

Coaches:

• Michelle Anderson, Head Coach

| DATE | WEEK DAY | ТҮРЕ | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON- LEAGUE |
|--------------|-------------|--|-----------------------|---------------|-------------|---|----------------|----------------------------|
| Nov 18, 2024 | Mon | Practice (Practice) | N/A | 6:00 PM | 8:30 PM | Vestal High School Gym | | |
| Nov 19, 2024 | Tue | Practice (Practice) | N/A | 3:30 PM | 6:00 PM | Vestal High School Gym | | |
| Nov 20, 2024 | Wed | Practice (Practice) | N/A | 3:30 PM | 6:00 PM | Vestal High School Gym | | |
| Nov 21, 2024 | Thu | Practice (Practice and lift) | N/A | 5:00 PM | 8:00 PM | Vestal High School Gym | | |
| Nov 22, 2024 | Fri | Practice (Practice) | N/A | 6:30 PM | 8:00 PM | Vestal High School Gym | | |
| Nov 23, 2024 | Sat | Practice (Practice) | N/A | 11:00 AM | 12:30 PM | Vestal High School Gym | | |
| Nov 25, 2024 | Mon | Practice | N/A | 5:00 PM | 8:00 PM | Vestal High School Gym | | |
| Nov 26, 2024 | Tue | Practice | N/A | 5:00 PM | 7:00 PM | Clayton Ave. Elementary Gymnasium | | |
| Nov 30, 2024 | Sat | Practice | N/A | 8:00 AM | 9:30 AM | Vestal Middle School Gym | | |
| Dec 2, 2024 | Mon | Scrimmage | Susquehanna Valley | 6:00 PM | | Clayton Ave. Elementary Gymnasium | | L |
| Dec 3, 2024 | Tue | Practice | N/A | 3:00 PM | 5:30 PM | Vestal High School Gym | | |
| Dec 4, 2024 | Wed | Practice | N/A | 5:00 PM | 7:00 PM | Vestal High School Gym | | |
| Dec 5, 2024 | Thu | Regular Season (Oneonta Drago Tournament) | @ Newark Valley | 5:00 PM | | Oneonta High School | | NL |
| Dec 6, 2024 | Fri | Practice | N/A | 6:00 PM | 7:30 PM | Clayton Ave. Elementary Gymnasium | | |
| Dec 7, 2024 | Sat | Regular Season (Day 2 of Drago Tournament) 40-42 L | @ Oneonta | 11:30 AM | | Oneonta High School | | NL |
| Dec 7, 2024 | Sat | Regular Season (Oneonta Drago Tournament) | @ TBD | TBD | | Oneonta High School | | L |
| Dec 9, 2024 | Mon | Practice | N/A | 4:00 PM | 6:00 PM | Vestal High School Gym | | |
| Dec 10, 2024 | Tue | Practice | N/A | 3:30 PM | 5:00 PM | Vestal High School Gym | | |
| Dec 11, 2024 | Wed | Practice | N/A | 5:00 PM | 7:30 PM | Vestal High School Gym | | |
| Dec 13, 2024 | Fri | Regular Season 48-33 W | @ Ithaca | 5:30 PM | 7:15 PM | IHS Bliss Gym (C149) | | L |
| Dec 16, 2024 | Mon | Practice | N/A | 6:00 PM | 7:30 PM | Vestal High School Gym | | |
| Dec 17, 2024 | Tue | Regular Season 40-55 L | Horseheads | 5:30 PM | 7:15 PM | Vestal High School Gym | | L |
| Dec 18, 2024 | Wed | Practice | N/A | 5:30 PM | 7:30 PM | Vestal High School Gym | | |
| Dec 19, 2024 | Thu | Practice | N/A | 6:30 PM | 8:00 PM | Vestal High School Gym | | |

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| Dec 23, 2024 | Mon | Practice | N/A | 1:00 PM | 2:00 PM | Vestal High School Gym | | |
| Dec 26, 2024 | Thu | Practice | N/A | 12:00 PM | 2:00 PM | Vestal High School Gym | | |
| Dec 27, 2024 | Fri | Practice | N/A | 11:00 AM | 1:00 PM | Vestal High School Gym | | |
| Dec 30, 2024 | Mon | Practice | N/A | 2:00 PM | 3:30 PM | Vestal High School Gym | | |
| Dec 31, 2024 | Tue | Practice | N/A | 11:00 AM | 12:00 PM | Vestal High School Gym | | |
| Jan 2, 2025 | Thu | Practice | N/A | 6:30 PM | 8:00 PM | Vestal High School Gym | | |
| Jan 3, 2025 | Fri | Regular Season 40-46 L | Chenango Forks | 5:30 PM | | Vestal High School Gym | | NL |
| Jan 6, 2025 | Mon | Practice | N/A | 6:00 PM | 7:30 PM | Vestal High School Gym | | |
| Jan 7, 2025 | Tue | Regular Season 36-38 L | Union- Endicott | 5:30 PM | 7:15 PM | Vestal High School Gym | | L |
| Jan 8, 2025 | Wed | Practice | N/A | 5:00 PM | 7:00 PM | Vestal High School Gym | | |
| Jan 9, 2025 | Thu | Practice | N/A | 3:00 PM | 5:00 PM | Vestal High School Gym | | |
| Jan 10, 2025 | Fri | Regular Season 36-63 L | @ Maine- Endwell | 5:00 PM | | Maine-Endwell HS Gym | | L |
| Jan 13, 2025 | Mon | Practice | N/A | 4:30 PM | 6:00 PM | Vestal High School Gym | | |
| Jan 14, 2025 | Tue | Practice | N/A | 3:30 PM | 5:00 PM | Vestal High School Gym | | |
| Jan 15, 2025 | Wed | Regular Season 61-22 W | Johnson City | 5:30 PM | 7:15 PM | Vestal High School Gym | | L |
| Jan 16, 2025 | Thu | Practice | N/A | 7:00 PM | 8:30 PM | Clayton Ave. Elementary Gymnasium | | |
| Jan 17, 2025 | Fri | Practice | N/A | 7:00 PM | 8:30 PM | Clayton Ave. Elementary Gymnasium | | |
| Jan 18, 2025 | Sat | Regular Season 45-44 W | @ Binghamton | 12:00 PM | 1:45 PM | Binghamton High School-Gym | | L |
| Jan 20, 2025 | Mon | Practice | N/A | 9:30 AM | PM | Vestal High School Gym | | |
| Jan 21, 2025 | Tue | Practice | N/A | 7:00 PM | 8:30 PM | Vestal High School Gym | | |
| Jan 22, 2025 | Wed | Regular Season 30-46 L | @ Chenango Valley | PM | 7:00 PM | CV - HS Gym | | NL |
| Jan 23, 2025 | Thu | Practice | N/A | 7:00 PM | 8:30 PM | Vestal High School Gym | | |
| Jan 24, 2025 | Fri | Practice | N/A | 3:30 PM | 5:00 PM | Vestal High School Gym | | |
| Jan 27, 2025 | Mon | Practice | N/A | 6:00 PM | 7:30 PM | Vestal High School Gym | | |
| Jan 29, 2025 | Wed | Practice | N/A | 2:30 PM | 4:30 PM | Vestal High School Gym | | |
| Jan 30, 2025 | Thu | Practice | N/A | 3:30 PM | 5:00 PM | Vestal High School Gym | | |
| Jan 31, 2025 | Fri | Practice | N/A | 7:00 PM | 8:30 PM | Clayton Ave. Elementary Gymnasium | | |
| Feb 1, 2025 | Sat | Regular Season 38-31 W | @ Elmira | 12:00 PM | 1:45 PM | EHS Gym | | L |

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| Feb 3, 2025 | Mon | Regular Season 69-17 W | Corning- Painted Post | 5:30 PM | 7:15 PM | Vestal High School Gym | | L |
| Feb 4, 2025 | Tue | Practice | N/A | 3:30 PM | 5:00 PM | Vestal High School Gym | | |
| Feb 5, 2025 | Wed | Regular Season 36-52 L | Maine- Endwell | 5:30 PM | 7:15 PM | Vestal High School Gym | | L |
| Feb 6, 2025 | Thu | Practice | N/A | 3:30 PM | 5:00 PM | Vestal High School Gym | | |
| Feb 7, 2025 | Fri | Practice | N/A | 3:30 PM | 5:00 PM | Vestal High School Gym | | |
| Feb 8, 2025 | Sat | Regular Season | @ Johnson City | 3:00 PM | 4:30 PM | JC HS Large Gym | | L |
| Feb 10, 2025 | Mon | Regular Season 37-43 L | @ Union- Endicott | 5:30 PM | 7:15 PM | UEHS Main Gym | | L |
| Feb 11, 2025 | Tue | Practice | N/A | 3:30 PM | 5:00 PM | Vestal High School Gym | | |
| Feb 13, 2025 | Thu | Regular Season | Binghamton | 5:30 PM | 7:15 PM | Vestal High School Gym | | L |
| Feb 13, 2025 | Thu | Practice | N/A | 6:00 PM | 7:30 PM | Vestal High School Gym | | |
| Apr 1, 2025 | Tue | Practice (Unified Basketball Practice) | N/A | 2:45 PM | 4:00 PM | Vestal High School Gym | | |
| Apr 3, 2025 | Thu | Practice (Unified Basketball Practice) | N/A | 2:45 PM | 4:00 PM | Vestal High School Gym | | |
| Apr 8, 2025 | Tue | Practice (Unified Basketball Practice) | N/A | 2:45 PM | 4:00 PM | Vestal High School Gym | | |
| Apr 10, 2025 | Thu | Practice (Unified Basketball Practice) | N/A | 2:45 PM | 4:00 PM | Vestal High School Gym | | |
| Apr 15, 2025 | Tue | Practice (Unified Basketball Practice) | N/A | 2:45 PM | 4:00 PM | Vestal High School Gym | | |
| Apr 17, 2025 | Thu | Practice (Unified Basketball Practice) | N/A | 2:45 PM | 4:00 PM | Vestal High School Gym | | |
| Apr 29, 2025 | Tue | Practice (Unified Basketball Practice) | N/A | 2:45 PM | 4:00 PM | Vestal High School Gym | | |
| May 1, 2025 | Thu | Practice (Unified Basketball Practice) | N/A | 2:45 PM | 4:00 PM | Vestal High School Gym | | |

Date: 2025-12-05