

Coaches:

• Erik Rominger , Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Mar 5, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	Elmira Notre Dame: HS Gymnasium		
Mar 6, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	Elmira Notre Dame: HS Gymnasium		
CANCELLED Mar 7, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	Elmira Notre Dame: HS Gymnasium		
Mar 8, 2019	Fri	Practice	N/A	4:00 PM	6:00 PM	Murray Athletic Center		
Mar 9, 2019	Sat	Practice	N/A	9:00 AM	11:00 AM	Murray Athletic Center		
Mar 11, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	Elmira Notre Dame: HS Gymnasium		
Mar 12, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	Elmira Notre Dame: HS Gymnasium		
Mar 13, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	Elmira Notre Dame: HS Gymnasium		
Mar 14, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	Elmira Notre Dame: HS Gymnasium		
Mar 15, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	Elmira Notre Dame: HS Gymnasium		
Mar 18, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	Elmira Notre Dame: HS Gymnasium		
Mar 19, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	Elmira Notre Dame: HS Gymnasium		
Mar 20, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	Elmira Notre Dame: HS Gymnasium		
Mar 21, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	Elmira Notre Dame: HS Gymnasium		
Mar 22, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	Elmira Notre Dame: HS Gymnasium		
Mar 25, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	Elmira Notre Dame: HS Gymnasium		
Mar 26, 2019	Tue	Regular Season 7-0 W	Waverly	4:30 PM		TBD		L
Mar 27, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	Elmira Notre Dame: HS Gymnasium		
Mar 28, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	Elmira Notre Dame: HS Gymnasium		

	WEEK		START END	LEAGUE
DATE	WEEK DAY	OPPONENTS	START END TIME TIME LOCATION	TRANSPORTATION / NON-
	DAT		THAT THAT	LEAGUE

Mar 29, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	Elmira Notre Dame: HS Gymnasium		
Apr 1, 2019	Mon	Regular Season	@ Newark Valley	4:30 PM		Newark Valley High School	Departure Time: 2:45 PM	L
Apr 2, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	Elmira Notre Dame: HS Gymnasium		
Apr 3, 2019	Wed	Regular Season	Elmira Heights	4:30 PM		TBD		NL
Apr 4, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	Elmira Notre Dame: HS Gymnasium		
Apr 4, 2019	Thu	Regular Season	Moravia	4:30 PM		TBD		L
Apr 6, 2019	Sat	Regular Season	Towanda	10:00 AM	1:30 PM	Elmira Notre Dame: HS Gymnasium		L
Apr 8, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	Elmira Notre Dame: HS Gymnasium		
Apr 9, 2019	Tue	Regular Season	Lansing	4:30 PM		TBD		NL
Apr 10, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	Elmira Notre Dame: HS Gymnasium		
Apr 11, 2019	Thu	Regular Season 7-0 W	Southern Cayuga	4:30 PM		TBD		NL
Apr 12, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	Elmira Notre Dame: HS Gymnasium		
Apr 16, 2019	Tue	Practice	N/A	10:00 AM	12:00 PM	Elmira Notre Dame: HS Gymnasium		
Apr 17, 2019	Wed	Practice	N/A	10:00 AM	12:00 PM	Elmira Notre Dame: HS Gymnasium		
Apr 18, 2019	Thu	Practice	N/A	10:00 AM	12:00 PM	Elmira Notre Dame: HS Gymnasium		
CANCELLED Apr 19, 2019	Fri	Scrimmage	@ Corning-Painted Post	4:00 PM		C P P High School		L
Apr 22, 2019	Mon	Regular Season 7 W	@ TBD	4:30 PM		O-M HS Tennis courts	Departure Time: 3:15 PM	NL
Apr 23, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	Elmira Notre Dame: HS Gymnasium		
Apr 24, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	Elmira Notre Dame: HS Gymnasium		
Apr 25, 2019	Thu	Regular Season	Watkins Glen	4:30 PM		Elmira Notre Dame: HS Gymnasium		NL
Apr 26, 2019	Fri	Practice (Tennis practice)	N/A	4:00 PM	6:00 PM	Murray Athletic Center		

Apr 27, 2019 Sat Scrimmage (-7 L) ⊕ Inhaca 12.3 by PM (Court 11:00 AM (Court 11:00	DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Apr 30, 2019 Tue Practice N/A PM PM Dame: HS Gymnastum May 1, 2019 Wed Practice N/A 3:00 5:00 5:00 5:00 5:00 5:00 5:00 5:00	Apr 27, 2019	Sat		@ Ithaca					
May 1, 2019 Wed Practice N/A PM PM Sqmmastum Sqmmast	Apr 30, 2019	Tue	Practice	N/A			Dame: HS		
May 1, 2019 Web Regular Season @ Intimasburg PM Elmits Notice NL May 2, 2019 Thu Practice N/A 9.00 PM 5.00 PM Elmira Notice 1 CANCELLED May 3, 2019 Fri Regular Season © Corning-Painted PM 4.00 PM C P P High School L May 6, 2019 Mon Practice N/A 3.00 PM 5.00 PM Elmira Notice Dame: HS Gymnasium L May 7, 2019 Tue Practice N/A 3.00 PM 5.00 PM Elmira Notice Dame: HS Gymnasium L May 8, 2019 Wed Practice N/A 3.00 PM 5.00 PM Elmira Notice Dame: HS Gymnasium NL CANCELLED May 8, 2019 Wed Practice N/A 3.00 PM 5.00 PM Elmira Notice Dame: HS PM NL May 9, 2019 Thu Post-Season Practice Post-Season Practice Proprio, Moravia, Waverly, Waverly, Union Springs(Prot Byron), Moravia, Waverly, Valley High School Number Notice Proprio Practice Proprio, Moravia, Valley Number Notice Proprio Practice Proprio Practice Proprio, Waverly, Valley High School Number Notice Proprio Practice	May 1, 2019	Wed	Practice	N/A			Dame: HS		
May 2, 2019 Thu Practice N/A PM Summary May Summary May Modified (May School) Demail Agriculture (May School	May 1, 2019	Wed	Regular Season	@ Trumansburg			Tennis Court	Departure Time: 2:45 AM	NL
3, 2019 Fit Regular Season May 6, 2019 Mon Practice Post PM PM School School School School Dame: HS Caymnasium Emira Notice Dame: HS Caymnasium Emira Notice Dame: HS Caymnasium Emira Notice Dame: HS Caymnasium Departure Time: LS PM L May 6, 2019 Mon Regular Season @ Union Springs/Port Byron) 4:30 PM U S M S and Page Departure Time: LS PM L May 7, 2019 Tue Practice N/A 3:00 PM 5:00 PM Elmira Notice Dame: HS Caymnasium School School PM NL	May 2, 2019	Thu	Practice	N/A			Dame: HS		
May 6, 2019 Mon Practice N/A 900 barne: HS Gymnasium Dame: HS Gymnasium Control Bymnasium		Fri	Regular Season				•		L
May 6, 2019 Mon Regular Season (Union Springs/Port Byron) 4-30 PM PM San Departure Time: 2:15 PM L May 7, 2019 Tue Practice N/A 3:00 PM 5:00 PM Elmira Notre Dame: HS Gymnasium C May 8, 2019 Wed Practice N/A 3:00 PM 5:00 PM Elmira Notre Dame: HS Gymnasium NL CANCELLED May 8, 2019 Wed Regular Season @ Horseheads 4:00 PM Elmira HS NL May 9, 2019 Tue Post-Season (Section IV Class Control Springs/Port Byron); Moravia, Valley 9:00 PM Newark Valley High School NL May 13, 2019 Mon Practice N/A 3:00 PM PM Demir HS Gymnasium PM May 14, 2019 Tue Practice N/A 4:00 PM 6:00 PM Murray Athletic Center Elmira Notre Dame: HS Gymnasium PM P	May 6, 2019	Mon	Practice				Dame: HS		
May 7, 2019 Tue Practice N/A 3:00 PM PM PM Symnasium Dame: HS Gymnasium May 8, 2019 Wed Practice N/A 3:00 PM PM PM Symnasium Elmira Notre Dame: HS Gymnasium CANCELLED May 8, 2019 Wed Regular Season @ Horseheads 4:00 PM PM Elmira HS NL May 9, 2019 Thu Post-Season (Section IV Class of D West Tournament) Elmira Heights, Union Springs/Port Byron, Moravia, Vaverly, Trumansburg, Lansing, Walkins Glen @ Newark Valley N/A Sebool Newark Valley High School NL May 13, 2019 Mon Practice N/A 5:00 PM PM Symnasium Elmira Notre Dame: HS Gymnasium May 14, 2019 Tue Practice N/A 6:00 PM PM Symnasium Murray Athletic Center May 15, 2019 Wed Practice N/A 5:00 Elmira Notre Dame: HS Gymnasium May 16, 2019 Thu Practice N/A 5:00 Elmira Notre Dame: HS Gymnasium May 20, 2019 Mon Practice N/A 5:00 Elmira Notre Dame: HS Gymnasium May 21, 2019 Tue Practice N/A 5:00 Elmira Notre Dame: HS Gymnasium May 22, 2019 Wed Practice	May 6, 2019	Mon	Regular Season	(Union Springs/Port					L
May 8, 2019 Wed 8, 2019 Wed 9, 2019 Practice N/A SM PM	May 7, 2019	Tue	Practice	N/A			Dame: HS		
8, 2019 Web Regular Season Web (Prost-Season Springs) Female (Union Springs) PM Elmirat Host Including Springs Number of Springs	•		Practice	N/A			Dame: HS		
May 9, 2019 Thu Post-Season (Section IV Class C-D Waverly, Trumansburg, Lansing, Watkins Glen @ Newark Valley 9:00 AM Newark Valley High School NL May 13, 2019 Mon Practice N/A 3:00 PM		Wed	Regular Season	@ Horseheads			Elmira HS		NL
May 13, 2019MonPracticeN/A3:00 PMPMDame: HS GymnasiumMay 14, 2019TuePracticeN/A4:00 PM6:00 PMMurray Athletic CenterMay 15, 2019WedPracticeN/A3:00 PM5:00 PMElmira Notre Dame: HS GymnasiumMay 16, 2019ThuPracticeN/A3:00 PM5:00 PMElmira Notre Dame: HS GymnasiumMay 20, 2019MonPracticeN/A3:00 PM5:00 PMElmira Notre Dame: HS GymnasiumMay 21, 2019TuePracticeN/A3:00 PM5:00 PMElmira Notre Dame: HS GymnasiumMay 22, 2019WedPracticeN/A3:00 PM5:00 PMElmira Notre Dame: HS GymnasiumMay 22, 2019WedPost-Season (IAC Championships)TBD9:00 AM1:30 Cortland State Lusk Field HouseDeparture Time: 6:30 AML	May 9, 2019	Thu	(Section IV Class C-	Union Springs (Union Springs/Port Byron), Moravia, Waverly, Trumansburg, Lansing, Watkins Glen @ Newark			Valley High		NL
May 14, 2019TuePracticeN/A4:00 PM6:00 PMAthletic CenterMay 15, 2019WedPracticeN/A3:00 PM5:00 Elmira Notre Dame: HS GymnasiumMay 16, 2019ThuPracticeN/A3:00 PM5:00 PMElmira Notre Dame: HS GymnasiumMay 20, 2019MonPracticeN/A3:00 PM5:00 PMElmira Notre Dame: HS GymnasiumMay 21, 2019TuePracticeN/A3:00 PM5:00 PMElmira Notre Dame: HS GymnasiumMay 22, 2019TuePracticeN/A3:00 PM5:00 PMElmira Notre Dame: HS GymnasiumMay 22, 2019WedPost-Season (IAC Championships)TBD9:00 1:30 AMCortland State Lusk Field HouseDeparture Time: 6:30 AM	May 13, 2019	Mon	Practice	N/A			Dame: HS		
May 15, 2019 Wed Practice N/A 3:00 PM PM Gymnasium May 16, 2019 Thu Practice N/A 3:00 PM PM PM Gymnasium May 20, 2019 Mon Practice N/A 3:00 PM PM PM Gymnasium May 21, 2019 Tue Practice N/A 3:00 PM	May 14, 2019	Tue	Practice	N/A			Athletic		
May 16, 2019 Thu Practice N/A S:00 PM PM Gymnasium May 20, 2019 Mon Practice N/A S:00 PM PM Gymnasium May 21, 2019 Tue Practice N/A S:00 PM PM PM PM Gymnasium May 21, 2019 Tue Practice N/A S:00 PM	May 15, 2019	Wed	Practice	N/A			Dame: HS		
May 20, 2019 Mon Practice N/A S:00 PM PM Dame: HS Gymnasium May 21, 2019 Tue Practice N/A S:00 PM PM PM Dame: HS Gymnasium May 22, 2019 Wed Post-Season (IAC Championships) TBD 9:00 AM PM State Lusk Field House 6:30 AM L	May 16, 2019	Thu	Practice	N/A			Dame: HS		
May 21, 2019 Tue Practice N/A PM PM Dame: HS Gymnasium May 22, 2019 Wed Post-Season (IAC Championships) TBD 9:00 1:30 State Lusk Field House 6:30 AM Departure Time: 6:30 AM	May 20, 2019	Mon	Practice	N/A			Dame: HS Gymnasium		
May 22, 2019 Wed Championships) TBD 9:00 1:30 State Lusk Field House 6:30 AM	May 21, 2019	Tue	Practice	N/A			Dame: HS Gymnasium		
	May 22, 2019	Wed		TBD			State Lusk		L
May 22, 2019 Wed Practice N/A 3:00 5:00 Elmira Notre Dame: HS Gymnasium	May 22, 2019	Wed	Practice	N/A			Dame: HS		

DATE	WEEK DAY	OPPONENTS	START END LOCATION TRANSPORTATION / NON- LEAGUE
May 23, 2019	Thu Practice	N/A	3:00 5:00 Elmira Notre Dame: HS Gymnasium

Date: 2024-05-17