



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
Jul 1, 2025	Tue	Practice	N/A	9:00 AM	11:00 AM	Vestal High School Fitness Center		
Jul 3, 2025	Thu	Practice	N/A	9:00 AM	11:00 AM	Vestal High School Fitness Center		
Jul 4, 2025	Fri	Practice	N/A	9:00 AM	11:00 AM	Vestal High School Fitness Center		
Jul 7, 2025	Mon	Practice	N/A	7:00 AM	1:00 PM	Vestal High School Fitness Center		
Jul 8, 2025	Tue	Practice	N/A	7:00 AM	1:00 PM	Vestal High School Fitness Center		
Jul 10, 2025	Thu	Practice	N/A	7:00 AM	1:00 PM	Vestal High School Fitness Center		
Jul 11, 2025	Fri	Practice	N/A	7:00 AM	1:00 PM	Vestal High School Fitness Center		
Jul 14, 2025	Mon	Practice	N/A	7:00 AM	1:00 PM	Vestal High School Fitness Center		
Jul 15, 2025	Tue	Practice	N/A	7:00 AM	1:00 PM	Vestal High School Fitness Center		
Jul 17, 2025	Thu	Practice	N/A	7:00 AM	1:00 PM	Vestal High School Fitness Center		
Jul 18, 2025	Fri	Practice	N/A	7:00 AM	1:00 PM	Vestal High School Fitness Center		
Jul 21, 2025	Mon	Practice	N/A	7:00 AM	1:00 PM	Vestal High School Fitness Center		
Jul 22, 2025	Tue	Practice	N/A	7:00 AM	1:00 PM	Vestal High School Fitness Center		
Jul 24, 2025	Thu	Practice	N/A	7:00 AM	1:00 PM	Vestal High School Fitness Center		
Jul 25, 2025	Fri	Practice	N/A	7:00 AM	1:00 PM	Vestal High School Fitness Center		
Jul 28, 2025	Mon	Practice	N/A	7:00 AM	1:00 PM	Vestal High School Fitness Center		
Jul 29, 2025	Tue	Practice	N/A	7:00 AM	1:00 PM	Vestal High School Fitness Center		
Jul 31, 2025	Thu	Practice	N/A	7:00 AM	1:00 PM	Vestal High School Fitness Center		
Aug 1, 2025	Fri	Practice	N/A	7:00 AM	1:00 PM	Vestal High School Fitness Center		
Dec 3, 2025	Wed	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center		
Dec 4, 2025	Thu	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center		
Dec 9, 2025	Tue	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center		
Dec 10, 2025	Wed	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center		
Dec 11, 2025	Thu	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center		
Dec 16, 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	LEAGUE / NON-LEAGUE
Dec 17, 2025	Wed	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center		
Dec 18, 2025	Thu	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center		
Dec 23, 2025	Tue	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center		
Dec 24, 2025	Wed	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center		
Dec 25, 2025	Thu	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center		
Dec 30, 2025	Tue	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center		
Dec 31, 2025	Wed	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center		
Jan 1, 2026	Thu	Practice	N/A	6:00 AM	8:00 AM	Vestal High School Fitness Center		

Date: 2025-12-05