

## Coaches:

• Jenelle Weiler, Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Aug 21, 2023	Mon	Practice	N/A	5:00 PM	7:00 PM	JC MS Gym, JC Middle School Turf		
Aug 22, 2023	Tue	Practice	N/A	5:00 PM	7:00 PM	JC MS Gym, JC Middle School Turf		
Aug 23, 2023	Wed	Practice	N/A	5:00 PM	7:00 PM	JC MS Gym, JC Middle School Turf		
Aug 24, 2023	Thu	Practice	N/A	11:00 AM	2:00 PM	JC MS Gym, JC Middle School Turf		
Aug 25, 2023	Fri	Practice	N/A	11:00 AM	2:00 PM	JC MS Gym, JC Middle School Turf		
Sep 5, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	JC ES Gym		
Sep 6, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	JC MS Gym		
Sep 7, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	JC MS Gym		
Sep 8, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	JC MS Gym		
Sep 11, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	JC MS Gym		
Sep 12, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	JC MS Gym		
Sep 14, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	JC MS Gym		
Sep 15, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	JC MS Gym		
Sep 16, 2023	Sat	Practice	N/A	11:00 AM	2:00 PM	JC MS Gym		
Sep 19, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	JC MS Gym		
Sep 21, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	JC MS Gym		
Sep 22, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	JC MS Gym		
Sep 25, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	JC MS Gym		
Sep 26, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	JC MS Gym		
Sep 27, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	JC MS Gym		
Sep 27, 2023	Wed	Regular Season	Union-Endicott (Fall), Binghamton (Fall) @ Vestal (Football)	7:00 PM		Vestal High School Gym		L
Oct 2, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	JC MS Gym		
Oct 3, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	JC MS Gym		
Oct 5, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	JC MS Gym		

								LEAGUE
DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 6, 2023	Fri	Regular Season (JC Competition)	TBD	3:00 PM		JC HS Large Gym	<b>Departure Point:</b> MS	L
Oct 10, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	JC MS Gym		
Oct 11, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	JC MS Gym		
Oct 12, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	JC MS Gym		
Oct 13, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	JC MS Gym		
Oct 14, 2023	Sat	Regular Season (Horseheads Rowdy Raider Spirit Challenge)	@ TBD	11:30 AM	12:00 PM	HHS Middle School Field House Gym	Departure Point: MS Departure Date: Oct 14, 2023 Departure Time: 9:30 AM Return Date: Oct 14, 2023 Return Time: 2:00 PM	NL
Oct 16, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	JC MS Gym		
Oct 17, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	JC MS Gym		
Oct 19, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	JC MS Gym		
Oct 20, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	JC ES Gym		
Oct 22, 2023	Sun	Regular Season (STAC Championship)	@ TBD	11:25 AM		UEHS Main Gym	Departure Point: MS Departure Date: Oct 22, 2023 Departure Time: 10:30 AM Return Date: Oct 22, 2023 Return Time: 2:00 PM	L

Date: 2025-12-05