

Coaches:

- Amy Balash, Head Coach
- Jalasia Demember, Asst Coach

Mar 11, 2024 Mon Practice N/A 4:00 PM PM PM PM Lobby FIS Gym Lobby Mar 12, 2024 Tue Practice N/A 4:00 PM PM PM PM Lobby FIS Gym Lobby Mar 13, 2024 Thu Practice N/A 4:00 PM PM PM PM Lobby FIS Gym Lobby Mar 14, 2024 Thu Practice N/A 4:00 PM PM PM PM Lobby EHS Gym Lobby Mar 18, 2024 Mon Practice N/A 4:00 PM PM PM PM Lobby EHS Gym Lobby Mar 18, 2024 Mon Practice N/A 4:00 PM PM PM PM PM Lobby EHS Gym Lobby Mar 19, 2024 Tue Practice N/A 4:00 PM PM PM PM PM Lobby EHS Gym Lobby Mar 20, 2024 Wed Practice N/A 4:00 PM PM PM PM Lobby EHS Gym Lobby Mar 21, 2024 Thu Practice N/A 4:00 PM PM PM Lobby EHS Gym Lobby Mar 22, 2024 Fri Practice N/A 4:00 PM PM PM Lobby EHS Gym Lobby Mar 25, 2024 Mon Practice N/A 4:00 PM PM PM Lobby EHS Gym	DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE TRANSPORTATION / NON- LEAGUE
Mar 13, 2024 Wed Practice N/A PM PM Lobby Mar 13, 2024 Wed Practice N/A 4:00 5:30 EHS Gym Mar 14, 2024 Thu Practice N/A 4:00 5:30 EHS Gym Mar 15, 2024 Fri Practice N/A 4:00 5:30 EHS Gym Mar 18, 2024 Mon Practice N/A 4:00 5:30 EHS Gym Mar 19, 2024 Tue Practice N/A 4:00 5:30 EHS Gym Mar 20, 2024 Wed Practice N/A 4:00 5:30 EHS Gym Mar 21, 2024 Thu Practice N/A 4:00 5:30 EHS Gym Mar 22, 2024 Fri Practice N/A 4:00 5:30 EHS Gym Mar 25, 2024 Mon Practice N/A 4:00 5:30 EHS Gym Mar 27, 2024 Wed Practice N/A 4:00 5:30 EHS Gym	Mar 11, 2024	Mon	Practice	N/A				
Mar 14, 2024	Mar 12, 2024	Tue	Practice	N/A				
Mar 14, 2024 Fri Practice N/A	Mar 13, 2024	Wed	Practice	N/A				
Mar 15, 2024	Mar 14, 2024	Thu	Practice	N/A			•	
Mar 19, 2024 Tue Practice N/A 4:00 5:30 EHS Gym Lobby	Mar 15, 2024	Fri	Practice	N/A				
Mar 20, 2024 Wed Practice N/A PM PM PM Lobby Lobby Stadium Mar 21, 2024 Thu Practice N/A 4:00 5:30 EHS Gym Lobby Mar 21, 2024 Thu Practice N/A 4:00 5:30 EHS Gym Lobby Mar 22, 2024 Fri Practice N/A 4:00 5:30 EHS Gym Lobby Mar 22, 2024 Mon Practice N/A 4:00 5:30 EHS Gym Lobby Mar 25, 2024 Mon Practice N/A 4:00 5:30 EHS Gym PM Lobby Mar 26, 2024 Tue Practice N/A 4:00 5:30 EHS Gym PM Lobby Mar 27, 2024 Wed Practice N/A 4:00 5:30 EHS Gym PM Lobby Mar 27, 2024 Wed Practice N/A 11:00 12:30 EHS Gym PM Lobby Mar 29, 2024 Fri Practice N/A 11:00 12:30 EHS Gym PM Lobby Apr 1, 2024 Mon Practice N/A 11:00 12:30 EHS Gym PM Lobby Apr 2, 2024 Tue Practice N/A 11:00 12:30 EHS Gym PM Stadium Apr 3, 2024 Wed Practice N/A 4:00 5:25 EHS Apr 4, 2024 Thu Practice N/A 4:00 5:25 EHS Apr 5, 2024	Mar 18, 2024	Mon	Practice	N/A				
Mar 21, 2024 Wed Practice N/A PM PM PM PM Lobby Lobby 1 Mar 21, 2024 Thu Practice N/A 4:00 5:30 EHS Gym Lobby Mar 22, 2024 Fri Practice N/A 4:00 5:30 EHS Gym PM PM Lobby Mar 25, 2024 Mon Practice N/A 4:00 5:30 EHS Gym PM Lobby Mar 26, 2024 Tue Practice N/A 4:00 5:30 EHS Gym PM Lobby Mar 27, 2024 Wed Practice N/A 4:00 5:30 EHS Gym PM Lobby Mar 27, 2024 Wed Practice N/A 11:00 12:30 EHS Gym PM Lobby Mar 29, 2024 Fri Practice N/A 11:00 12:30 EHS Gym PM Lobby Apr 1, 2024 Mon Practice N/A 11:00 12:30 EHS Gym PM Lobby Apr 2, 2024 Tue Practice N/A 11:00 12:30 EHS Gym PM Lobby Apr 3, 2024 Wed Practice N/A 11:00 12:30 EHS Gym PM Stadium Apr 4, 2024 Tue Practice N/A 4:00 5:25 EHS Stadium Apr 4, 2024 Thu Practice N/A 9M PM PM Stadium Apr 6, 2024 Sat Practice N/A 11:00 12:30 EHS Gym PM PM Stadium	Mar 19, 2024	Tue	Practice	N/A				
Mar 21, 2024 Thu Practice N/A PM Lobby Mar 22, 2024 Fri Practice N/A 4:00 5:30 EHS Gym Mar 25, 2024 Mon Practice N/A 4:00 5:30 EHS Gym Mar 26, 2024 Tue Practice N/A 4:00 5:30 EHS Gym Mar 27, 2024 Wed Practice N/A 4:00 5:30 EHS Gym Mar 29, 2024 Fri Practice N/A 11:00 12:30 EHS Gym Mar 29, 2024 Fri Practice N/A 11:00 12:30 EHS Gym Apr 1, 2024 Mon Practice N/A 11:00 12:30 EHS Apr 2, 2024 Tue Practice N/A 4:00 5:25 EHS Apr 3, 2024 Wed Practice N/A 4:00 5:25 EHS Apr 4, 2024 Thu Practice N/A 4:00 5:25 EHS Apr 5, 2024	Mar 20, 2024	Wed	Practice	N/A				
Mar 22, 2024 Fri Practice N/A PM PM Lobby Mar 25, 2024 Mon Practice N/A 4:00 5:30 EHS Gym Mar 26, 2024 Tue Practice N/A 4:00 5:30 EHS Gym Mar 27, 2024 Wed Practice N/A 4:00 5:30 EHS Gym Mar 29, 2024 Fri Practice N/A 11:00 12:30 EHS Gym Apr 1, 2024 Mon Practice N/A 11:00 12:30 EHS Gym Apr 1, 2024 Mon Practice N/A 11:00 12:30 EHS Gym Apr 1, 2024 Mon Practice N/A 11:00 12:30 EHS Gym Apr 1, 2024 Mon Practice N/A 11:00 12:30 EHS Apr 2, 2024 Tue Practice N/A 4:00 5:25 EHS Apr 3, 2024 Thu Practice N/A 4:00 5:25 EHS	Mar 21, 2024	Thu	Practice	N/A			•	
Mar 26, 2024 Mon Practice N/A PM PM Lobby / PM Lobby Mar 26, 2024 Tue Practice N/A 4:00 5:30 EHS Gym PM Lobby Mar 27, 2024 Wed Practice N/A 4:00 5:30 EHS Gym PM Lobby Mar 29, 2024 Fri Practice N/A 11:00 12:30 EHS Gym PM Lobby Apr 1, 2024 Mon Practice N/A 11:00 12:30 EHS Gym PM Stadium Apr 2, 2024 Tue Practice N/A 4:00 5:30 EHS Stadium Apr 3, 2024 Wed Practice N/A 4:00 5:25 EHS Stadium Apr 4, 2024 Thu Practice N/A 4:00 5:25 EHS Stadium Apr 4, 2024 Thu Practice N/A 4:00 5:25 EHS Stadium Apr 6, 2024 Sat Practice N/A 11:00 12:30 EHS Gym PM PM Stadium Apr 6, 2024 Sat Practice N/A 4:00 5:25 EHS Stadium Apr 9, 2024 Tue Practice N/A 4:00 5:25 EHS Stadium Apr 10, 2024 Wed Practice N/A 4:00 5:25 EHS Stadium Apr 11, 2024 Thu Regular Season Oneonta @ 5:45 9:00 JC Wildcat Stadium L Apr 12, 2024 Fri Practice	Mar 22, 2024	Fri	Practice	N/A				
Mar 26, 2024 Title Practice N/A PM PM PM PM Lobby Lobby Mar 27, 2024 Wed Practice N/A 4:00 5:30 EHS Gym PM Lobby Mar 29, 2024 Fri Practice N/A 11:00 12:30 EHS Gym PM Lobby Apr 1, 2024 Mon Practice N/A 11:00 12:30 EHS PM PM Stadium Apr 2, 2024 Tue Practice N/A 4:00 5:25 EHS PM PM Stadium Apr 3, 2024 Wed Practice N/A 4:00 5:25 EHS PM PM Stadium Apr 4, 2024 Thu Practice N/A 4:00 5:25 EHS PM PM Stadium Apr 5, 2024 Fri Practice N/A 4:00 5:25 EHS PM PM Stadium Apr 6, 2024 Sat Practice N/A 11:00 12:30 EHS FM PM PM Stadium Apr 9, 2024 Tue Practice N/A 4:00 5:25 EHS PM PM PM Stadium Apr 10, 2024 Wed Practice N/A 4:00 5:25 EHS PM PM Stadium Apr 11, 2024 Thu Regular Season Oneonta PM PM Stadium D/A Windsor L Apr 13, 2024 Sat	Mar 25, 2024	Mon	Practice	N/A				
Mar 29, 2024 Fri Practice N/A PM PM Lobby Mar 29, 2024 Fri Practice N/A 11:00 AM 12:30 EHS Gym Lobby Apr 1, 2024 Mon Practice N/A 11:00 AM 12:30 EHS Gym Lobby Apr 2, 2024 Tue Practice N/A 4:00 5:30 EHS Stadium Apr 3, 2024 Wed Practice N/A 4:00 5:25 EHS Stadium Apr 4, 2024 Thu Practice N/A 4:00 5:25 EHS Stadium Apr 5, 2024 Fri Practice N/A 4:00 5:25 EHS Stadium Apr 6, 2024 Sat Practice N/A 11:00 EHS Gym Lobby Apr 9, 2024 Tue Practice N/A 4:00 5:25 EHS Stadium Apr 10, 2024 Wed Practice N/A 4:00 5:25 EHS Stadium Apr 11, 2024 Thu Regular Season Oneonta @ Doneonta @	Mar 26, 2024	Tue	Practice	N/A				
Milar 29, 2024 File Fractice N/A AM PM Lobby Apr 1, 2024 Mon Practice N/A 11:00 12:30 EHS PM PM Stadium Apr 2, 2024 Tue Practice N/A 4:00 5:35 EHS PM PM Stadium Apr 3, 2024 Wed Practice N/A 4:00 5:25 EHS PM PM Stadium Apr 4, 2024 Thu Practice N/A 4:00 5:25 EHS PM PM Stadium Apr 5, 2024 Fri Practice N/A 4:00 5:25 EHS PM PM Stadium Apr 6, 2024 Sat Practice N/A 11:00 12:30 EHS PM PM Stadium Apr 9, 2024 Tue Practice N/A 4:00 5:25 EHS PM PM Stadium Apr 10, 2024 Wed Practice N/A 4:00 5:25 EHS PM PM Stadium Apr 11, 2024 Thu Regular Season Johnson City PM PM Stadium L Apr 12, 2024 Fri Practice N/A 4:00 5:25 EHS PM PM Stadium L Apr 13, 2024 Fri Practice N/A 4:00 5:25 EHS PM PM Stadium L	Mar 27, 2024	Wed	Practice	N/A				
Apr 1, 2024 Mon Practice N/A AM PM Stadium Apr 2, 2024 Tue Practice N/A 4:00 5:30 EHS Stadium Apr 3, 2024 Wed Practice N/A 4:00 5:25 EHS Stadium Apr 4, 2024 Thu Practice N/A 4:00 5:25 EHS Stadium Apr 5, 2024 Fri Practice N/A 4:00 5:25 EHS Stadium Apr 6, 2024 Sat Practice N/A 11:00 AM PM Stadium Apr 9, 2024 Tue Practice N/A 4:00 5:25 EHS Stadium Apr 10, 2024 Wed Practice N/A 4:00 5:25 EHS Stadium Apr 11, 2024 Thu Regular Season Oneonta @ Dohnson City 5:45 9:00 JC Wildcat Stadium L Apr 12, 2024 Fri Practice N/A 4:00 5:25 EHS Stadium EHS Stadium Apr 13, 2024 Sat Regular Season (N/PPA Invite Windsor) @ TBD Am Windsor L	Mar 29, 2024	Fri	Practice	N/A				
Apr 2, 2024 Tue Practice N/A PM PM Stadium Apr 3, 2024 Wed Practice N/A 4:00 5:25 EHS PM PM Stadium Apr 4, 2024 Thu Practice N/A 4:00 5:25 EHS PM PM Stadium Apr 5, 2024 Fri Practice N/A 4:00 5:25 EHS PM PM Stadium Apr 6, 2024 Sat Practice N/A 4:00 5:25 EHS PM PM Stadium Apr 9, 2024 Tue Practice N/A 4:00 5:25 EHS PM PM Stadium Apr 10, 2024 Wed Practice N/A 4:00 5:25 EHS PM PM Stadium Apr 11, 2024 Thu Regular Season Oneonta @ 5:45 9:00 JC Wildcat PM PM Stadium L Apr 12, 2024 Fri Practice N/A 4:00 5:25 EHS PM PM Stadium L Apr 13, 2024 Sat Regular Season (NY/PA Invite Windsor) @ TBD 8:00 AM PM Stadium Windsor L	Apr 1, 2024	Mon	Practice	N/A				
Apr 3, 2024 Wed Practice N/A PM PM Stadium Apr 4, 2024 Thu Practice N/A 4:00 5:25 EHS Stadium Apr 5, 2024 Fri Practice N/A 4:00 5:25 EHS Stadium Apr 6, 2024 Sat Practice N/A 11:00 12:30 AM PM EHS Turf Apr 9, 2024 Tue Practice N/A 4:00 5:25 EHS Stadium Apr 10, 2024 Wed Practice N/A 4:00 5:25 EHS Stadium Apr 11, 2024 Thu Regular Season Johnson City 5:45 9:00 JC Wildcat Stadium L Apr 12, 2024 Fri Practice N/A 4:00 5:25 EHS Stadium EHS Stadium Apr 13, 2024 Sat Regular Season (NY/PA Invite Windsor) @ TBD 8:00 AM Windsor L Apr 15, 2024 Mon Practice N/A 4:00 5:25 EHS	Apr 2, 2024	Tue	Practice	N/A				
Apr 4, 2024 Thu Practice N/A PM PM PM Stadium Apr 5, 2024 Fri Practice N/A 4:00 5:25 EHS PM PM Stadium EHS Turf Apr 6, 2024 Sat Practice N/A 4:00 5:25 EHS PM PM Stadium Apr 9, 2024 Tue Practice N/A 4:00 5:25 EHS PM PM Stadium Apr 10, 2024 Wed Practice N/A 4:00 5:25 EHS PM PM Stadium Apr 11, 2024 Thu Regular Season Oneonta @ Johnson City PM PM Stadium L Apr 12, 2024 Fri Practice N/A 4:00 5:25 EHS PM PM Stadium Apr 13, 2024 Sat Regular Season (NY/PA Invite Windsor) @ TBD 8:00 AM Windsor Windsor L Apr 15, 2024 Map Practice N/A 4:00 5:25 EHS	Apr 3, 2024	Wed	Practice	N/A				
Apr 5, 2024 Fri Practice N/A PM PM PM Stadium Apr 6, 2024 Sat Practice N/A 11:00 12:30 AM EHS Turf Apr 9, 2024 Tue Practice N/A 4:00 5:25 EHS AM EHS AM Apr 10, 2024 Wed Practice N/A 4:00 5:25 EHS AM EHS AM Apr 11, 2024 Thu Regular Season AM Oneonta @ Johnson City PM 9:00 JC Wildcat PM L Apr 12, 2024 Fri Practice N/A 4:00 5:25 EHS EHS Apr 13, 2024 Sat Regular Season (NY/PA Invite Windsor) @ TBD 8:00 AM Windsor L Apr 15, 2024 Mon Bractice N/A 4:00 5:25 EHS EHS	Apr 4, 2024	Thu	Practice	N/A				
Apr 6, 2024 Sat Practice N/A AM PM EHS Tull Apr 9, 2024 Tue Practice N/A 4:00 5:25 EHS PM PM Stadium Apr 10, 2024 Wed Practice N/A 4:00 5:25 EHS PM PM Stadium Apr 11, 2024 Thu Regular Season Oneonta @ Johnson City PM PM Stadium L Apr 12, 2024 Fri Practice N/A 4:00 5:25 EHS PM PM Stadium Apr 13, 2024 Sat Regular Season (NY/PA Invite Windsor) @ TBD 8:00 AM Windsor L Apr 15, 2024 Mon Brastice N/A 4:00 5:25 EHS EHS	Apr 5, 2024	Fri	Practice	N/A				
Apr 9, 2024 Tue Practice N/A PM PM PM Stadium Apr 10, 2024 Wed Practice N/A 4:00 5:25 EHS PM PM Stadium 5:45 9:00 JC Wildcat PM PM Stadium L Apr 11, 2024 Thu Regular Season (NYA PM PM Stadium L Apr 12, 2024 Fri Practice N/A 4:00 5:25 EHS PM PM Stadium Apr 13, 2024 Sat Regular Season (NY/PA Invite Windsor) @ TBD 8:00 AM PM PM Stadium Apr 15, 2024 Mon Practice N/A 4:00 5:25 EHS	Apr 6, 2024	Sat	Practice	N/A			EHS Turf	
Apr 10, 2024 Wed Practice N/A PM PM Stadium Apr 11, 2024 Thu Regular Season Oneonta @ Johnson City PM PM Stadium Apr 12, 2024 Fri Practice N/A 4:00 5:25 EHS Apr 13, 2024 Sat Regular Season (NY/PA Invite Windsor) @ TBD 8:00 AM Windsor L Apr 15, 2024 Mon Practice N/A 4:00 5:25 EHS	Apr 9, 2024	Tue	Practice	N/A				
Apr 12, 2024 Fri Practice N/A 4:00 5:25 EHS Apr 13, 2024 Sat Regular Season (NY/PA Invite Windsor) @ TBD 8:00 AM Windsor L Apr 15, 2024 Mon Practice N/A 4:00 5:25 EHS	Apr 10, 2024	Wed	Practice	N/A				
Apr 12, 2024 Fri Practice N/A PM PM Stadium Apr 13, 2024 Sat Regular Season (NY/PA Invite Windsor) @ TBD 8:00 AM Windsor L Apr 15, 2024 Mon Practice N/A 4:00 5:25 EHS	Apr 11, 2024	Thu	Regular Season					L
Apr 15, 2024 Sat (NY/PA Invite Windsor) AM Windsor L Apr 15, 2024 Man Practice N/A 4:00 5:25 EHS	Apr 12, 2024	Fri	Practice	N/A				
	Apr 13, 2024	Sat		@ TBD			Windsor	L
	Apr 15, 2024	Mon	Practice	N/A				

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Apr 16, 2024	Tue	Regular Season 42-96 L	@ Ithaca	4:30 PM	7:30 PM	IHS Moresco Stadium		L
Apr 17, 2024	Wed	Practice	N/A	4:00 PM	5:25 PM	EHS Stadium		
Apr 18, 2024	Thu	Regular Season 58-73 L	@ Horseheads	5:00 PM		HHS HS Stadium Field 1		NL
Apr 19, 2024	Fri	Practice	N/A	4:00 PM	5:25 PM	EHS Stadium		
Apr 20, 2024	Sat	Regular Season (Square Deal Invite @ Johnson City)	@ TBD	8:00 AM		Johnson City High School		L
Apr 22, 2024	Mon	Practice	N/A	11:00 AM	12:30 PM	EHS Stadium		
Apr 23, 2024	Tue	Practice	N/A	11:00 AM	12:30 PM	EHS Stadium		
Apr 24, 2024	Wed	Practice	N/A	11:00 AM	12:30 PM	EHS Stadium		
Apr 25, 2024	Thu	Practice	N/A	11:00 AM	12:30 PM	EHS Stadium		
Apr 26, 2024	Fri	Practice	N/A	11:00 AM	12:30 PM	EHS Stadium		
Apr 27, 2024	Sat	Regular Season (Wait- Molnar Meet)	TBD	8:00 AM		EHS Stadium		L
Apr 27, 2024	Sat	Regular Season (Waite Invite)	Horseheads	11:00 AM		EDA Track		NL
Apr 29, 2024	Mon	Practice	N/A	4:00 PM	5:25 PM	EHS Stadium		
Apr 30, 2024	Tue	Regular Season	@ Corning-Painted Post	5:30 PM		Corning Memorial Stadium		L
May 1, 2024	Wed	Practice	N/A	4:00 PM	5:25 PM	EHS Stadium		
May 2, 2024	Thu	Practice	N/A	4:00 PM	5:25 PM	EHS Stadium		
May 3, 2024	Fri	Regular Season (Golden Bear Invite @ Vestal)	@ TBD	5:00 PM		Vestal High School		L
May 4, 2024	Sat	Regular Season (Blue Shoes Invite @ Horseheads)	@ Horseheads	9:00 AM		HHS HS Stadium Field 1		L
May 6, 2024	Mon	Practice	N/A	4:00 PM	5:25 PM	EHS Stadium		
May 7, 2024	Tue	Regular Season	Horseheads	5:00 PM		EHS Stadium		L
May 8, 2024	Wed	Practice	N/A	4:00 PM	5:25 PM	EHS Stadium		
May 9, 2024	Thu	Practice	N/A	4:00 PM	5:25 PM	EHS Stadium		
May 10, 2024	Fri	Regular Season (Fast Times @ CPP)	@ TBD	5:00 PM		Corning- Painted Post High School		L
May 13, 2024	Mon	Practice	N/A	4:00 PM	5:25 PM	EHS Stadium		
May 14, 2024	Tue	Practice	N/A	4:00 PM	5:25 PM	EHS Stadium		
May 15, 2024	Wed	Regular Season (Varsity STAC Championship Meet)	@ TBD	12:00 AM		Johnson City High School		L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
May 16, 2024	Thu	Practice	N/A	4:00 PM	5:25 PM	EHS Stadium		
May 17, 2024	Fri	Practice	N/A	4:00 PM	5:25 PM	EHS Stadium		
May 20, 2024	Mon	Regular Season (Freshman/Sophmore Meet)	@ TBD	5:00 PM		Vestal High School		L
May 21, 2024	Tue	Practice	N/A	4:00 PM	5:25 PM	EHS Stadium		
May 22, 2024	Wed	Regular Season (Sectional State Qualifier)	Corning-Painted Post, Ithaca, Horseheads, Binghamton, Union- Endicott, Vestal	5:00 PM		EHS Stadium		L
May 23, 2024	Thu	Practice	N/A	4:00 PM	5:25 PM	EHS Stadium		
May 24, 2024	Fri	Practice	N/A	4:00 PM	5:25 PM	EHS Stadium		
May 27, 2024	Mon	Practice	N/A	4:00 PM	5:25 PM	EHS Stadium		
May 28, 2024	Tue	Practice	N/A	4:00 PM	5:25 PM	EHS Stadium		
May 29, 2024	Wed	Regular Season (State Qualifier)	@ TBD	5:00 PM		Union- Endicott High School		L
May 30, 2024	Thu	Regular Season (State Qualifier)	@ TBD	5:00 PM		Union- Endicott High School		L

Date: 2024-05-10