



Owego Apalachin

(G) 7/8TH Lacrosse

Coaches:

- Brianna Balmer

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 21, 2023	Tue	Practice	N/A	4:00 PM	5:15 PM	OAMS Modified Field		
Mar 22, 2023	Wed	Practice	N/A	4:15 PM	5:00 PM	OFA Fitness Center		
Mar 22, 2023	Wed	Practice	N/A	5:00 PM	5:45 PM	OAMS Modified Field		
Mar 27, 2023	Mon	Practice	N/A	4:00 PM	5:30 PM	OAMS Gymnasium		
Mar 28, 2023	Tue	Practice	N/A	4:00 PM	5:30 PM	TBD		
Mar 29, 2023	Wed	Practice	N/A	4:00 PM	5:30 PM	TBD		
Mar 30, 2023	Thu	Practice	N/A	4:00 PM	5:30 PM	TBD		
Mar 31, 2023	Fri	Practice	N/A	4:00 PM	4:45 PM	OAMS Gymnasium		
Mar 31, 2023	Fri	Practice	N/A	4:45 PM	5:30 PM	OFA Fitness Center		
Apr 3, 2023	Mon	Practice	N/A	4:00 PM	5:30 PM	TBD		
Apr 4, 2023	Tue	Practice	N/A	4:00 PM	5:30 PM	TBD		
Apr 5, 2023	Wed	Practice	N/A	4:00 PM	4:45 PM	TBD		
Apr 5, 2023	Wed	Practice	N/A	4:45 PM	5:30 PM	OFA Fitness Center		
Apr 6, 2023	Thu	Practice	N/A	4:00 PM	4:45 PM	OAMS Gymnasium		
Apr 6, 2023	Thu	Practice	N/A	4:45 PM	5:30 PM	OFA Fitness Center		
Apr 10, 2023	Mon	Practice	N/A	4:30 PM	6:00 PM	OAMS Modified Field		
Apr 11, 2023	Tue	Practice	N/A	10:30 AM	12:00 PM	OFA Stadium		
Apr 12, 2023	Wed	Scrimmage	Vestal	12:30 PM	2:30 PM	OFA Stadium		NL
Apr 17, 2023	Mon	Practice	N/A	4:00 PM	5:30 PM	TBD		
Apr 18, 2023	Tue	Practice	N/A	4:00 PM	5:30 PM	TBD		
Apr 19, 2023	Wed	Regular Season	Chenango Valley	5:30 PM		OFA Island		L
Apr 20, 2023	Thu	Practice	N/A	4:00 PM	5:30 PM	TBD		
Apr 21, 2023	Fri	Practice	N/A	4:00 PM	5:30 PM	TBD		
Apr 24, 2023	Mon	Regular Season	Windsor	4:30 PM		OFA Island		L
Apr 25, 2023	Tue	Practice	N/A	4:00 PM	5:30 PM	TBD		
Apr 26, 2023	Wed	Practice	N/A	4:00 PM	5:30 PM	TBD		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 27, 2023	Thu	Practice	N/A	4:00 PM	5:30 PM	TBD		
May 1, 2023	Mon	Regular Season	Elmira (Elmira Express)	4:30 PM		OFA Island		NL
May 2, 2023	Tue	Practice	N/A	4:00 PM	5:30 PM	TBD		
May 3, 2023	Wed	Practice	N/A	4:00 PM	5:30 PM	TBD		
May 4, 2023	Thu	Regular Season	Chenango Forks	4:30 PM		OFA Island		L
May 5, 2023	Fri	Practice (Varsity Senior Rec)	N/A	5:45 PM	7:15 PM	TBD		
May 8, 2023	Mon	Regular Season	@ Windsor	5:30 PM		Windsor Multi-Purpose Field	Departure Time: 4:15 PM	L
May 9, 2023	Tue	Practice	N/A	4:00 PM	5:30 PM	TBD		
May 10, 2023	Wed	Practice	N/A	4:00 PM	5:30 PM	TBD		
May 11, 2023	Thu	Regular Season	@ Ithaca	5:00 PM	6:30 PM	IHS Cayuga St	Departure Time: 3:30 PM	L
CANCELLED May 12, 2023	Fri	Practice	N/A	4:00 PM	5:30 PM	TBD		
May 16, 2023	Tue	Practice	N/A	4:00 PM	5:30 PM	TBD		
May 17, 2023	Wed	Practice	N/A	4:00 PM	5:30 PM	TBD		
May 17, 2023	Wed	Regular Season	Horseheads	6:00 PM		OFA Stadium		L
May 18, 2023	Thu	Regular Season	TBD	5:30 PM		OFA Island		L
May 19, 2023	Fri	Practice	N/A	4:00 PM	5:30 PM	TBD		
May 22, 2023	Mon	Regular Season	@ Corning-Painted Post (Black)	5:00 PM		Canada Road - Small Fry Football Field	Departure Time: 3:30 PM	L
May 23, 2023	Tue	Practice	N/A	4:00 PM	5:30 PM	TBD		
May 24, 2023	Wed	Practice	N/A	6:30 PM	8:30 PM	TBD		
May 25, 2023	Thu	Practice	N/A	8:15 AM	9:45 AM	OFA Stadium		
May 30, 2023	Tue	Regular Season	@ Elmira (Elmira Express)	5:00 PM		EDA Turf	Departure Time: 3:30 PM	L
May 31, 2023	Wed	Practice	N/A	4:00 PM	5:30 PM	TBD		
Jun 1, 2023	Thu	Regular Season	@ Johnson City	5:00 PM	7:00 PM	JC Middle School Field	Departure Time: 4:00 PM	L
Jun 2, 2023	Fri	Practice	N/A	4:00 PM	5:30 PM	TBD		
Jun 5, 2023	Mon	Practice	N/A	4:00 PM	5:00 PM	TBD		
Jun 6, 2023	Tue	Regular Season	@ Chenango Valley	5:30 PM	7:30 PM	CV - HS Warrior Stadium	Departure Time: 4:15 PM	L
Jun 8, 2023	Thu	Practice	N/A	3:45 PM	4:30 PM	TBD		