



Westmoreland (B) V Volleyball

Coaches:

- Michael Sweeney

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / 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		

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Dec 31, 2024	Tue	Practice	N/A	2:30 PM	4:00 PM	HS Gym		
Jan 4, 2025	Sat	Practice	N/A	9:30 AM	11:30 AM	HS Gym		
Jan 6, 2025	Mon	Practice	N/A	5:00 PM	8:00 PM	Upper Elem/MS Gym		
Jan 7, 2025	Tue	Practice	N/A	2:30 PM	4:30 PM	HS Gym		
Jan 8, 2025	Wed	Practice	N/A	2:30 PM	4:00 PM	HS Gym		
Jan 9, 2025	Thu	Regular Season	@ Little Falls	7:00 PM	8:00 PM	MS Gym	Departure Time: 4:15 PM	L
Jan 10, 2025	Fri	Practice	N/A	2:30 PM	4:30 PM	HS Gym		
Jan 10, 2025	Fri	Practice	N/A	4:45 PM	6:00 PM	weight room		
Jan 13, 2025	Mon	Practice	N/A	2:30 PM	4:00 PM	HS Gym		
Jan 13, 2025	Mon	Practice	N/A	4:15 PM	5:30 PM	weight room		
Jan 14, 2025	Tue	Regular Season	@ Sauquoit Valley	7:00 PM	8:00 PM	MS Gym	Departure Time: 4:30 PM	L
Jan 15, 2025	Wed	Practice	N/A	2:30 PM	4:30 PM	HS Gym		
Jan 15, 2025	Wed	Practice	N/A	4:45 PM	6:00 PM	weight room		
Jan 16, 2025	Thu	Regular Season	Mount Markham	7:00 PM	8:00 PM	HS Gym		L
Jan 17, 2025	Fri	Practice	N/A	2:30 PM	4:00 PM	HS Gym		
Jan 17, 2025	Fri	Practice	N/A	4:15 PM	6:00 PM	weight room		
Jan 18, 2025	Sat	Regular Season 0-3 L	@ Chittenango	2:30 PM	8:00 PM	Chittenango HS- Large Gym	Departure Time: 11:15 AM	L
Jan 20, 2025	Mon	Practice	N/A	9:00 AM	10:30 AM	high school gym		
Jan 21, 2025	Tue	Regular Season	Herkimer	7:00 PM	8:00 PM	HS Gym		L
Jan 22, 2025	Wed	Practice	N/A	2:30 PM	4:15 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	4:15 PM	weight room		
Jan 27, 2025	Mon	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 30, 2025	Thu	Practice	N/A	3:30 PM	4:30 PM	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	11:30 AM	HS Gym		
TBD		Practice	N/A	10:00 AM	11:30 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