



Westmoreland (B) V Volleyball

Coaches:

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|------------------------|----------|---------------|-----------|------------|----------|-------------------|----------------|---------------------|
| Nov 14, 2023 | Tue | Practice | N/A | 4:00 PM | 6:00 PM | Upper Elem/MS Gym | | |
| Nov 17, 2023 | Fri | Practice | N/A | 4:00 PM | 5:30 PM | Upper Elem/MS Gym | | |
| Nov 21, 2023 | Tue | Practice | N/A | 4:00 PM | 6:00 PM | Upper Elem/MS Gym | | |
| Nov 27, 2023 | Mon | Practice | N/A | 4:00 PM | 5:30 PM | HS Gym | | |
| Nov 28, 2023 | Tue | Practice | N/A | 4:00 PM | 6:00 PM | Upper Elem/MS Gym | | |
| Nov 29, 2023 | Wed | Practice | N/A | 4:00 PM | 5:15 PM | HS Gym | | |
| Nov 30, 2023 | Thu | Practice | N/A | 2:30 PM | 3:45 PM | Upper Elem/MS Gym | | |
| Dec 1, 2023 | Fri | Practice | N/A | 4:00 PM | 5:30 PM | HS Gym | | |
| CANCELLED Dec 2, 2023 | Sat | Practice | N/A | 10:00 AM | 12:00 PM | HS Gym | | |
| Dec 4, 2023 | Mon | Practice | N/A | 2:30 PM | 4:00 PM | HS Gym | | |
| Dec 5, 2023 | Tue | Practice | N/A | 4:00 PM | 5:30 PM | HS Gym | | |
| Dec 6, 2023 | Wed | Practice | N/A | 2:30 PM | 4:00 PM | HS Gym | | |
| Dec 7, 2023 | Thu | Practice | N/A | 5:30 PM | 7:00 PM | HS Gym | | |
| Dec 8, 2023 | Fri | Practice | N/A | 2:30 PM | 4:00 PM | Upper Elem/MS Gym | | |
| Dec 9, 2023 | Sat | Practice | N/A | 10:00 AM | 12:00 PM | HS Gym | | |
| Dec 12, 2023 | Tue | Practice | N/A | 4:00 PM | 7:00 PM | Upper Elem/MS Gym | | |
| Dec 12, 2023 | Tue | Practice (JV) | N/A | 5:30 PM | 7:00 PM | Upper Elem/MS Gym | | |
| Dec 13, 2023 | Wed | Practice | N/A | 4:00 PM | 5:30 PM | Upper Elem/MS Gym | | |
| Dec 13, 2023 | Wed | Practice | N/A | 5:30 PM | 7:00 PM | Upper Elem/MS Gym | | |
| Dec 14, 2023 | Thu | Practice | N/A | 2:30 PM | 4:00 PM | Upper Elem/MS Gym | | |
| Dec 15, 2023 | Fri | Practice | N/A | 4:00 PM | 5:30 PM | Upper Elem/MS Gym | | |
| Dec 15, 2023 | Fri | Practice | N/A | 5:30 PM | 7:00 PM | Upper Elem/MS Gym | | |
| CANCELLED Dec 16, 2023 | Sat | Practice | N/A | 10:00 AM | 12:00 PM | HS Gym | | |
| Dec 18, 2023 | Mon | Practice | N/A | 2:30 PM | 4:00 PM | Upper Elem/MS Gym | | |
| Dec 19, 2023 | Tue | Practice | N/A | 4:00 PM | 6:00 PM | HS Gym | | |
| CANCELLED Dec 20, 2023 | Wed | Practice | N/A | 2:30 PM | 4:00 PM | Upper Elem/MS Gym | | |
| Dec 20, 2023 | Wed | Practice | N/A | 4:00 PM | 5:30 PM | HS Gym | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|------------------------|----------|----------------------|---------------|------------|----------|-------------------|----------------|---------------------|
| CANCELLED Dec 20, 2023 | Wed | Practice | N/A | 4:00 PM | 5:30 PM | Upper Elem/MS Gym | | |
| Dec 21, 2023 | Thu | Practice | N/A | 2:30 PM | 4:00 PM | Upper Elem/MS Gym | | |
| Dec 21, 2023 | Thu | Practice | N/A | 4:00 PM | 5:30 PM | Upper Elem/MS Gym | | |
| Dec 22, 2023 | Fri | Practice | N/A | 2:30 PM | 4:15 PM | HS Gym | | |
| CANCELLED Dec 22, 2023 | Fri | Practice | N/A | 3:45 PM | 4:45 PM | HS Gym | | |
| CANCELLED Dec 23, 2023 | Sat | Practice | N/A | 10:00 AM | 12:00 PM | HS Gym | | |
| Dec 26, 2023 | Tue | Practice | N/A | 3:00 PM | 5:00 PM | HS Gym | | |
| Dec 27, 2023 | Wed | Practice | N/A | 11:00 AM | 1:00 PM | HS Gym | | |
| Dec 29, 2023 | Fri | Practice | N/A | 11:30 AM | 1:00 PM | HS Gym | | |
| Jan 2, 2024 | Tue | Practice | N/A | 4:00 PM | 5:30 PM | HS Gym | | |
| Jan 3, 2024 | Wed | Regular Season | Canastota | 7:00 PM | | Westmoreland H S | | NL |
| Jan 4, 2024 | Thu | Regular Season 0-3 L | Chittenango | 6:30 PM | | Westmoreland H S | | NL |
| Jan 5, 2024 | Fri | Practice | N/A | 4:00 PM | 5:30 PM | HS Gym | | |
| Jan 6, 2024 | Sat | Practice | N/A | 8:00 AM | 9:30 AM | Upper Elem/MS Gym | | |
| Jan 9, 2024 | Tue | Practice | N/A | 2:30 PM | 3:30 PM | HS Gym | | |
| Jan 11, 2024 | Thu | Practice | N/A | 5:30 PM | 7:00 PM | Upper Elem/MS Gym | | |
| Jan 11, 2024 | Thu | Practice | N/A | 7:00 PM | 8:30 PM | Upper Elem/MS Gym | | |
| Jan 12, 2024 | Fri | Practice | N/A | 2:30 PM | 4:00 PM | HS Gym | | |
| Jan 13, 2024 | Sat | Practice | N/A | 9:30 AM | 11:00 AM | HS Gym | | |
| Jan 15, 2024 | Mon | Practice | N/A | 2:00 PM | 3:00 PM | HS Gym | | |
| Jan 16, 2024 | Tue | Regular Season | Mount Markham | 7:00 PM | 8:30 PM | HS Gym | | L |
| Jan 17, 2024 | Wed | Practice | N/A | 2:30 PM | 4:00 PM | HS Gym | | |
| Jan 19, 2024 | Fri | Practice | N/A | 3:45 PM | 4:45 PM | HS Gym | | |
| Jan 20, 2024 | Sat | Regular Season | Herkimer | 2:30 PM | 4:00 PM | HS Gym | | L |
| Jan 22, 2024 | Mon | Practice | N/A | 7:00 PM | 9:00 PM | HS Gym | | |
| CANCELLED Jan 24, 2024 | Wed | Practice | N/A | 7:00 PM | 9:00 PM | HS Gym | | |
| Jan 25, 2024 | Thu | Practice | N/A | 2:30 PM | 4:00 PM | HS Gym | | |
| Jan 26, 2024 | Fri | Practice | N/A | 2:30 PM | 4:00 PM | HS Gym | | |
| Jan 29, 2024 | Mon | Practice | N/A | 2:30 PM | 4:00 PM | HS Gym | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|----------------|-----------------|------------|----------|------------------|----------------|---------------------|
| Jan 30, 2024 | Tue | Regular Season | Utica Proctor | 7:00 PM | | Westmoreland H S | | NL |
| Jan 31, 2024 | Wed | Practice | N/A | 7:00 PM | 9:00 PM | HS Gym | | |
| Feb 2, 2024 | Fri | Practice | N/A | 2:30 PM | 3:30 PM | HS Gym | | |
| Feb 5, 2024 | Mon | Practice | N/A | 4:00 PM | 5:30 PM | high school gym | | |
| Feb 6, 2024 | Tue | Practice | N/A | 2:30 PM | 4:00 PM | HS Gym | | |
| Feb 7, 2024 | Wed | Practice | N/A | 2:30 PM | 4:00 PM | HS Gym | | |
| Feb 8, 2024 | Thu | Regular Season | Sauquoit Valley | 7:00 PM | 8:30 PM | HS Gym | | L |
| Feb 9, 2024 | Fri | Practice | N/A | 5:30 PM | 7:00 PM | HS Gym | | |
| Feb 12, 2024 | Mon | Practice | N/A | 5:30 PM | 7:00 PM | HS Gym | | |
| Feb 14, 2024 | Wed | Practice | N/A | 2:30 PM | 4:00 PM | HS Gym | | |
| Feb 16, 2024 | Fri | Practice | N/A | 2:30 PM | 4:00 PM | HS Gym | | |
| Feb 17, 2024 | Sat | Regular Season | Cincinnatus | 1:00 PM | 3:30 PM | HS Gym | | L |
| Feb 19, 2024 | Mon | Regular Season | Little Falls | 7:00 PM | 8:30 PM | HS Gym | | L |
| Feb 22, 2024 | Thu | Practice | N/A | 4:00 PM | 5:30 PM | HS Gym | | |
| Feb 23, 2024 | Fri | Practice | N/A | 4:00 PM | 5:30 PM | HS Gym | | |
| Feb 26, 2024 | Mon | Practice | N/A | 2:30 PM | 4:00 PM | HS Gym | | |
| Feb 27, 2024 | Tue | Post-Season | Canastota | 6:00 PM | | HS Gym | | L |
| Feb 28, 2024 | Wed | Practice | N/A | 2:30 PM | 4:00 PM | HS Gym | | |

Date: 2024-05-19