



Westmoreland (G) V Basketball

Coaches:

- Jessica Medicis, Head Coach

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|---------------------|--------------------|------------|----------|-------------------|----------------|---------------------|
| Nov 13, 2023 | Mon | Practice (Practice) | N/A | 3:30 PM | 5:30 PM | Upper Elem/MS Gym | | |
| Nov 14, 2023 | Tue | Practice (Practice) | N/A | 3:30 PM | 5:30 PM | HS Gym | | |
| Nov 15, 2023 | Wed | Practice (Practice) | N/A | 3:30 PM | 5:30 PM | HS Gym | | |
| Nov 16, 2023 | Thu | Practice (Practice) | N/A | 6:00 AM | 7:30 AM | HS Gym | | |
| Nov 19, 2023 | Sun | Practice (Practice) | N/A | 6:00 PM | 8:00 PM | HS Gym | | |
| Nov 20, 2023 | Mon | Practice (Practice) | N/A | 4:00 PM | 5:30 PM | Upper Elem/MS Gym | | |
| Nov 21, 2023 | Tue | Practice | N/A | 5:30 PM | | HS Gym | | |
| Nov 22, 2023 | Wed | Practice (Practice) | N/A | 9:00 AM | 11:00 AM | HS Gym | | |
| Nov 24, 2023 | Fri | Practice (Practice) | N/A | 8:00 AM | 10:00 AM | HS Gym | | |
| Nov 26, 2023 | Sun | Practice (Practice) | N/A | 6:00 PM | 8:00 PM | HS Gym | | |
| Nov 28, 2023 | Tue | Practice (Practice) | N/A | 6:00 AM | 7:30 AM | HS Gym | | |
| Nov 29, 2023 | Wed | Scrimmage | Oneida | 6:30 PM | | HS Gym | | L |
| Nov 30, 2023 | Thu | Practice (Practice) | N/A | 2:30 PM | 4:45 PM | HS Gym | | |
| Dec 3, 2023 | Sun | Practice (Practice) | N/A | 2:00 PM | 4:00 PM | HS Gym | | |
| Dec 4, 2023 | Mon | Practice (Practice) | N/A | 4:00 PM | 6:00 PM | Upper Elem/MS Gym | | |
| Dec 5, 2023 | Tue | Regular Season | Waterville | 7:00 PM | | HS Gym | | NL |
| Dec 6, 2023 | Wed | Practice (Practice) | N/A | 7:00 PM | 9:00 PM | Upper Elem/MS Gym | | |
| Dec 7, 2023 | Thu | Practice (Practice) | N/A | 4:00 PM | 5:30 PM | HS Gym | | |
| Dec 8, 2023 | Fri | Regular Season | Poland | 7:00 PM | 8:30 PM | HS Gym | | L |
| Dec 11, 2023 | Mon | Practice (Practice) | N/A | 3:30 PM | 5:30 PM | HS Gym | | |
| Dec 12, 2023 | Tue | Practice (Practice) | N/A | 6:00 AM | 7:30 AM | HS Gym | | |
| Dec 13, 2023 | Wed | Practice (Practice) | N/A | 6:00 AM | 7:30 AM | HS Gym | | |
| Dec 14, 2023 | Thu | Practice (Practice) | N/A | 3:45 PM | 4:45 PM | HS Gym | | |
| Dec 15, 2023 | Fri | Regular Season | West Canada Valley | 7:00 PM | 8:30 PM | HS Gym | | L |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|--|--------------------------------|------------|----------|-------------------|--|---------------------|
| Dec 17, 2023 | Sun | Practice (Practice) | N/A | 12:00 PM | 2:00 PM | HS Gym | | |
| Dec 18, 2023 | Mon | Practice (Practice) | N/A | 4:00 PM | 6:00 PM | Upper Elem/MS Gym | | |
| Dec 20, 2023 | Wed | Practice (Practice) | N/A | 4:00 PM | 5:30 PM | Upper Elem/MS Gym | | |
| Dec 21, 2023 | Thu | Practice (Practice) | N/A | 6:00 AM | 7:30 AM | HS Gym | | |
| Dec 26, 2023 | Tue | Practice (Practice) | N/A | 9:00 AM | 11:00 AM | HS Gym | | |
| Dec 27, 2023 | Wed | Practice (Practice) | N/A | 9:00 AM | 11:00 AM | HS Gym | | |
| Dec 28, 2023 | Thu | Practice (Practice) | N/A | 9:00 AM | 11:00 AM | HS Gym | | |
| Dec 29, 2023 | Fri | Regular Season (2023 Miner Reality BB Invitational) | Herkimer, Rome Free Academy | 7:00 PM | | RFA Main Gym | | NL |
| Dec 30, 2023 | Sat | Regular Season (2023 Miner Reality BB Invitational) | Sandy Creek, Rome Free Academy | 12:00 PM | | RFA Main Gym | | NL |
| Jan 3, 2024 | Wed | Practice | N/A | 4:00 PM | 5:30 PM | Upper Elem/MS Gym | | |
| Jan 4, 2024 | Thu | Practice | N/A | 6:00 AM | 7:30 AM | HS Gym | | |
| Jan 6, 2024 | Sat | Practice | N/A | 7:30 AM | 9:30 AM | HS Gym | | |
| Jan 7, 2024 | Sun | Practice | N/A | 12:00 PM | 2:00 PM | HS Gym | | |
| Jan 8, 2024 | Mon | Regular Season | Dolgeville | 7:00 PM | 8:30 PM | HS Gym | Departure Date: Jan 8, 2024 Departure Time: 5:45 PM | L |
| Jan 9, 2024 | Tue | Practice | N/A | 4:30 PM | | HS Gym | | |
| Jan 10, 2024 | Wed | Practice | N/A | 7:00 PM | 9:00 PM | HS Gym | | |
| Jan 11, 2024 | Thu | Regular Season | Hamilton | 7:00 PM | | HS Gym | | NL |
| Jan 13, 2024 | Sat | Practice | N/A | 7:30 AM | 9:30 AM | HS Gym | | |
| Jan 14, 2024 | Sun | Practice | N/A | 12:00 PM | 2:00 PM | HS Gym | | |
| Jan 15, 2024 | Mon | Practice | N/A | 11:00 AM | 1:00 PM | HS Gym | | |
| Jan 15, 2024 | Mon | Practice | N/A | TBD | | HS Gym | | |
| Jan 17, 2024 | Wed | Practice | N/A | 5:30 PM | 7:30 PM | Upper Elem/MS Gym | | |
| Jan 22, 2024 | Mon | Practice | N/A | 4:30 PM | 5:30 PM | HS Gym | | |
| Jan 24, 2024 | Wed | Practice | N/A | 4:30 PM | 5:30 PM | HS Gym | | |
| Jan 25, 2024 | Thu | Practice | N/A | 4:00 PM | 6:00 PM | HS Gym | | |
| Jan 28, 2024 | Sun | Practice | N/A | 12:00 PM | 2:00 PM | HS Gym | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|-------------------------------------|--------------------------|------------|----------|------------------|----------------|--|
| Jan 29, 2024 | Mon | Regular Season | Utica Academy of Science | 7:00 PM | 8:30 PM | HS Gym | | L |
| Jan 31, 2024 | Wed | Practice | N/A | 4:30 PM | 5:30 PM | HS Gym | | |
| Feb 1, 2024 | Thu | Regular Season | Oriskany | 6:00 PM | 8:30 PM | HS Gym | | L |
| Feb 2, 2024 | Fri | Practice | N/A | 3:30 PM | 4:30 PM | HS Gym | | |
| Feb 4, 2024 | Sun | Practice | N/A | 12:00 PM | 2:00 PM | HS Gym | | |
| Feb 5, 2024 | Mon | Regular Season (SENIOR NIGHT) | Frankfort-Schuyler | 7:00 PM | 8:30 PM | HS Gym | | L |
| Feb 6, 2024 | Tue | Practice | N/A | 4:00 PM | 5:30 PM | HS Gym | | |
| Feb 7, 2024 | Wed | Practice | N/A | 4:00 PM | 5:30 PM | HS Gym | | |
| Feb 10, 2024 | Sat | Practice | N/A | 7:00 AM | 9:00 AM | HS Gym | | |
| Feb 11, 2024 | Sun | Practice | N/A | 12:00 PM | 2:00 PM | HS Gym | | |
| Feb 14, 2024 | Wed | Practice | N/A | 4:00 PM | 5:30 PM | HS Gym | | |
| Feb 15, 2024 | Thu | Practice | N/A | 3:30 PM | 4:45 PM | HS Gym | | |
| Feb 16, 2024 | Fri | Practice (Scrimmage @ RFA) | N/A | 5:00 PM | 7:00 PM | TBD | | Departure Date: Feb 16, 2024 Departure Time: 4:40 PM Return Date: Feb 16, 2024 Return Time: 7:30 PM |
| Feb 18, 2024 | Sun | Practice | N/A | 12:00 PM | 2:00 PM | HS Gym | | |
| Feb 19, 2024 | Mon | Practice | N/A | 8:00 AM | 10:00 AM | HS Gym | | |
| Feb 20, 2024 | Tue | Practice | N/A | 8:00 AM | 10:00 AM | HS Gym | | |
| Feb 21, 2024 | Wed | Practice | N/A | 8:00 AM | 10:00 AM | HS Gym | | |
| Feb 21, 2024 | Wed | Regular Season (Sectional Round #1) | Sandy Creek | 7:00 PM | | Westmoreland H S | | NL |
| Feb 22, 2024 | Thu | Practice | N/A | 8:00 AM | 10:00 AM | HS Gym | | |
| Feb 23, 2024 | Fri | Practice | N/A | 8:00 AM | 10:00 AM | HS Gym | | |
| Feb 23, 2024 | Fri | Post-Season | Dolgeville | 7:00 PM | | HS Gym | | L |

Date: 2024-05-19