

Coaches:

• Bill Spalik, Head Coach

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION TRANSPORTATION LEAGUE / NON-LEAGUE |
|--------------|-------------|------------------------------|----------------------------|---------------|-------------|---|
| Nov 27, 2023 | Mon | Practice | N/A | 3:30 PM | 5:00 PM | JC ES Gym |
| Nov 28, 2023 | Tue | Practice | N/A | 3:00 PM | 5:00 PM | JC MS Gym |
| Nov 29, 2023 | Wed | Practice | N/A | 3:30 PM | 5:00 PM | JC ES Gym |
| Nov 30, 2023 | Thu | Practice | N/A | 3:00 PM | 5:00 PM | JC MS Gym |
| Dec 1, 2023 | Fri | Practice | N/A | 3:30 PM | 5:00 PM | JC ES Gym |
| Dec 2, 2023 | Sat | Practice | N/A | 8:00 AM | 10:00 AM | JC MS Gym |
| Dec 4, 2023 | Mon | Practice | N/A | 3:00 PM | 5:00 PM | JC MS Gym |
| Dec 5, 2023 | Tue | Practice | N/A | 3:30 PM | 5:00 PM | JC ES Gym |
| Dec 6, 2023 | Wed | Practice | N/A | 3:00 PM | 5:00 PM | JC MS Gym |
| Dec 7, 2023 | Thu | Practice | N/A | 3:30 PM | 5:00 PM | JC ES Gym |
| Dec 8, 2023 | Fri | Practice | N/A | 3:00 PM | 5:00 PM | JC MS Gym |
| Dec 9, 2023 | Sat | Practice | N/A | 8:00 AM | 10:00 AM | JC MS Gym |
| Dec 11, 2023 | Mon | Regular Season 53-22 W | Vestal (Green) | 5:30 PM | 6:00 PM | TBD L |
| Dec 18, 2023 | Mon | Regular Season 60-71 L | Union-Endicott (Black) | 5:30 PM | 6:00 PM | TBD L |
| Jan 3, 2024 | Wed | Practice | N/A | 3:30 PM | 5:00 PM | JC ES Gym |
| Jan 5, 2024 | Fri | Practice | N/A | 3:30 PM | 5:00 PM | JC ES Gym |
| Jan 8, 2024 | Mon | Practice | N/A | 3:30 PM | 5:00 PM | JC ES Gym |
| Jan 9, 2024 | Tue | Practice | N/A | 3:00 PM | 5:00 PM | JC MS Gym |
| Jan 10, 2024 | Wed | Practice | N/A | 3:30 PM | 5:00 PM | JC ES Gym |
| Jan 10, 2024 | Wed | Regular Season 64-42 W | Vestal (Gold) | 5:30 PM | 6:00 PM | TBD L |
| Jan 12, 2024 | Fri | Practice | N/A | 3:30 PM | 5:00 PM | JC ES Gym |
| Jan 16, 2024 | Tue | Practice | N/A | 3:00 PM | 5:00 PM | JC MS Gym |
| Jan 17, 2024 | Wed | Practice | N/A | 3:30 PM | 5:00 PM | JC ES Gym |
| Jan 19, 2024 | Fri | Practice | N/A | 3:30 PM | 5:00 PM | JC ES Gym |
| Jan 20, 2024 | Sat | Regular Season 59-61 L | Union-Endicott (Orange) | 10:00 AM | 11:00 AM | JC MS Gym L |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION TRANSPORTATION LEAGUE / NON-LEAGUE |
|--------------|-------------|----------|-----------|---------------|-------------|---|
| Jan 23, 2024 | Tue | Practice | N/A | 3:00 PM | 5:00 PM | JC MS Gym |
| Jan 24, 2024 | Wed | Practice | N/A | 3:30 PM | 5:00 PM | JC ES Gym |
| Jan 25, 2024 | Thu | Practice | N/A | 3:00 PM | 5:00 PM | JC MS Gym |
| Jan 26, 2024 | Fri | Practice | N/A | 3:30 PM | 5:00 PM | JC ES Gym |
| Jan 29, 2024 | Mon | Practice | N/A | 3:30 PM | 5:00 PM | JC ES Gym |
| Jan 30, 2024 | Tue | Practice | N/A | 3:00 PM | 5:00 PM | JC MS Gym |
| Jan 31, 2024 | Wed | Practice | N/A | 3:30 PM | 5:00 PM | JC ES Gym |
| Feb 6, 2024 | Tue | Practice | N/A | 3:30 PM | 5:00 PM | JC ES Gym |

Date: 2024-05-17