

## Coaches:

• Christina Howe-Sampson, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 27, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	JC MS Gym		
Nov 28, 2023	Tue	Practice	N/A	3:30 PM	5:00 PM	JC ES Gym		
Nov 29, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	JC MS Gym		
Nov 30, 2023	Thu	Practice	N/A	3:30 PM	5:00 PM	JC ES Gym		
Dec 1, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	JC MS Gym		
Dec 4, 2023	Mon	Practice	N/A	3:30 PM	5:00 PM	JC ES Gym		
Dec 5, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	JC MS Gym		
Dec 6, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	JC ES Gym		
Dec 7, 2023	Thu	Regular Season	Vestal (Gold)	5:30 PM	6:29 PM	JC MS Gym		L
Dec 8, 2023	Fri	Practice	N/A	3:30 PM	5:00 PM	JC ES Gym		
Dec 11, 2023	Mon	Regular Season 28-38 L	@ Maine- Endwell (Gold)	5:30 PM	6:29 PM	Maine-Endwell MS Gym		L
Dec 14, 2023	Thu	Regular Season 47-25 W	Union-Endicott (Orange)	5:30 PM	6:29 PM	JC MS Gym		L
Dec 19, 2023	Tue	Regular Season 52-19 W	@ Chenango Forks (Blue)	5:30 PM	6:29 PM	Elementary School - Kenyon Gym	Departure Point: MS Departure Date: Dec 19, 2023 Departure Time: 4:30 PM Return Date: Dec 19, 2023 Return Time: 7:00 PM	L
Dec 20, 2023	Wed	Regular Season 33-46 L	Owego Apalachin (Blue)	5:30 PM	7:00 PM	JC MS Gym		NL
Jan 3, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	JC MS Gym		
Jan 5, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	JC MS Gym		
Jan 6, 2024	Sat	Regular Season 22-30 L	Vestal (Green)	10:00 AM	10:59 AM	JC MS Gym		L
Jan 8, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	JC MS Gym		
Jan 9, 2024	Tue	Practice	N/A	3:30 PM	5:00 PM	JC ES Gym		
Jan 10, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	JC MS Gym		
Jan 11, 2024	Thu	Regular Season 38-52 L	Susquehanna Valley (Blue)	5:30 PM	6:45 PM	JC MS Gym		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 12, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	JC MS Gym		
Jan 16, 2024	Tue	Practice	N/A	3:30 PM	5:00 PM	JC ES Gym		
Jan 17, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	JC MS Gym		
Jan 17, 2024	Wed	Regular Season 23-30 L	@ Vestal (Green)	5:30 PM	6:45 PM	Vestal Middle School Gym	Departure Point: MS Departure Date: Jan 17, 2024 Departure Time: 4:30 PM Return Date: Jan 17, 2024 Return Time: 7:00 PM	L
Jan 18, 2024	Thu	Regular Season 38-46 L	Maine-Endwell (Blue)	5:30 PM	6:29 PM	JC MS Gym		L
Jan 19, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	JC MS Gym		
Jan 20, 2024	Sat	Regular Season 15-45 L	@ Union- Endicott (Black)	10:00 AM	10:59 AM	Jennie F Snapp MS Main Gym	Departure Point: MS Departure Date: Jan 20, 2024 Departure Time: 9:00 AM Return Date: Return Time: 11:45 AM	L
Jan 22, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	JC MS Gym		
Jan 24, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	JC MS Gym		
Jan 25, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	JC ES Gym		
Jan 26, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	JC MS Gym		
Jan 26, 2024	Fri	Regular Season 50-35 W	Susquehanna Valley (Gold)	5:30 PM	7:00 PM	JC ES Gym		L
Jan 29, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	JC MS Gym		
Jan 29, 2024	Mon	Regular Season 45-21 W	@ Binghamton	5:30 PM	6:45 PM	West Middle School	Departure Point: MS Departure Date: Jan 23, 2024 Departure Time: 4:30 PM Return Date: Return Time: 7:00 PM	L
Jan 30, 2024	Tue	Practice	N/A	3:30 PM	5:00 PM	JC ES Gym		
Jan 31, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	JC MS Gym		
Feb 5, 2024	Mon	Regular Season	Norwich (Purple)	5:30 PM	7:00 PM	JC MS Gym		L

Date: 2024-05-17