



Westmoreland (B) V Volleyball

Coaches:

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 1, 2022	Thu	Practice (practice)	N/A	2:30 PM		HS Gym		
Dec 8, 2022	Thu	Practice (practice)	N/A	2:30 PM		HS Gym		
Dec 12, 2022	Mon	Practice (practice)	N/A	2:30 PM	4:00 PM	HS Gym		
Dec 13, 2022	Tue	Practice (practice)	N/A	3:30 PM	4:45 PM	HS Gym		
Dec 14, 2022	Wed	Practice (practice)	N/A	2:30 PM	4:00 PM	HS Gym		
Dec 15, 2022	Thu	Practice (practice)	N/A	2:30 PM	4:00 PM	HS Gym		
Dec 16, 2022	Fri	Practice (practice)	N/A	2:30 PM	4:00 PM	HS Gym		
Dec 19, 2022	Mon	Practice (practice)	N/A	2:30 PM	4:00 PM	HS Gym		
Dec 20, 2022	Tue	Practice (practice)	N/A	2:30 PM	4:00 PM	HS Gym		
Dec 21, 2022	Wed	Practice (practice)	N/A	4:00 PM	5:30 PM	HS Gym		
Dec 22, 2022	Thu	Practice (practice)	N/A	2:30 PM	3:30 PM	HS Gym		
Dec 23, 2022	Fri	Practice (practice)	N/A	11:00 AM	12:30 PM	HS Gym		
Dec 27, 2022	Tue	Practice (practice)	N/A	11:30 AM	1:00 PM	HS Gym		
Dec 28, 2022	Wed	Practice (practice)	N/A	11:30 AM	1:00 PM	HS Gym		
Dec 29, 2022	Thu	Practice (practice)	N/A	11:30 AM	1:00 PM	HS Gym		
Dec 30, 2022	Fri	Practice (practice)	N/A	11:30 AM	1:00 PM	HS Gym		
Jan 2, 2023	Mon	Practice (practice)	N/A	11:30 AM	1:00 PM	HS Gym		
Jan 3, 2023	Tue	Regular Season	@ Canastota	6:00 PM		Laidlaw Gym	Departure Date: Jan 3, 2023 Departure Time: 4:45 PM	L
Jan 4, 2023	Wed	Practice (practice)	N/A	2:30 PM	4:00 PM	HS Gym		
Jan 5, 2023	Thu	Practice	N/A	2:30 PM	3:30 PM	HS Gym		
CANCELLED Jan 5, 2023	Thu	Regular Season	Oneida	6:45 PM		HS Gym		L
CANCELLED Jan 6, 2023	Fri	Practice (practice)	N/A	2:30 PM	4:00 PM	HS Gym		
Jan 6, 2023	Fri	Regular Season	Oneida	7:00 PM		HS Gym		L
Jan 9, 2023	Mon	Practice	N/A	2:30 PM		HS Gym		
Jan 10, 2023	Tue	Practice	N/A	2:30 PM		HS Gym		
Jan 11, 2023	Wed	Regular Season 0-3 L	@ Chittenango	6:00 PM	7:30 PM	Bolivar Rd Elem- Gym	Departure Time: 4:30 PM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 12, 2023	Thu	Practice	N/A	2:30 PM		HS Gym		
CANCELLED Jan 12, 2023	Thu	Regular Season	Herkimer	6:45 PM	8:15 PM	HS Gym		L
Jan 13, 2023	Fri	Regular Season	Herkimer	7:00 PM		HS Gym		L
Jan 16, 2023	Mon	Practice	N/A	2:30 PM		HS Gym		
Jan 17, 2023	Tue	Practice	N/A	5:30 PM	7:00 PM	HS Gym		
Jan 18, 2023	Wed	Practice	N/A	2:30 PM		HS Gym		
Jan 20, 2023	Fri	Practice	N/A	2:30 PM		HS Gym		
Jan 21, 2023	Sat	Regular Season	@ Sauquoit Valley	12:00 PM	2:45 PM	MS Gym	Departure Time: 10:50 AM	L
Jan 23, 2023	Mon	Practice	N/A	3:30 PM	4:45 PM	HS Gym		
Jan 24, 2023	Tue	Practice	N/A	2:30 PM	3:45 PM	HS Gym		
POSTPONED Jan 25, 2023	Wed	Regular Season	@ Cincinnatus	5:30 PM		Cincinnatus Gymnasium	Departure Time: 3:45 PM	L
Jan 26, 2023	Thu	Regular Season	@ Little Falls	6:00 PM		MS Gym	Departure Time: 4:45 PM	L
Jan 27, 2023	Fri	Practice	N/A	2:30 PM		HS Gym		
Jan 28, 2023	Sat	Regular Season	Central Valley Academy	11:00 AM		HS Gym		NL
Jan 30, 2023	Mon	Regular Season 0-3 L	Vernon-Verona-Sherrill	7:00 PM		HS Gym		L
Jan 31, 2023	Tue	Regular Season 0-3 L	Rome Free Academy	7:00 PM		Upper Elem/MS Gym		NL
CANCELLED Feb 2, 2023	Thu	Regular Season	Vernon-Verona-Sherrill	7:00 PM		Upper Elem/MS Gym		L
Feb 4, 2023	Sat	Regular Season	@ Herkimer	2:00 PM	3:30 PM	Elementary School Gym	Departure Date: Feb 4, 2023 Departure Time: 1:00 PM	L
Feb 6, 2023	Mon	Practice	N/A	2:30 PM		HS Gym		
Feb 7, 2023	Tue	Practice	N/A	2:30 PM	3:45 PM	HS Gym		
Feb 8, 2023	Wed	Practice	N/A	2:30 PM		HS Gym		
Feb 9, 2023	Thu	Regular Season	@ Mount Markham	6:00 PM		MS Big Gym	Departure Date: Feb 9, 2023 Departure Time: 4:45 PM	L
Feb 10, 2023	Fri	Practice	N/A	2:30 PM		HS Gym		
Feb 11, 2023	Sat	Regular Season	Sauquoit Valley	12:00 PM		HS Gym		L
Feb 13, 2023	Mon	Regular Season	Mount Markham	7:00 PM		Upper Elem/MS Gym		L
Feb 14, 2023	Tue	Regular Season	Cincinnatus	5:00 PM		HS Gym		L
Feb 14, 2023	Tue	Regular Season	Cincinnatus	7:00 PM		Westmoreland H S		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 16, 2023	Thu	Regular Season	Little Falls	7:00 PM		HS Gym		L
Feb 22, 2023	Wed	Practice	N/A	11:00 AM	1:00 PM	HS Gym		
Feb 23, 2023	Thu	Practice	N/A	11:00 AM	1:00 PM	HS Gym		
Feb 24, 2023	Fri	Practice	N/A	11:00 AM	1:00 PM	HS Gym		
Feb 27, 2023	Mon	Post-Season (Sectional round 1)	@ Mount Markham	6:00 PM		MS Big Gym		L

Date: 2024-06-02