mon	Regular Season	New Hartford	5:30 PM	6:30 PM	VVS Volleyball Gym		L
POSTPONED Jan 9, 2024	Tue	Practice	N/A	6:30 PM	8:00 PM	VVS Volleyball Gym		
Jan 10, 2024	Wed	Practice	N/A	6:00 PM	8:00 PM	VVS MS Gym		
Jan 11, 2024	Thu	Regular Season	Oneida	5:30 PM	6:30 PM	VVS MS Gym		L
Jan 12, 2024	Fri	Practice	N/A	5:00 PM	7:00 PM	VVS MS Gym		
Jan 15, 2024	Mon	Practice	N/A	5:00 PM	7:00 PM	VVS MS Gym		
Jan 16, 2024	Tue	Regular Season 0-3 L	Whitesboro	5:30 PM		VVS MS Gym		NL
Jan 17, 2024	Wed	Practice	N/A	6:00 PM	7:30 PM	VVS MS Gym		
Jan 18, 2024	Thu	Practice	N/A	3:00 PM	4:30 PM	VVS MS Gym		
POSTPONED Jan 18, 2024	Thu	Regular Season	Central Valley Academy	5:30 PM	6:30 PM	VVS Volleyball Gym		L
Jan 19, 2024	Fri	Practice	N/A	5:00 PM	6:30 PM	VVS MS Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 20, 2024	Sat	Regular Season	South Jefferson	11:00 AM		VVS MS Gym		NL
Jan 22, 2024	Mon	Regular Season	Camden	6:00 PM		VVS MS Gym		L
Jan 23, 2024	Tue	Practice	N/A	3:00 PM	4:30 PM	VVS Volleyball Gym		
Jan 24, 2024	Wed	Practice	N/A	2:30 PM		VVS MS Gym		
Jan 28, 2024	Sun	Practice	N/A	10:00 AM	12:00 PM	VVS MS Gym		
Jan 30, 2024	Tue	Practice	N/A	3:00 PM	4:30 PM	VVS Volleyball Gym		
Jan 31, 2024	Wed	Practice	N/A	6:00 PM	8:00 PM	VVS MS Gym		
Feb 2, 2024	Fri	Practice (Mandatory Assembly for Athletes & Coaches)	N/A	2:30 PM	3:00 PM	VVS Auditorium		

Date: 2024-04-23