

Westmoreland (B) V Volleyball

• Michael Sweeney

	WEEK			START	END			LEAGUE
DATE	DAY	ТҮРЕ	OPPONENTS	TIME	TIME	LOCATION	TRANSPORTATION	I / NON- LEAGUE
Nov 12, 2024	Tue	Practice	N/A	6:30 PM	8:00 PM	HS Gym		
Nov 26, 2024	Tue	Practice	N/A	7:00 PM	8:30 PM	HS Gym		
Dec 2, 2024	Mon	Practice	N/A	5:30 PM	7:00 PM	HS Gym		
Dec 3, 2024	Tue	Practice	N/A	2:30 PM	4:00 PM	HS Gym		
Dec 4, 2024	Wed	Practice	N/A	2:30 AM	4:00 PM	HS Gym		
Dec 5, 2024	Thu	Practice	N/A	4:30 PM	7:00 PM	HS Gym		
Dec 6, 2024	Fri	Practice	N/A	4:00 PM	5:30 PM	HS Gym		
Dec 9, 2024	Mon	Practice	N/A	2:30 PM	4:00 PM	HS Gym		
Dec 10, 2024	Tue	Practice	N/A	3:00 PM	6:00 PM	Upper Elem/MS Gym		
Dec 11, 2024	Wed	Practice	N/A	7:00 PM	7:00 PM	Upper Elem/MS Gym		
Dec 12, 2024	Thu	Practice	N/A	4:00 PM	5:30 PM	HS Gym		
Dec 13, 2024	Fri	Practice	N/A	2:30 PM	4:00 PM	TBD		
Dec 16, 2024	Mon	Regular Season	@ Canastota	6:30 PM		Laidlaw Gym	Departure Time: 4:30 PM	NL
Dec 17, 2024	Tue	Practice	N/A	2:30 PM	4:30 PM	HS Gym		
Dec 18, 2024	Wed	Practice	N/A	3:30 PM	6:00 PM	Upper Elem/MS Gym		
Dec 19, 2024	Thu	Regular Season 0-3 L	Vernon-Verona-Sherrill	6:30 PM		HS Gym		NL
Dec 20, 2024	Fri	Regular Season	@ Utica Proctor	7:00 PM	8:00 PM	PHS AUX Gym (Volleyball gym)	Departure Time: 4:30 PM	NL
Dec 23, 2024	Mon	Practice	N/A	1:00 PM	2:30 PM	HS Gym		
Dec 27, 2024	Fri	Practice	N/A	10:00 PM	11:30 PM	TBD		
Dec 28, 2024	Sat	Scrimmage (Scrimmage Tournament)	Vernon-Verona-Sherrill, Rome Free Academy, Catskill, Central Valley Academy, Little Falls, Mount Markham, Chittenango, Oneida, Utica Proctor, Sauquoit Valley, Voorheesville @ Canastota	9:30 AM		Laidlaw Gym, High School Gym		NL
Dec 30, 2024	Mon	Practice	N/A	1:30 PM	3:00 PM	HS Gym		

Dec 31, 2024 Tue Practice N/A Practice Practic	DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 16, 2025 Mon Practice N/A Sum Practice N/A Practice Practice N/A Practice Practice N/A Practice N/A Practice N/A Practice N/A Practice N/A P	Dec 31, 2024	Tue	Practice	N/A			HS Gym		
Jan 6, 2025 Mon Practice N/A PA PA PA PA PA PA PA	Jan 4, 2025	Sat	Practice	N/A			HS Gym		
Jan 1, 2025 Wed Practice N/A PM PM PM PM PM PM PM P	Jan 6, 2025	Mon	Practice	N/A			Elem/MS		
Jan 9, 2025 Thu Regular Season Qualities MA PM PM PM MS Gym PM 4.15 PM 4	Jan 7, 2025	Tue	Practice	N/A			HS Gym		
Jan 10, 2025 Fri Practice	Jan 8, 2025	Wed	Practice	N/A			HS Gym		
Jan 10, 2025	Jan 9, 2025	Thu	Regular Season	@ Little Falls			MS Gym		L
Jan 13, 2025 Mon	Jan 10, 2025	Fri	Practice	N/A			HS Gym		
Jan 13, 2025 Mon Practice N/A PM PM PM PM PM PM PM P	Jan 10, 2025	Fri	Practice	N/A			weight room		
Jan 14, 2025 Tue Regular Season @ Sauquoit Valley 7:00 PM	Jan 13, 2025	Mon	Practice	N/A			HS Gym		
Jan 15, 2025 Wed Practice N/A 2:30 4:30 HS Gym HS Gym	Jan 13, 2025	Mon	Practice	N/A			weight room		
Jan 15, 2025 Wed Practice N/A PM P	Jan 14, 2025	Tue	Regular Season	@ Sauquoit Valley			MS Gym		L
Jan 16, 2025 Wed Practice N/A PM PM Weight room Jan 16, 2025 Thu Regular Season Mount Markham 7:00 8:00 PM	Jan 15, 2025	Wed	Practice	N/A			HS Gym		
Jan 17, 2025 Fri Practice N/A 2:30 4:15 6:00 PM PM PM PM PM PM PM	Jan 15, 2025	Wed	Practice	N/A			weight room		
Jan 17, 2025 Fri Practice N/A PM PM <td>Jan 16, 2025</td> <td>Thu</td> <td>Regular Season</td> <td>Mount Markham</td> <td></td> <td></td> <td>HS Gym</td> <td></td> <td>L</td>	Jan 16, 2025	Thu	Regular Season	Mount Markham			HS Gym		L
Practice N/A PM PM Weight room	Jan 17, 2025	Fri	Practice	N/A			HS Gym		
Jan 18, 2025 Sat 0-3 L Regular Season 0-3 L @ Chittenango 2.30 PM RHS- Large Gym HES- Large H11:15 AM L Jan 20, 2025 Mon Practice N/A 9:00 AM AM AM gym 10:30 high school AM AM gym L Jan 21, 2025 Tue Regular Season Herkimer 7:00 PM	Jan 17, 2025	Fri	Practice	N/A			weight room		
Jan 20, 2025 Mon Practice N/A AM AM gym Jan 21, 2025 Tue Regular Season Herkimer 7:00 PM PM PM PM PM PM HS Gym L Jan 22, 2025 Wed Practice N/A 2:30 PM PM PM PM PM HS Gym NL Jan 23, 2025 Thu Practice N/A 2:30 PM PM PM PM PM PM HS Gym Jan 24, 2025 Fri Practice N/A 2:30 PM PM PM PM PM PM HS Gym Jan 27, 2025 Mon Practice N/A 2:30 PM	Jan 18, 2025	Sat		@ Chittenango			HS- Large		L
Jan 21, 2025 Tue Regular Season Herkimer PM PM PM PM PM PM HS Gym L Jan 22, 2025 Wed Practice N/A 2:30 PM PM PM PM HS Gym NL Jan 23, 2025 Thu Practice N/A 2:30 PM PM PM PM PM HS Gym NL Jan 24, 2025 Fri Practice N/A 2:30 PM PM PM PM PM PM PM Weight room Jan 27, 2025 Mon Practice N/A 2:30 PM	Jan 20, 2025	Mon	Practice	N/A			-		
Jan 22, 2025 Wed Practice N/A PM PM PM Weight room Jan 22, 2025 Wed Regular Season Central Valley Academy 7:00 PM HS Gym NL Jan 23, 2025 Thu Practice N/A 2:30 PM 4:00 PM HS Gym Jan 24, 2025 Fri Practice N/A 2:30 PM 4:00 PM HS Gym Jan 27, 2025 Mon Practice N/A 4:15 PM 6:00 PM Weight room Jan 29, 2025 Wed Practice N/A 2:30 PM 4:15 PM Weight room Jan 29, 2025 Wed Practice N/A 5:30 PM 7:00 PM HS Gym Jan 20, 2025 Thu Practice N/A 3:30 PM HS Gym	Jan 21, 2025	Tue	Regular Season	Herkimer			HS Gym		L
Jan 22, 2025 Wed Regular Season Central Valley Academy PM HS Gym Jan 23, 2025 Thu Practice N/A 2:30	Jan 22, 2025	Wed	Practice	N/A			weight room		
Jan 23, 2025 Thu Practice N/A PM P	Jan 22, 2025	Wed	Regular Season	Central Valley Academy			HS Gym		NL
Jan 24, 2025 Fri Practice N/A PM PM PM Weight room Jan 27, 2025 Mon Practice N/A 4:15 6:00 PM HS Gym Jan 27, 2025 Mon Practice N/A 4:15 6:00 PM Weight room Jan 29, 2025 Wed Practice N/A 2:30 4:15 PM Weight room Jan 29, 2025 Wed Practice N/A 5:30 7:00 PM HS Gym Jan 30, 2025 Thu Practice N/A 3:30 4:30 HS Gym	Jan 23, 2025	Thu	Practice	N/A			HS Gym		
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Jan 29, 2025 Wed Practice N/A PM PM PM PM PM PM Weight room Jan 29, 2025 Wed Practice N/A 5:30 7:00 PM PM PM HS Gym Jan 30, 2025 Thu Practice N/A 3:30 4:30 HS Gym	Jan 27, 2025	Mon	Practice	N/A			HS Gym		
Jan 29, 2025 Wed Practice N/A PM PM Weight room Jan 29, 2025 Wed Practice N/A 5:30 7:00 PM PM HS Gym Jan 30, 2025 Thu Practice N/A 3:30 4:30 HS Gym	Jan 27, 2025	Mon	Practice	N/A			weight room		
Jan 29, 2025 Wed Practice N/A PM PM HS Gym Jan 30, 2025 Thu Practice N/A 3:30 4:30 HS Gym	Jan 29, 2025	Wed	Practice	N/A			weight room		
	Jan 29, 2025	Wed	Practice	N/A			HS Gym		
	Jan 30, 2025	Thu	Practice	N/A			HS Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 31, 2025	Fri	Practice	N/A	2:30 PM	4:00 PM	weight room		
Jan 31, 2025	Fri	Practice	N/A	4:00 PM	5:30 PM	HS Gym		
Feb 1, 2025	Sat	Regular Season	Oneida	11:00 AM		HS Gym		NL
Feb 3, 2025	Mon	Regular Season 0-3 L	Rome Free Academy	7:00 PM	8:00 PM	Westmoreland H S		NL
Feb 4, 2025	Tue	Regular Season	Little Falls	7:00 PM	8:00 PM	HS Gym		L
Feb 5, 2025	Wed	Practice	N/A	2:30 PM	4:00 PM	HS Gym		
Feb 7, 2025	Fri	Practice	N/A	4:00 PM	5:30 PM	HS Gym		
Feb 10, 2025	Mon	Practice	N/A	2:30 PM	4:00 PM	HS Gym		
Feb 11, 2025	Tue	Regular Season (Senior Night)	@ Mount Markham	7:00 PM	8:00 PM	MS Big Gym	Departure Time: 5:30 PM	L
Feb 12, 2025	Wed	Regular Season	Sauquoit Valley	7:00 PM	8:00 PM	HS Gym		L
Feb 17, 2025	Mon	Practice	N/A	2:30 PM	4:00 PM	HS Gym		
CANCELLED Feb 18, 2025	Tue	Regular Season	@ Herkimer	6:30 PM	8:00 PM	Elementary School Gym	Departure Time: 4:45 PM	L
Feb 19, 2025	Wed	Practice	N/A	2:30 PM	4:00 PM	HS Gym		
Feb 20, 2025	Thu	Practice	N/A	2:30 PM	4:00 PM	HS Gym		
Feb 21, 2025	Fri	Practice	N/A	2:30 PM	4:00 PM	HS Gym		
Feb 24, 2025	Mon	Practice	N/A	2:30 PM	4:30 PM	HS Gym		
Feb 25, 2025	Tue	Post-Season (Section III Semi-Final)	Canastota	6:00 PM		HS Gym		NL
TBD		Practice	N/A	9:30 AM	11:00 AM	HS Gym		
TBD		Practice	N/A	10:00 AM		HS Gym		
TBD		Practice	N/A	10:00 AM		HS Gym		
TBD		Practice	N/A	10:00 AM	11:30 AM	HS Gym		
TBD		Practice	N/A	1:30 PM	3:00 PM	HS Gym		
TBD		Practice	N/A	2:30 PM	4:00 PM	HS Gym		
TBD		Practice	N/A	5:00 PM	8:00 PM	Upper Elem/MS Gym		

Date: 2025-08-20