

Coaches:

- Michael Nembhard, Head Coach
- Ricky Stewart, Asst CoachAyanda Ntombela, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 14, 2022	Mon	Practice	N/A	3:30 PM	5:30 PM	Sue France Gymnasium		
Nov 15, 2022	Tue	Practice	N/A	3:30 PM	5:30 PM	Sue France Gymnasium		
Nov 16, 2022	Wed	Practice	N/A	3:30 PM	5:30 PM	Sue France Gymnasium		
Nov 17, 2022	Thu	Practice	N/A	3:30 PM	5:30 PM	Sue France Gymnasium		
Nov 18, 2022	Fri	Practice	N/A	3:30 PM	5:30 PM	Sue France Gymnasium		
Nov 21, 2022	Mon	Practice	N/A	5:30 PM	7:30 PM	Sue France Gymnasium		
Nov 22, 2022	Tue	Scrimmage	Ithaca	7:30 PM		Sue France Gymnasium		L
Nov 23, 2022	Wed	Practice	N/A	8:00 AM	10:00 AM	TBD		
Nov 25, 2022	Fri	Practice	N/A	8:00 AM	10:00 AM	TBD		
Nov 26, 2022	Sat	Scrimmage	@ Dryden	11:00 AM	1:00 PM	Dryden H S		L
Nov 28, 2022	Mon	Practice	N/A	3:30 PM	5:25 PM	Sue France Gymnasium		
Nov 29, 2022	Tue	Scrimmage	Lansing	7:30 PM	9:00 PM	Sue France Gymnasium		L
Nov 30, 2022	Wed	Practice	N/A	3:30 PM	5:25 PM	Sue France Gymnasium		
Dec 1, 2022	Thu	Practice	N/A	3:30 PM	5:25 PM	Sue France Gymnasium		
Dec 2, 2022	Fri	Practice	N/A	3:30 PM	5:25 PM	Sue France Gymnasium		
Dec 3, 2022	Sat	Practice	N/A	8:00 AM	10:00 AM	TBD		
Dec 5, 2022	Mon	Practice	N/A	5:30 PM	7:30 PM	Sue France Gymnasium		
Dec 6, 2022	Tue	Regular Season 101-35 W	Odessa-Montour	7:00 PM		Sue France Gymnasium		L
Dec 7, 2022	Wed	Practice	N/A	5:30 PM	7:30 PM	Sue France Gymnasium		
Dec 8, 2022	Thu	Practice	N/A	5:30 PM	7:30 PM	Sue France Gymnasium		
Dec 9, 2022	Fri	Regular Season 73-45 W	@ Norwich	7:00 PM	8:30 PM	JC HS Large Gym	Departure Time: 3:30 PM Return Date: Return Time: 9:45 PM	NL
Dec 10, 2022	Sat	Regular Season (Varsity Championship) 53-70 L	@ Johnson City	3:15 PM	5:00 PM	JC HS Large Gym		NL
Dec 12, 2022	Mon	Practice	N/A	3:30 PM	5:25 PM	Sue France Gymnasium		

Dec 13, 2022 Tue Dec 14, 2022 We	ed Pi	0	@ Candor (Candor)	7:00			Departure Time:	LEAGUE
				PM		Candor HS Gym	4:15 PM Return Date: Return Time: 8:30 PM	L
CANOCHIED D	ıı Pı	ractice	N/A	3:30 PM	5:25 PM	Sue France Gymnasium		
CANCELLED Dec Thu 15, 2022	u ii	ractice	N/A	3:30 PM	5:25 PM	Sue France Gymnasium		
Dec 17, 2022 Sat		legular Season 9-57 W	@ Tioga	2:30 PM		High School Gym	Departure Time: 11:45 AM Return Date: Return Time: 5:00 PM	L
Dec 19, 2022 Mo	n P	ractice	N/A	3:30 PM	5:20 PM	Sue France Gymnasium		
Dec 20, 2022 Tue	e Pi	ractice	N/A	3:30 PM	5:25 PM	Sue France Gymnasium		
Dec 21, 2022 We	ed P	ractice	N/A	3:30 PM	5:25 PM	Sue France Gymnasium		
Dec 22, 2022 Thu		legular Season 0-51 W	@ Groton	6:30 PM		Groton High School Gym	Departure Time: 3:45 PM Return Date: Return Time: 8:15 PM	L
CANCELLED Dec Fri 23, 2022	Pı	ractice	N/A	3:30 PM	5:30 PM	Sue France Gymnasium		
CANCELLED Dec Sat 24, 2022	t P	ractice	N/A	8:00 AM	10:00 AM	Sue France Gymnasium		
Dec 26, 2022 Mo	n P	ractice	N/A	8:00 AM	10:00 AM	Sue France Gymnasium		
Dec 27, 2022 Tue	e Pi	ractice	N/A	8:00 AM		Sue France Gymnasium		
Dec 28, 2022 We	ed Pi	ractice	N/A	8:00 AM		Sue France Gymnasium		
Dec 29, 2022 Thu	(H u 1s @	legular Season Holiday Tournament st Round (New v Can Ø 6 PM & WD v WG Ø 7:30 PM))		6:00 PM		W G Field House Gym	Departure Time: 3:30 PM	NL
Dec 30, 2022 Fri	(H C - (vs 7:	` ,	Candor (Candor), Windsor @ Watkins Glen	6:00 PM	9:30 PM	W G Field House Gym		NL
Jan 2, 2023 Mo	n Pi	ractice	N/A	8:00 AM	10:00 AM	Sue France Gymnasium		
Jan 4, 2023 We	ed Pi	ractice	N/A	3:30 PM	5:25 PM	Sue France Gymnasium		
Jan 5, 2023 Thu	u P	ractice	N/A	3:30 PM	5:25 PM	Sue France Gymnasium		
Jan 6, 2023 Fri		legular Season 4-49 W	@ Marathon	7:15 PM		Marathon H S	Departure Time: 4:15 PM Return Date: Return Time: 9:45 PM	L
Jan 7, 2023 Sat	t P	ractice	N/A	8:00 AM	10:00 AM	Sue France Gymnasium		
Jan 9, 2023 Mo	n Pi	ractice	N/A	5:30 PM	7:30 PM	Sue France Gymnasium		

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 10, 2023	Tue	Regular Season 74-57 W	Newark Valley	7:00 PM		Sue France Gymnasium		L
Jan 11, 2023	Wed	Practice	N/A	5:30 PM	7:30 PM	Sue France Gymnasium		
Jan 12, 2023	Thu	Practice	N/A	5:30 PM	7:30 PM	Sue France Gymnasium		
Jan 13, 2023	Fri	Regular Season 66-47 W	Moravia	7:00 PM		Sue France Gymnasium		L
Jan 14, 2023	Sat	Practice	N/A	8:00 AM	AM	Sue France Gymnasium		
Jan 16, 2023	Mon	Practice	N/A	8:00 AM	10:00 AM	Sue France Gymnasium		
Jan 17, 2023	Tue	Regular Season 76-38 W	@ Spencer-Van Etten	7:00 PM		Spencer-Van Etten HS	Departure Time: 4:30 PM Return Date: Return Time: 8:30 PM	L
Jan 18, 2023	Wed	Practice	N/A	3:30 PM	5:25 PM	Sue France Gymnasium		
Jan 19, 2023	Thu	Practice	N/A	3:30 PM	5:25 PM	Sue France Gymnasium		
Jan 20, 2023	Fri	Regular Season 99-75 W	@ Southern Cayuga	7:00 PM		Southern Cayuga High School Gym	Departure Time: 4:00 PM Return Date: Return Time: 8:45 PM	L
Jan 21, 2023	Sat	Practice	N/A	8:00 AM	10:00 AM	Sue France Gymnasium		
Jan 23, 2023	Mon	Regular Season 63-57 W	Union Springs	6:30 PM		Sue France Gymnasium		L
Jan 24, 2023	Tue	Practice	N/A	5:30 PM	7:30 PM	Sue France Gymnasium		
Jan 26, 2023	Thu	Regular Season 83-18 W	Spencer-Van Etten	7:00 PM		Sue France Gymnasium		L
Jan 27, 2023	Fri	Regular Season 80-37 W	@ Odessa- Montour	7:30 PM		O-M HS Gym	Departure Time: 4:45 PM Return Date: Return Time: 8:30 PM	L
Jan 28, 2023	Sat	Practice	N/A	8:00 AM	10:00 AM	Sue France Gymnasium		
Jan 30, 2023	Mon	Practice	N/A	3:30 PM	5:25 PM	Sue France Gymnasium		
Jan 31, 2023	Tue	Regular Season 73-63 W	Tioga	7:00 PM		Sue France Gymnasium		L
Feb 1, 2023	Wed	Practice	N/A	3:30 PM	5:25 PM	Sue France Gymnasium		
Feb 2, 2023	Thu	Practice	N/A	3:30 PM	5:25 PM	Sue France Gymnasium		
Feb 3, 2023	Fri	Practice	N/A	3:30 PM	5:15 PM	Sue France Gymnasium		
Feb 4, 2023	Sat	Practice	N/A	8:00 AM	10:00 AM	Sue France Gymnasium		
Feb 7, 2023	Tue	Regular Season 70-54 W	@ Notre Dame, Elmira	7:15 PM		Elmira Notre Dame: HS Gymnasium	Departure Time: 4:30 PM Return Date: Return Time: 9:00 PM	L
Feb 9, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	Sue France Gymnasium		

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Feb 10, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	Sue France Gymnasium		
Feb 11, 2023	Sat	Practice	N/A	8:00 AM	9:30 AM	Sue France Gymnasium		
Feb 13, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	Sue France Gymnasium		
Feb 14, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	Sue France Gymnasium		
Feb 15, 2023	Wed	Practice	N/A	3:30 PM	5:30 PM	Sue France Gymnasium		
Feb 16, 2023	Thu	Post-Season (IAC Championship) 34-83 L	@ Moravia	8:00 PM		Tompkins County Community College	Departure Time: 6:00 PM	NL
Feb 17, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	Sue France Gymnasium		
Feb 18, 2023	Sat	Practice	N/A	8:00 AM	10:00 AM	Sue France Gymnasium		
Feb 20, 2023	Mon	Practice	N/A	8:00 AM	10:00 AM	Sue France Gymnasium		
Feb 22, 2023	Wed	Practice	N/A	8:00 AM	10:00 AM	Sue France Gymnasium		
Feb 23, 2023	Thu	Practice	N/A	8:00 AM	10:00 AM	Sue France Gymnasium		
Feb 25, 2023	Sat	Practice	N/A	8:00 AM	10:00 AM	Sue France Gymnasium		
Feb 27, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	Sue France Gymnasium		
Feb 28, 2023	Tue	Post-Season (Section IV Semi-Finals) 51-73 L	@ Moravia	7:45 PM		Tompkins- Cortland Community College	Departure Time: 6:00 PM	NL

Date: 2024-04-25