



# Union-Endicott

## (B) V Winter Track

**Coaches:**

- Tom Mitchell

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE
Nov 14, 2022	Mon	Practice	N/A	3:30 PM	5:00 PM	UEHS Weight Room		
Nov 15, 2022	Tue	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track		
Nov 16, 2022	Wed	Practice	N/A	3:30 PM	5:00 PM	UEHS Weight Room		
Nov 17, 2022	Thu	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track		
Nov 18, 2022	Fri	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track		
Nov 21, 2022	Mon	Practice	N/A	3:30 PM	5:00 PM	UEHS Weight Room		
Nov 22, 2022	Tue	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track		
Nov 23, 2022	Wed	Practice	N/A	8:30 AM	10:00 AM	UEHS Mike Miller Track		
Nov 28, 2022	Mon	Practice	N/A	3:30 PM	5:00 PM	UEHS Weight Room		
Nov 29, 2022	Tue	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track		
Nov 30, 2022	Wed	Practice	N/A	3:30 PM	5:00 PM	UEHS Weight Room		
Dec 1, 2022	Thu	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track		
Dec 2, 2022	Fri	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track		
Dec 5, 2022	Mon	Practice	N/A	3:30 PM	5:00 PM	UEHS Weight Room		
Dec 6, 2022	Tue	Practice	N/A	3:30 PM	5:30 PM	Jennie F Snapp MS Main Gym		
Dec 7, 2022	Wed	Practice	N/A	3:30 PM	5:00 PM	UEHS Weight Room		
Dec 8, 2022	Thu	Practice	N/A	3:30 PM	5:30 PM	Jennie F Snapp MS Main Gym		
Dec 9, 2022	Fri	Practice	N/A	3:30 PM	5:30 PM	Jennie F Snapp MS Main Gym		
Dec 9, 2022	Fri	Regular Season (Hurley Weight Throw)	@ TBD	6:00 PM		Cortland State		L
Dec 10, 2022	Sat	Regular Season (Hurley Invite)	@ TBD	9:00 AM		Cortland State	Bus/Driver: JFS Bus Loop DB1	Departure Point: L Departure Time: 7:30 AM

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE
Dec 12, 2022	Mon	Practice	N/A	3:30 PM	5:00 PM	UEHS Weight Room		
Dec 13, 2022	Tue	Practice	N/A	3:30 PM	5:30 PM	Jennie F Snapp MS Main Gym		
Dec 14, 2022	Wed	Practice	N/A	3:30 PM	5:00 PM	UEHS Weight Room		
Dec 15, 2022	Thu	Practice	N/A	3:30 PM	5:30 PM	Jennie F Snapp MS Main Gym		
Dec 16, 2022	Fri	Practice	N/A	3:30 PM	5:30 PM	Jennie F Snapp MS Main Gym		
Dec 17, 2022	Sat	Regular Season (Finger Lakes Invite)	@ TBD	2:00 PM		Cortland State	Bus/Driver: DB1	Departure Point: JFS Bus Loop Departure Time: 12:30 PM L
Dec 19, 2022	Mon	Practice	N/A	3:30 PM	5:00 PM	UEHS Weight Room		
Dec 20, 2022	Tue	Practice	N/A	3:30 PM	5:30 PM	Jennie F Snapp MS Main Gym		
Dec 21, 2022	Wed	Practice	N/A	3:30 PM	5:00 PM	UEHS Weight Room		
Dec 22, 2022	Thu	Practice	N/A	3:30 PM	5:30 PM	Jennie F Snapp MS Main Gym		
Dec 26, 2022	Mon	Practice	N/A	9:00 AM	10:30 AM	Jennie F Snapp MS Main Gym		
Dec 27, 2022	Tue	Practice	N/A	9:00 AM	10:30 AM	Jennie F Snapp MS Small Gym		
Dec 28, 2022	Wed	Practice	N/A	9:00 AM	10:30 AM	Jennie F Snapp MS Small Gym		
Dec 29, 2022	Thu	Practice	N/A	9:00 AM	10:30 AM	Jennie F Snapp MS Small Gym		
Jan 3, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	Jennie F Snapp MS Main Gym		
Jan 4, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	UEHS Weight Room		
Jan 5, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	Jennie F Snapp MS Main Gym		
Jan 6, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	Jennie F Snapp MS Main Gym		
Jan 6, 2023	Fri	Regular Season (607 Weight Throw)	@ TBD	6:00 PM		Cortland State	Bus/Driver: DB1	Departure Point: JFS Bus Loop L
Jan 7, 2023	Sat	Regular Season (607 Invite)	@ TBD	5:00 PM		Cortland State	Bus/Driver: DB1	Departure Point: JFS Bus Loop Departure Time: 3:30 PM L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE
Jan 9, 2023	Mon	Practice	N/A	3:30 PM	5:00 PM	UEHS Weight Room		
Jan 10, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	Jennie F Snapp MS Main Gym		
Jan 11, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	UEHS Weight Room		
Jan 12, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	Jennie F Snapp MS Main Gym		
Jan 13, 2023	Fri	Regular Season (Winterfest Weight Throw)	@ TBD	6:00 PM		Cortland State	Bus/Driver: DB1	Departure Point: JFS Bus Loop L
Jan 14, 2023	Sat	Regular Season (Winterfest Invite)	@ TBD	2:00 PM		Cortland State	Bus/Driver: DB1	Departure Point: JFS Bus Loop Departure Time: 12:30 PM L
Jan 17, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	Jennie F Snapp MS Main Gym		
Jan 18, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	UEHS Weight Room		
Jan 19, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	Jennie F Snapp MS Main Gym		
Jan 20, 2023	Fri	Regular Season (Quinney Invite)	@ TBD	5:00 PM		Ithaca College	Bus/Driver: DB1	Departure Point: JFS Bus Loop Departure Time: 3:10 PM L
Jan 23, 2023	Mon	Practice	N/A	3:30 PM	5:00 PM	UEHS Weight Room		
Jan 24, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	Jennie F Snapp MS Main Gym		
Jan 25, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	UEHS Weight Room		
Jan 26, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	Jennie F Snapp MS Main Gym		
Jan 27, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	Jennie F Snapp MS Main Gym		
Jan 28, 2023	Sat	Regular Season (Section IV Classic)	@ TBD	9:00 AM		Cornell University	Bus/Driver: DB1	Departure Point: JFS Bus Loop Departure Time: 7:00 AM L
Jan 30, 2023	Mon	Practice	N/A	3:30 PM	5:00 PM	UEHS Weight Room		
Jan 31, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	Jennie F Snapp MS Main Gym		
Feb 1, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	UEHS Weight Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE
Feb 2, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	Jennie F Snapp MS Main Gym		
Feb 3, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	Jennie F Snapp MS Main Gym		
Feb 6, 2023	Mon	Practice	N/A	3:30 PM	5:00 PM	UEHS Weight Room		
Feb 7, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	Jennie F Snapp MS Main Gym		
Feb 8, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	UEHS Weight Room		
Feb 9, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	Jennie F Snapp MS Main Gym		
Feb 10, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	Jennie F Snapp MS Main Gym		
Feb 10, 2023	Fri	Regular Season (Section IV Championship)	@ TBD	5:00 PM		Ithaca College	Bus/Driver: DB1	Departure Point: JFS Bus Loop Departure Time: 3:10 PM L
Feb 13, 2023	Mon	Practice	N/A	3:30 PM	5:00 PM	UEHS Weight Room		
Feb 14, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	Jennie F Snapp MS Main Gym		
Feb 15, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	UEHS Weight Room		
Feb 16, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	Jennie F Snapp MS Main Gym		
Feb 20, 2023	Mon	Practice	N/A	11:00 AM	12:00 PM	UEHS Weight Room		
Feb 21, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	Jennie F Snapp MS Main Gym		
Feb 22, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	UEHS Weight Room		
Feb 23, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	Jennie F Snapp MS Main Gym		
Feb 24, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	Jennie F Snapp MS Main Gym		
Feb 25, 2023	Sat	Regular Season (Section IV State Quals)	@ TBD	9:00 AM		Cornell University	Bus/Driver: DB1	Departure Point: JFS Bus Loop Departure Time: 7:00 AM L
Feb 27, 2023	Mon	Practice	N/A	3:30 PM	5:00 PM	UEHS Weight Room		
Feb 28, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	Jennie F Snapp MS Main Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION / NON-LEAGUE	
							TRANSPORTATION	NON-LEAGUE
Mar 2, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	Jennie F Snapp MS Main Gym		
Mar 3, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	Jennie F Snapp MS Main Gym		

Date: 2026-02-01