



Vestal

(G) JV Basketball

Coaches:

- Michelle Anderson, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 13, 2023	Mon	Practice	N/A	3:30 PM	6:00 PM	Vestal High School Gym		
Nov 14, 2023	Tue	Practice	N/A	6:00 PM	8:30 PM	Vestal High School Gym		
Nov 15, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	Vestal High School Gym		
Nov 16, 2023	Thu	Practice	N/A	6:00 PM	8:30 PM	Vestal High School Gym		
Nov 17, 2023	Fri	Practice	N/A	4:30 PM	6:00 PM	Vestal High School Gym		
Nov 18, 2023	Sat	Practice	N/A	8:30 AM	10:00 AM	Vestal High School Gym		
Nov 20, 2023	Mon	Practice	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Nov 21, 2023	Tue	Scrimmage	Owego Apalachin	6:00 PM		Clayton Ave. Elementary Gymnasium		NL
Nov 22, 2023	Wed	Practice	N/A	8:30 AM	10:00 AM	Clayton Ave. Elementary Gymnasium		
Nov 25, 2023	Sat	Practice	N/A	9:00 AM	10:30 AM	Clayton Ave. Elementary Gymnasium		
Nov 28, 2023	Tue	Practice (Practice and Lift)	N/A	3:30 PM	6:30 PM	Vestal High School Gym		
Nov 29, 2023	Wed	Practice	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Nov 30, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	Vestal High School Gym		
Dec 1, 2023	Fri	Regular Season (Drago Tournament @ ONEONTA)	Newark Valley	5:00 PM		Oneonta		NL
Dec 4, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Gym		
Dec 5, 2023	Tue	Practice (Lift and Practice)	N/A	5:00 PM	8:00 PM	Vestal High School Gym		
Dec 6, 2023	Wed	Practice	N/A	5:00 PM	7:00 PM	Vestal High School Gym		
Dec 7, 2023	Thu	Practice	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Dec 8, 2023	Fri	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Gym		
POSTPONED Dec 11, 2023	Mon	Practice	N/A	12:00 AM	12:00 AM	Vestal High School Gym		
Dec 11, 2023	Mon	Practice	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Dec 12, 2023	Tue	Practice	N/A	4:00 PM	5:30 PM	Vestal High School Gym		
Dec 13, 2023	Wed	Regular Season 50-40 W	Ithaca	5:30 PM	7:00 PM	Vestal High School Gym		L
Dec 14, 2023	Thu	Practice (Practice with lift after)	N/A	3:15 PM	5:45 PM	Vestal High School Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 15, 2023	Fri	Practice	N/A	4:30 PM	6:00 PM	Vestal High School Gym		
Dec 18, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Gym		
Dec 19, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Gym		
Dec 22, 2023	Fri	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Gym		
Dec 27, 2023	Wed	Practice	N/A	3:00 PM	4:30 PM	Vestal High School Gym		
Dec 28, 2023	Thu	Regular Season 42-20 W	Chenango Valley	1:00 PM		Vestal High School Gym		L
Dec 29, 2023	Fri	Practice	N/A	3:00 PM	4:30 PM	Vestal High School Gym		
Jan 2, 2024	Tue	Practice	N/A	6:00 PM	7:30 PM	Vestal High School Gym		
Jan 3, 2024	Wed	Practice (practice and lift)	N/A	3:15 PM	6:00 PM	Vestal High School Gym		
Jan 4, 2024	Thu	Practice	N/A	7:00 PM	8:30 PM	Vestal High School Gym		
Jan 5, 2024	Fri	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Gym		
Jan 9, 2024	Tue	Practice	N/A	5:00 PM	6:30 PM	Clayton Ave. Elementary Gymnasium		
Jan 10, 2024	Wed	Regular Season 38-34 W	Maine-Endwell	5:30 PM	7:00 PM	Vestal High School Gym		L
Jan 11, 2024	Thu	Practice	N/A	7:00 PM	8:30 PM	Vestal High School Gym		
Jan 12, 2024	Fri	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Gym		
Jan 15, 2024	Mon	Practice	N/A	1:00 PM	2:30 PM	TBD		
Jan 17, 2024	Wed	Practice	N/A	3:15 PM	6:00 PM	Vestal High School Gym		
Jan 18, 2024	Thu	Practice	N/A	4:30 PM	6:00 PM	Vestal High School Gym		
Jan 19, 2024	Fri	Practice	N/A	6:00 PM	7:30 PM	Vestal High School Gym		
Jan 20, 2024	Sat	Regular Season 20-41 L	Binghamton	3:15 PM		Vestal High School Gym		L
Jan 22, 2024	Mon	Practice	N/A	6:00 PM	7:30 PM	Vestal High School Gym		
Jan 23, 2024	Tue	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Gym		
Jan 24, 2024	Wed	Practice	N/A	4:30 PM	6:00 PM	Vestal High School Gym		
Jan 25, 2024	Thu	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Gym		
Jan 26, 2024	Fri	Regular Season 50-28 W	Union-Endicott	5:30 PM	7:00 PM	Vestal High School Gym		L
Jan 29, 2024	Mon	Practice	N/A	7:00 PM	8:30 PM	Vestal High School Gym		
Jan 30, 2024	Tue	Regular Season 42-35 W	Elmira	5:30 PM	7:00 PM	Vestal High School Gym		L
Jan 31, 2024	Wed	Practice (lift and practice)	N/A	5:00 PM	7:30 PM	Clayton Ave. Elementary Gymnasium		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 1, 2024	Thu	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Gym		
Feb 5, 2024	Mon	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Gym		
Feb 6, 2024	Tue	Regular Season	Johnson City	5:30 PM	7:00 PM	Vestal High School Gym		L
Feb 7, 2024	Wed	Practice	N/A	5:00 PM	6:30 PM	Vestal High School Gym		
Feb 9, 2024	Fri	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Gym		
Feb 10, 2024	Sat	Regular Season	Seton Catholic Central	11:00 AM		Vestal High School Gym		NL

Date: 2024-05-05