



Westmoreland (B) V Volleyball

Coaches:

- Michael Sweeney

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		
Dec 16, 2023	Sat	Scrimmage (Early Bird Scrimmage)	Central Valley Academy, Chittenango, Little Falls, Rome Free Academy, Oneida, Utica Proctor, Vernon-Sherrill, Sauquoit Valley, Catskill, Voorheesville, Mount Markham @ Canastota	9:30 AM	4:30 PM	Laidlaw Gym, High School Gym		NL

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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		
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 28, 2023	Thu	Regular Season	@ Oneida	2:00 PM		Fariel Gym	Departure Date: Dec 28, 2023 Departure Time: 11:00 AM	NL
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 8, 2024	Mon	Regular Season 1-3 L	@ Rome Free Academy	7:00 PM		Buddy Evans Gym (Strough MS)	Departure Date: Jan 8, 2024 Departure Time: 5:45 PM	NL
Jan 9, 2024	Tue	Practice	N/A	2:30 PM	3:30 PM	HS Gym		
Jan 10, 2024	Wed	Regular Season	@ Central Valley Academy	7:00 PM		Gregory B. Jarvis Middle School gym	Departure Date: Jan 10, 2024 Departure Time: 4:15 PM	NL
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		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
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 15, 2024	Mon	Regular Season	@ Cincinnatus	5:30 PM	8:30 PM	Cincinnatus Gymnasium	Departure Date: Jan 15, 2024 Departure Time: 3:15 PM	L
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 18, 2024	Thu	Regular Season	@ Sauquoit Valley	7:00 PM	8:30 PM	MS Gym	Departure Date: Jan 18, 2024 Departure Time: 4:30 PM	L
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		
Jan 23, 2024	Tue	Regular Season	@ Little Falls	7:00 PM	8:30 PM	HS Gym		L
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		
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 1, 2024	Thu	Regular Season 0-3 L	@ Vernon-Verona-Sherrill	7:00 PM		VVS MS Gym	Departure Date: Feb 1, 2024 Departure Time: 4:30 PM	NL
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		
POSTPONED Feb 6, 2024	Tue	Regular Season	@ Mount Markham	7:00 PM	8:30 PM	MS Big Gym	Departure Date: Feb 6, 2024 Departure Time: 5:30 PM	L
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		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 13, 2024	Tue	Regular Season	@ Herkimer	6:00 PM	7:30 PM	HS Gym	Departure Date: Feb 13, 2024 Departure Time: 4:45 PM	L
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: 2025-08-11