



# Vestal

## (G) V Flag Football

### Coaches:

- Zack Smith

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 28, 2023	Tue	Practice	N/A	7:00 PM	8:30 PM	Vestal Dick Hoover Stadium		
CANCELLED Mar 31, 2023	Fri	Practice	N/A	7:15 PM	8:30 PM	Vestal Dick Hoover Stadium		
Apr 1, 2023	Sat	Practice	N/A	10:45 AM	12:45 PM	Vestal Dick Hoover Stadium		
CANCELLED Apr 2, 2023	Sun	Practice	N/A	12:00 PM	1:30 PM	Vestal Dick Hoover Stadium		
Apr 3, 2023	Mon	Practice	N/A	7:00 PM	8:30 PM	Vestal Dick Hoover Stadium		
Apr 4, 2023	Tue	Scrimmage	@ Owego Apalachin (Owego Apalachin)	7:00 PM	8:30 PM	OFA Stadium	Departure Time: 6:00 PM	NL
Apr 5, 2023	Wed	Practice	N/A	7:00 PM	9:00 PM	Vestal High School Gym		
Apr 10, 2023	Mon	Practice	N/A	2:00 PM	4:00 PM	Vestal Dick Hoover Stadium		
Apr 11, 2023	Tue	Practice	N/A	2:00 PM	4:00 PM	Vestal Dick Hoover Stadium		
Apr 13, 2023	Thu	Practice	N/A	2:00 PM	4:00 PM	Vestal Dick Hoover Stadium		
Apr 16, 2023	Sun	Practice	N/A	10:00 AM	12:00 PM	Vestal Dick Hoover Stadium		
Apr 17, 2023	Mon	Practice	N/A	7:15 PM	8:30 PM	Vestal Dick Hoover Stadium		
Apr 18, 2023	Tue	Practice	N/A	7:00 PM	8:15 PM	Vestal High School Gym		
Apr 19, 2023	Wed	Regular Season 13-37 L	@ Binghamton	7:30 PM		Alumni Stadium	Departure Time: 6:30 PM	L
Apr 21, 2023	Fri	Practice	N/A	5:15 PM	7:15 PM	Vestal Dick Hoover Stadium		
Apr 23, 2023	Sun	Practice	N/A	10:00 AM	12:00 PM	Vestal Dick Hoover Stadium		
Apr 24, 2023	Mon	Practice	N/A	7:00 PM	8:30 PM	Vestal Dick Hoover Stadium		
Apr 26, 2023	Wed	Practice	N/A	7:30 PM	9:00 PM	Vestal High School Gym		
Apr 27, 2023	Thu	Regular Season 12-7 W	Union-Endicott	8:00 PM		Vestal Dick Hoover Stadium	Departure Time: 5:00 PM	L
Apr 29, 2023	Sat	Regular Season 6-33 L	@ Corning-Painted Post	6:00 PM		Corning Memorial Stadium	Departure Time: 4:00 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 1, 2023	Mon	Practice	N/A	7:00 PM	9:00 PM	Vestal High School Gym		
May 2, 2023	Tue	Practice	N/A	7:00 PM	9:00 PM	Vestal Dick Hoover Stadium		
May 3, 2023	Wed	Regular Season 14-12 W	Ithaca	7:00 PM		Vestal Dick Hoover Stadium		L
May 4, 2023	Thu	Practice	N/A	7:00 PM	9:00 PM	Vestal High School Gym		
May 5, 2023	Fri	Practice	N/A	5:15 PM	7:15 PM	Sammon Field		
May 6, 2023	Sat	Regular Season	Owego Apalachin (Owego Apalachin)	2:00 PM		Vestal Dick Hoover Stadium		NL
May 6, 2023	Sat	Regular Season 0-20 L	Binghamton	6:00 PM		Vestal Dick Hoover Stadium		L
May 8, 2023	Mon	Practice	N/A	7:15 PM	9:15 PM	Vestal Dick Hoover Stadium		
May 9, 2023	Tue	Practice	N/A	7:00 PM	9:00 PM	Vestal Dick Hoover Stadium		
May 11, 2023	Thu	Practice	N/A	5:15 PM	7:15 PM	Sammon Field		
May 11, 2023	Thu	Regular Season 32-13 W	@ Johnson City	7:30 PM	9:30 PM	JC Wildcat Stadium	Departure Time: 6:30 PM	L
May 12, 2023	Fri	Practice	N/A	7:00 PM	8:00 PM	Sammon Field		
May 13, 2023	Sat	Regular Season	Union-Endicott	5:00 PM		Vestal Dick Hoover Stadium		L
May 15, 2023	Mon	Regular Season 12-12 T	Johnson City	7:15 PM		Vestal Dick Hoover Stadium		NL
May 16, 2023	Tue	Regular Season	Horseheads (Girls Flag Football)	7:15 PM		Vestal Dick Hoover Stadium		L
May 18, 2023	Thu	Practice	N/A	5:30 PM	7:30 PM	Vestal Dick Hoover Stadium		
May 19, 2023	Fri	Practice	N/A	4:00 PM	6:00 PM	Vestal Dick Hoover Stadium		
May 20, 2023	Sat	Regular Season	@ Elmira	6:00 PM		EHS Stadium	Departure Time: 4:00 PM	L
May 22, 2023	Mon	Practice	N/A	4:00 PM	6:00 PM	Sammon Field		
May 23, 2023	Tue	Post-Season (Playoff Game)	Ithaca	7:00 PM		Union Endicott High School	Departure Time: 6:00 PM	NL
May 24, 2023	Wed	Practice	N/A	4:15 PM	6:00 PM	Vestal Dick Hoover Stadium		
May 25, 2023	Thu	Post-Season (Semi-Finals)	@ Corning-Painted Post	5:30 PM		Corning Memorial Stadium	Departure Time: 4:00 PM	L
Jun 1, 2023	Thu	Practice	N/A	5:30 PM	6:30 PM	Vestal Dick Hoover Stadium		

