Coaches:



- Andrea Guccia
- Ashley Dray

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE DEPARTURE TRANSPORTATION / NON- LEAGUE
Nov 7, 2022	Mon	Practice	N/A	3:45 PM	5:30 PM	UEHS Small Gym	
Nov 9, 2022	Wed	Practice	N/A	3:45 PM	5:30 PM	UEHS Small Gym	
Nov 10, 2022	Thu	Practice	N/A	3:45 PM	5:30 PM	UEHS Small Gym	
Nov 14, 2022	Mon	Practice	N/A	6:00 PM	8:00 PM	UEHS Small Gym	
Nov 15, 2022	Tue	Practice	N/A	5:00 PM	7:00 PM	UEHS Small Gym	
Nov 16, 2022	Wed	Practice	N/A	5:00 PM	7:00 PM	UEHS Small Gym	
Nov 17, 2022	Thu	Practice	N/A	6:00 PM	8:00 PM	UEHS Small Gym	
CANCELLED Nov 18, 2022	Fri	Practice	N/A	3:30 PM	5:30 PM	UEHS Small Gym	
Nov 19, 2022	Sat	Practice	N/A	9:00 AM	11:00 AM	UEHS Small Gym	
Nov 21, 2022	Mon	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym	
Nov 22, 2022	Tue	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym	
Nov 23, 2022	Wed	Practice	N/A	8:00 AM	10:00 AM	UEHS Small Gym	
Nov 25, 2022	Fri	Practice	N/A	9:00 AM	10:30 AM	Jennie F Snapp MS Small Gym	
Nov 26, 2022	Sat	Practice	N/A	9:00 AM	11:00 AM	Jennie F Snapp MS Small Gym	
Nov 28, 2022	Mon	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym	
Nov 29, 2022	Tue	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym	
Nov 30, 2022	Wed	Practice	N/A	5:30 PM	7:30 PM	UEHS Small Gym	
Dec 1, 2022	Thu	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym	
Dec 2, 2022	Fri	Practice	N/A	3:30 PM	5:30 PM	UEHS Small Gym	
Dec 3, 2022	Sat	Practice	N/A	9:00 AM	11:00 AM	UEHS Small Gym	
Dec 5, 2022	Mon	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym	
Dec 6, 2022	Tue	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym	
Dec 7, 2022	Wed	Practice	N/A	5:30 PM	7:30 PM	UEHS Small Gym	
Dec 8, 2022	Thu	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym	
Dec 9, 2022	Fri	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym	

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Dec 10, 2022	Sat	Practice	N/A	9:00 AM	11:00 AM	UEHS Small Gym			
Dec 12, 2022	Mon	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Dec 13, 2022	Tue	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Dec 14, 2022	Wed	Practice	N/A	5:30 PM	7:30 PM	UEHS Small Gym			
Dec 15, 2022	Thu	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Dec 16, 2022	Fri	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Dec 17, 2022	Sat	Practice	N/A	9:00 AM	11:00 AM	UEHS Small Gym			
Dec 19, 2022	Mon	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Dec 20, 2022	Tue	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
CANCELLED Dec 21, 2022	Wed	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Dec 21, 2022	Wed	Practice	N/A	5:30 PM	7:30 PM	UEHS Small Gym			
Dec 22, 2022	Thu	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Dec 23, 2022	Fri	Practice	N/A	9:00 AM	10:30 AM	UEHS Small Gym			
Dec 27, 2022	Tue	Practice	N/A	9:00 AM	11:00 AM	UEHS Small Gym			
Dec 28, 2022	Wed	Practice	N/A	9:00 AM	11:00 AM	UEHS Small Gym			
Dec 29, 2022	Thu	Practice	N/A	9:00 AM	11:00 AM	UEHS Small Gym			
Dec 30, 2022	Fri	Practice	N/A	9:00 AM	11:00 AM	UEHS Small Gym			
Dec 31, 2022	Sat	Practice	N/A	9:00 AM	11:00 AM	UEHS Small Gym			
Jan 2, 2023	Mon	Practice	N/A	9:00 AM	11:00 AM	UEHS Small Gym			
Jan 3, 2023	Tue	Practice	N/A	4:00 PM		UEHS Small Gym			
Jan 4, 2023	Wed	Practice	N/A	5:30 PM	7:30 PM	UEHS Small Gym			
Jan 5, 2023	Thu	Practice	N/A	4:00 PM		UEHS Small Gym			
Jan 6, 2023	Fri	Practice	N/A	4:00 PM		UEHS Small Gym			
Jan 7, 2023	Sat	Regular Season (Minisink Valley Competition)	@ TBD	TBD		Minisink Valley High School	Bus/Driver: DB1	Departure Point: UEHS Upper Parking Lot Departure Time: 9:00 AM Return Date: Return Time: 3:00 PM	L
Jan 9, 2023	Mon	Practice	N/A	4:00 PM		UEHS Small Gym			
Jan 10, 2023	Tue	Practice	N/A	4:00 PM		UEHS Small Gym			
Jan 11, 2023	Wed	Practice	N/A	5:30 PM	7:30 PM	UEHS Small Gym			

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 12, 2023	Thu	Practice	N/A	4:00 PM		UEHS Small Gym			
Jan 13, 2023	Fri	Practice	N/A	4:00 PM		UEHS Small Gym			
Jan 14, 2023	Sat	Regular Season (Sweetheart Classic Comp)	@ TBD	10:00 AM		CV - HS Gym	Bus/Driver: DB1	Departure Point: UEHS Upper Parking Lot	L
Jan 14, 2023	Sat	Practice	N/A	10:00 AM	10:45 AM	UEHS Small Gym			
Jan 17, 2023	Tue	Practice	N/A	4:00 PM		UEHS Small Gym			
Jan 18, 2023	Wed	Practice	N/A	5:30 PM	7:30 PM	UEHS Small Gym			
Jan 19, 2023	Thu	Practice	N/A	4:00 PM		UEHS Small Gym			
Jan 20, 2023	Fri	Practice	N/A	4:00 PM		UEHS Small Gym			
Jan 22, 2023	Sun	Practice	N/A	2:00 PM	6:30 PM	TBD			
Jan 22, 2023	Sun	Regular Season	@ TBD	TBD		Eastridge High School	Bus/Driver: DB1	Departure Point: UEHS Upper Parking Lot	L
Jan 23, 2023	Mon	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Jan 23, 2023	Mon	Practice	N/A	4:00 PM		UEHS Small Gym			
Jan 24, 2023	Tue	Practice	N/A	4:00 PM		UEHS Small Gym			
Jan 25, 2023	Wed	Practice	N/A	5:30 PM	7:30 PM	UEHS Small Gym			
Jan 26, 2023	Thu	Practice	N/A	4:00 PM		UEHS Small Gym			
Jan 28, 2023	Sat	Regular Season (5th Annual Chill Vibes Invitational)	TBD	TBD		UEHS Main Gym	Bus/Driver: DB1	Departure Point: UEHS Upper Parking Lot	L
Jan 28, 2023	Sat	Regular Season (Chill Vibes Invitational)	Windsor (Winter)	TBD		UEHS Small Gym			L
Jan 30, 2023	Mon	Practice	N/A	4:00 PM		UEHS Small Gym			
Jan 31, 2023	Tue	Practice	N/A	4:00 PM		UEHS Small Gym			
Feb 1, 2023	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Small Gym			
Feb 1, 2023	Wed	Practice	N/A	5:30 PM	7:30 PM	UEHS Small Gym			
Feb 2, 2023	Thu	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Feb 4, 2023	Sat	Regular Season (STAC Championship)	@ TBD	TBD		TBD	Bus/Driver: DB1	Departure Point: UEHS Upper Parking Lot	L
Feb 6, 2023	Mon	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Feb 7, 2023	Tue	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Feb 8, 2023	Wed	Regular Season (National High School Championship)	@ TBD	TBD		Walt Disney World Resort			NL

DATE	WEEK DAY	TYPE	OPPONENTS	START	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
CANCELLED Feb 9, 2023	Thu	Regular Season	@ Ithaca (Winter)	7:15 PM	8:45 PM	IHS Bliss Gym (C149)			L
Feb 9, 2023	Thu	Regular Season (National High School Championship)	@ TBD	TBD		Walt Disney World Resort			NL
Feb 10, 2023	Fri	Regular Season (National High School Championship)	@ TBD	TBD		Walt Disney World Resort			NL
Feb 11, 2023	Sat	Regular Season (National High School Championship)	@ TBD	TBD		Walt Disney World Resort			NL
Feb 12, 2023	Sun	Regular Season (National High School Championship)	@ TBD	TBD		Walt Disney World Resort			NL
Feb 13, 2023	Mon	Regular Season (National High School Championship)	@ TBD	TBD		Walt Disney World Resort			NL
Feb 15, 2023	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Small Gym			
Feb 16, 2023	Thu	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Feb 17, 2023	Fri	Practice	N/A	9:00 AM	10:30 AM	UEHS Small Gym			
Feb 20, 2023	Mon	Practice	N/A	9:00 AM	10:30 AM	UEHS Small Gym			
Feb 21, 2023	Tue	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Feb 22, 2023	Wed	Practice	N/A	5:30 PM	7:30 PM	UEHS Small Gym			
Feb 23, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	UEHS Small Gym			
Feb 24, 2023	Fri	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Feb 25, 2023	Sat	Post-Season (Section IV Championship)	@ TBD	TBD		UEHS Main Gym	Bus/Driver: DB1	Departure Point: UEHS Upper Parking Lot	L
Feb 27, 2023	Mon	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Feb 28, 2023	Tue	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Mar 4, 2023	Sat	Post-Season (NYSPHSAA State Championship)	@ TBD	TBD		Visions Veterans Memorial Arena	Bus/Driver: DB1	Departure Point: UEHS Upper Parking Lot	NL
Mar 10, 2023	Fri	Practice	N/A	5:35 PM	6:05 PM	UEHS Small Gym			
Mar 29, 2023	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Small Gym			

Date: 2025-12-19