



# Vestal

## (B) V Strength and Conditioning (Co-Ed Strength and Conditioning)

### Coaches:

- Zack Smith

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 16, 2024	Mon	Practice (Co-Ed HS Open Lift)	N/A	2:00 PM	3:00 PM	Vestal High School Fitness Center		
Dec 16, 2024	Mon	Practice (Girls Open Lift grades 9-12)	N/A	3:00 PM	4:00 PM	Vestal High School Fitness Center		
Dec 16, 2024	Mon	Practice (Field Hockey/Softball)	N/A	4:00 PM	5:00 PM	Vestal High School Fitness Center		
Dec 16, 2024	Mon	Practice (Cheerleading)	N/A	5:00 PM	6:00 PM	Vestal High School Fitness Center		
Dec 17, 2024	Tue	Practice (Co-Ed HS Open Lift)	N/A	2:00 PM	3:00 PM	Vestal High School Fitness Center		
Dec 17, 2024	Tue	Practice (Football/Wrestling/Basketball )	N/A	3:00 PM	4:00 PM	Vestal High School Fitness Center		
Dec 17, 2024	Tue	Practice (Indoor Track)	N/A	4:00 PM	5:00 PM	Vestal High School Fitness Center		
Dec 18, 2024	Wed	Practice (Co-Ed HS Open Lift)	N/A	2:00 PM	3:00 PM	Vestal High School Fitness Center		
Dec 18, 2024	Wed	Practice (Football/Wrestling/Basketball )	N/A	3:00 PM	4:00 PM	Vestal High School Fitness Center		
Dec 18, 2024	Wed	Practice (Field Hockey/Softball)	N/A	4:00 PM	5:00 PM	Vestal High School Fitness Center		
Dec 19, 2024	Thu	Practice (Co-Ed HS Open Lift)	N/A	2:00 PM	3:00 PM	Vestal High School Fitness Center		
Dec 19, 2024	Thu	Practice (Football/Wrestling/Basketball )	N/A	3:00 PM	4:00 PM	Vestal High School Fitness Center		
Dec 19, 2024	Thu	Practice (Indoor Track)	N/A	4:00 PM		Vestal High School Fitness Center		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 20, 2024	Fri	Practice (Co-Ed HS Open Lift)	N/A	2:00 PM	3:00 PM	Vestal High School Fitness Center		
Dec 20, 2024	Fri	Practice (Football/Wrestling/Basketball )	N/A	3:00 PM	4:00 PM	Vestal High School Fitness Center		
Dec 20, 2024	Fri	Practice (Indoor Track)	N/A	4:00 PM		Vestal High School Fitness Center		
Dec 20, 2024	Fri	Practice (Cheerleading)	N/A	5:00 PM	6:00 PM	Vestal High School Fitness Center		
Feb 17, 2025	Mon	Practice	N/A	9:00 AM	11:00 AM	Vestal High School Fitness Center		
Mar 17, 2025	Mon	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center		
Mar 18, 2025	Tue	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center		
Mar 20, 2025	Thu	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center		
Mar 21, 2025	Fri	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center		
Mar 24, 2025	Mon	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center		
Mar 25, 2025	Tue	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center		
Mar 27, 2025	Thu	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center		
Mar 28, 2025	Fri	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center		
Apr 21, 2025	Mon	Practice	N/A	9:00 AM	11:00 AM	Vestal High School Fitness Center		
Apr 22, 2025	Tue	Practice	N/A	9:00 AM	11:00 AM	Vestal High School Fitness Center		
Apr 23, 2025	Wed	Practice	N/A	9:00 AM	11:00 AM	Vestal High School Fitness Center		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 24, 2025	Thu	Practice	N/A	9:00 AM	11:00 AM	Vestal High School Fitness Center		
Apr 25, 2025	Fri	Practice	N/A	9:00 AM	11:00 AM	Vestal High School Fitness Center		
Apr 28, 2025	Mon	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center		
Apr 29, 2025	Tue	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center		
May 1, 2025	Thu	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center		
May 2, 2025	Fri	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center		
May 5, 2025	Mon	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center		
May 6, 2025	Tue	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center		
May 8, 2025	Thu	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center		
May 9, 2025	Fri	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center		
May 12, 2025	Mon	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center		
May 13, 2025	Tue	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center		
May 15, 2025	Thu	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center		
May 16, 2025	Fri	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center		
May 19, 2025	Mon	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center		
May 20, 2025	Tue	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE
May 22, 2025	Thu	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center	
May 23, 2025	Fri	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center	
May 27, 2025	Tue	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center	
May 29, 2025	Thu	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center	
May 30, 2025	Fri	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center	
May 31, 2025	Sat	Practice	N/A	9:00 AM	11:00 AM	Vestal High School Fitness Center	
Jun 2, 2025	Mon	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center	
Jun 3, 2025	Tue	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center	
Jun 4, 2025	Wed	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center	
Jun 5, 2025	Thu	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center	
Jun 6, 2025	Fri	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center	
Jun 30, 2025	Mon	Practice	N/A	9:00 AM	11:00 AM	Vestal High School Fitness Center	

Date: 2025-12-06