



# 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<br>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              | <b>Departure Date:</b> Feb 16, 2024<br><b>Departure Time:</b> 4:40 PM<br><b>Return Date:</b> Feb 16, 2024<br><b>Return Time:</b> 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: 2024-06-02