



# Vestal

## (B) V Basketball

### Coaches:

- Frank D'Esti

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jul 4, 2023	Tue	Practice (Practice )	N/A	5:00 PM	7:00 PM	Vestal High School Gym		
Jul 4, 2023	Tue	Practice (Youth boys Skills and Drills)	N/A	5:00 PM	6:30 PM	Clayton Ave. Elementary Gymnasium		
Jul 5, 2023	Wed	Practice (Practice )	N/A	5:00 PM	7:00 PM	Vestal High School Gym		
Jul 6, 2023	Thu	Practice (Practice )	N/A	5:00 PM	7:00 PM	Vestal High School Gym		
Jul 11, 2023	Tue	Practice (Practice )	N/A	5:00 PM	7:00 PM	Vestal High School Gym		
Jul 11, 2023	Tue	Practice (Youth boys Skills and Drills)	N/A	5:00 PM	6:30 PM	Clayton Ave. Elementary Gymnasium		
Jul 12, 2023	Wed	Practice (Practice )	N/A	5:00 PM	7:00 PM	Vestal High School Gym		
Jul 13, 2023	Thu	Practice (Practice )	N/A	5:00 PM	7:00 PM	Vestal High School Gym		
Jul 18, 2023	Tue	Practice (Practice )	N/A	5:00 PM	7:00 PM	Vestal High School Gym		
Jul 18, 2023	Tue	Practice (Youth boys Skills and Drills)	N/A	5:00 PM	6:30 PM	Clayton Ave. Elementary Gymnasium		
Jul 19, 2023	Wed	Practice (Practice )	N/A	5:00 PM	7:00 PM	Vestal High School Gym		
Jul 20, 2023	Thu	Practice (Practice )	N/A	5:00 PM	7:00 PM	Vestal High School Gym		
Jul 25, 2023	Tue	Practice (Youth boys Skills and Drills)	N/A	5:00 PM	6:30 PM	Clayton Ave. Elementary Gymnasium		
Jul 25, 2023	Tue	Practice (Practice )	N/A	5:00 PM	7:00 PM	Vestal High School Gym		
Jul 26, 2023	Wed	Practice (Practice )	N/A	5:00 PM	7:00 PM	Vestal High School Gym		
Jul 27, 2023	Thu	Practice (Practice )	N/A	5:00 PM	7:00 PM	Vestal High School Gym		
Aug 1, 2023	Tue	Practice (Practice )	N/A	5:00 PM	7:00 PM	Vestal High School Gym		
Aug 1, 2023	Tue	Practice (Youth boys Skills and Drills)	N/A	5:00 PM	6:30 PM	Clayton Ave. Elementary Gymnasium		
Aug 2, 2023	Wed	Practice (Practice )	N/A	5:00 PM	7:00 PM	Vestal High School Gym		
Aug 3, 2023	Thu	Practice (Practice )	N/A	5:00 PM	7:00 PM	Vestal High School Gym		
Aug 8, 2023	Tue	Practice (Practice )	N/A	5:00 PM	7:00 PM	Vestal High School Gym		
Aug 8, 2023	Tue	Practice (Youth boys Skills and Drills)	N/A	5:00 PM	6:30 PM	Clayton Ave. Elementary Gymnasium		
Aug 9, 2023	Wed	Practice (Practice )	N/A	5:00 PM	7:00 PM	Vestal High School Gym		
Aug 10, 2023	Thu	Practice (Practice )	N/A	5:00 PM	7:00 PM	Vestal High School Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE	LEAGUE
Aug 15, 2023	Tue	Practice (Youth boys Skills and Drills)	N/A	5:00 PM	6:30 PM	Clayton Ave. Elementary Gymnasium		
Sep 25, 2023	Mon	Practice (Vestal Boys Youth Open House )	N/A	6:00 PM	7:30 PM	Vestal Middle School Gym		
Sep 26, 2023	Tue	Practice (Boys Open gym )	N/A	7:30 PM	9:00 PM	Vestal High School Gym		
Sep 28, 2023	Thu	Practice (Boys Open gym )	N/A	7:30 PM	9:00 PM	Vestal High School Gym		
Oct 2, 2023	Mon	Practice (Boys Open gym)	N/A	7:30 PM	9:00 PM	Vestal High School Gym		
Oct 4, 2023	Wed	Practice (Boys Open gym)	N/A	7:30 PM	9:00 PM	Vestal High School Gym		
Oct 11, 2023	Wed	Practice (Boys Open gym)	N/A	7:30 PM	9:00 PM	Vestal High School Gym		
CANCELLED Oct 16, 2023	Mon	Practice (Boys Open gym)	N/A	7:30 PM	9:00 PM	Vestal High School Gym		
Oct 17, 2023	Tue	Practice	N/A	7:00 PM	8:30 PM	Vestal High School Gym		
Oct 18, 2023	Wed	Practice (Boys Open gym)	N/A	7:30 PM	9:00 PM	Vestal High School Gym		
Oct 23, 2023	Mon	Practice (Boys Open gym)	N/A	7:30 PM	9:00 PM	Vestal High School Gym		
Oct 25, 2023	Wed	Practice (Boys Open gym)	N/A	7:30 PM	9:00 PM	Vestal High School Gym		
Oct 30, 2023	Mon	Practice (Boys Open gym)	N/A	7:30 PM	9:00 PM	Vestal High School Gym		
Nov 1, 2023	Wed	Practice (Grade 7/8 open Gym )	N/A	3:00 PM	4:30 PM	Vestal Middle School Gym		
Nov 1, 2023	Wed	Practice (Boys Open gym)	N/A	7:30 PM	9:00 PM	Vestal High School Gym		
Nov 6, 2023	Mon	Practice (7th/8th grade open gym )	N/A	3:00 PM	4:30 PM	Vestal Middle School Gym		
Nov 6, 2023	Mon	Practice (Boys Open gym)	N/A	7:30 PM	9:00 PM	Vestal High School Gym		
Nov 7, 2023	Tue	Practice (Boys Open gym)	N/A	7:30 PM	9:00 PM	Vestal High School Gym		
Nov 8, 2023	Wed	Practice (7th/8th grade open gym )	N/A	3:00 PM	4:30 PM	Vestal Middle School Gym		
CANCELLED Nov 13, 2023	Mon	Practice (7/8 boys open gym )	N/A	3:00 PM	4:30 PM	Vestal Middle School Gym		
Nov 13, 2023	Mon	Practice (Team Lift)	N/A	6:00 PM	7:00 PM	Vestal High School Fitness Center		
Nov 13, 2023	Mon	Practice (Tryouts Day 1)	N/A	7:30 PM	9:00 PM	Vestal High School Gym		
Nov 14, 2023	Tue	Practice (Tryouts day 2)	N/A	4:30 PM	6:00 PM	Vestal High School Gym		
CANCELLED Nov 15, 2023	Wed	Practice (7/8 boys open gym )	N/A	3:00 PM	4:30 PM	Vestal Middle School Gym		
Nov 15, 2023	Wed	Practice (Team Lift)	N/A	6:00 PM	7:00 PM	Vestal High School Fitness Center		
Nov 15, 2023	Wed	Practice (Practice/ Tryout Day 3)	N/A	7:30 PM	9:00 PM	Vestal High School Gym		
Nov 16, 2023	Thu	Practice (Practice)	N/A	4:30 PM	6:00 PM	Vestal High School Gym		
Nov 17, 2023	Fri	Practice (Practice)	N/A	6:00 PM	7:30 PM	Vestal High School Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 18, 2023	Sat	Practice (Practice)	N/A	10:00 AM	11:30 PM	Vestal High School Gym		
Nov 20, 2023	Mon	Practice (7/8 boys open gym )	N/A	3:00 PM	4:30 PM	Vestal Middle School Gym		
Nov 20, 2023	Mon	Practice (Practice)	N/A	4:30 PM	6:00 PM	Vestal High School Gym		
Nov 20, 2023	Mon	Practice (Team Lift)	N/A	6:00 PM	7:00 PM	Vestal High School Fitness Center		
Nov 21, 2023	Tue	Practice (Practice)	N/A	4:00 PM	5:30 PM	Vestal High School Gym		
Nov 22, 2023	Wed	Practice (Practice)	N/A	10:00 AM	12:00 PM	Vestal Middle School Gym		
Nov 22, 2023	Wed	Practice (Practice)	N/A	11:00 AM	1:00 PM	Vestal High School Gym		
Nov 24, 2023	Fri	Practice (Practice)	N/A	10:00 AM	12:00 PM	Vestal Middle School Gym		
Nov 25, 2023	Sat	Practice (Practice)	N/A	10:00 AM	12:00 PM	Vestal Middle School Gym		
Nov 27, 2023	Mon	Practice (Practice)	N/A	4:30 PM	6:00 PM	Vestal High School Gym		
Nov 27, 2023	Mon	Practice (Team Lift)	N/A	6:00 PM	7:00 PM	Vestal High School Fitness Center		
Nov 28, 2023	Tue	Scrimmage	Chenango Valley	6:00 PM		Vestal High School Gym		NL
Nov 29, 2023	Wed	Practice (Practice)	N/A	4:30 PM	6:00 PM	Vestal High School Gym		
Nov 29, 2023	Wed	Practice (Team Lift)	N/A	6:00 PM	7:00 PM	Vestal High School Fitness Center		
Nov 30, 2023	Thu	Practice (Practice)	N/A	6:00 PM	7:30 PM	Vestal High School Gym		
Dec 1, 2023	Fri	Practice (Practice)	N/A	4:30 PM	6:00 PM	Vestal High School Gym		
Dec 2, 2023	Sat	Scrimmage (closed-players only)	Delaware Academy	11:15 AM		Vestal Middle School Gym		NL
Dec 4, 2023	Mon	Practice (Team Lift )	N/A	6:00 PM	7:00 PM	Vestal High School Fitness Center		
Dec 4, 2023	Mon	Practice (Team Lift)	N/A	7:30 PM	9:00 PM	Vestal High School Gym		
Dec 5, 2023	Tue	Practice (Practice)	N/A	4:00 PM	6:00 PM	Vestal High School Gym		
Dec 6, 2023	Wed	Regular Season 47-39 W	@ Windsor	7:00 PM	9:00 PM	Windsor High School	Departure Time: 4:30 PM	NL
Dec 7, 2023	Thu	Practice (Practice)	N/A	4:00 PM	6:00 PM	Vestal High School Gym		
Dec 8, 2023	Fri	Regular Season 45-57 L	@ Unatego (Unatego/Franklin)	7:00 PM		Unatego HS	Departure Time: 3:30 PM	NL
Dec 9, 2023	Sat	Practice (Practice)	N/A	10:00 AM	12:00 PM	Vestal High School Gym		
Dec 11, 2023	Mon	Practice (Practice)	N/A	4:30 PM	6:00 PM	Vestal High School Gym		
Dec 11, 2023	Mon	Practice (Team Lift)	N/A	6:00 PM	7:00 PM	Vestal High School Fitness Center		
Dec 12, 2023	Tue	Regular Season 53-41 W	@ Ithaca	7:15 PM	9:30 PM	IHS Bliss Gym (C149)	Departure Time: 3:50 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE
Dec 13, 2023	Wed	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Gym	
Dec 13, 2023	Wed	Practice (Team Lift )	N/A	5:00 PM	6:00 PM	Vestal High School Fitness Center	
Dec 14, 2023	Thu	Regular Season 32-51 L	Horseheads	7:15 PM	9:30 PM	Vestal High School Gym	L
Dec 15, 2023	Fri	Practice (Practice)	N/A	3:00 PM	4:30 PM	Vestal High School Gym	
Dec 16, 2023	Sat	Practice (Practice)	N/A	10:00 AM	12:00 PM	Vestal Middle School Gym	
Dec 18, 2023	Mon	Practice (Team Lift)	N/A	6:00 PM	7:00 PM	Vestal High School Fitness Center	
Dec 18, 2023	Mon	Practice (Practice)	N/A	6:00 PM	7:30 PM	Vestal High School Gym	
Dec 19, 2023	Tue	Regular Season 57-70 L	Corning-Painted Post	7:15 PM	9:30 PM	Vestal High School Gym	L
Dec 20, 2023	Wed	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Gym	
Dec 20, 2023	Wed	Practice (Team Lift)	N/A	5:00 PM	6:00 PM	Vestal High School Fitness Center	
Dec 21, 2023	Thu	Regular Season (Student Body Game (Closed to the public)) 42-68 L	@ Maine-Endwell	8:45 AM		Maine-Endwell HS Gym	L
Dec 22, 2023	Fri	Practice (Practice)	N/A	4:00 PM	8:00 PM	Vestal High School Gym	
POSTPONED Dec 22, 2023	Fri	Regular Season	Windsor	7:15 PM		Vestal High School Gym	NL
Dec 23, 2023	Sat	Practice (Practice)	N/A	11:00 AM	1:00 PM	Vestal High School Gym	
Dec 27, 2023	Wed	Practice (Mod boys practice)	N/A	8:00 AM	10:00 AM	Vestal High School Gym	
Dec 27, 2023	Wed	Practice (Practice)	N/A	4:30 PM	7:00 PM	Vestal High School Gym	
Dec 28, 2023	Thu	Practice (Practice)	N/A	10:00 AM	12:00 PM	Vestal High School Gym	
Dec 29, 2023	Fri	Practice (Practice)	N/A	4:30 PM	6:30 PM	Vestal High School Gym	
Dec 30, 2023	Sat	Regular Season 37-48 L	Tioga	3:15 PM		Vestal High School Gym	NL
Jan 2, 2024	Tue	Practice (Practice)	N/A	4:00 PM	6:00 PM	Vestal High School Auditorium	
Jan 3, 2024	Wed	Practice (Practice)	N/A	5:00 PM	6:30 PM	Vestal Middle School Gym	
Jan 4, 2024	Thu	Practice (Practice)	N/A	4:30 PM	6:00 PM	Vestal High School Gym	
Jan 5, 2024	Fri	Regular Season 36-66 L	Union-Endicott	7:15 PM	9:30 PM	Vestal High School Gym	L
Jan 6, 2024	Sat	Practice (Practice)	N/A	10:00 AM	12:00 PM	Vestal High School Gym	
Jan 8, 2024	Mon	Practice (Practice)	N/A	5:00 PM	7:00 PM	Vestal High School Gym	
Jan 9, 2024	Tue	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Gym	
Jan 10, 2024	Wed	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Gym	

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Jan 10, 2024	Wed	Regular Season 44-68 L	@ Lansing	7:30 PM		Lansing HS		NL
Jan 11, 2024	Thu	Practice (Practice)	N/A	4:30 PM	6:00 PM	Vestal High School Gym		
Jan 12, 2024	Fri	Regular Season 40-76 L	Johnson City	7:15 PM	9:30 PM	Vestal High School Gym		L
Jan 16, 2024	Tue	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Gym		
Jan 17, 2024	Wed	Regular Season 46-94 L	@ Binghamton	7:15 PM	9:30 PM	Binghamton High School-Gym		L
Jan 18, 2024	Thu	Practice (Practice)	N/A	6:00 PM	7:30 PM	Vestal High School Gym		
Jan 19, 2024	Fri	Practice (Practice)	N/A	4:30 PM	6:00 PM	Vestal High School Gym		
Jan 20, 2024	Sat	Regular Season 50-71 L	Athens	1:45 PM		Vestal High School Gym		NL
Jan 22, 2024	Mon	Practice (Practice)	N/A	4:30 PM	6:00 PM	Vestal High School Gym		
Jan 24, 2024	Wed	Regular Season 40-55 L	@ Owego Apalachin	7:15 PM		OFA Gymnasium		NL
Jan 24, 2024	Wed	Practice (Practice)	N/A	7:30 PM	9:00 PM	Vestal High School Gym		
Jan 25, 2024	Thu	Practice (Practice)	N/A	6:00 PM	7:30 PM	Vestal High School Gym		
Jan 26, 2024	Fri	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Gym		
Jan 26, 2024	Fri	Practice (Boys mod practice )	N/A	3:30 PM	5:30 PM	Clayton Ave. Elementary Gymnasium		
Jan 27, 2024	Sat	Regular Season 42-80 L	@ Union-Endicott	2:15 PM	3:30 PM	UEHS Main Gym		L
Jan 29, 2024	Mon	Practice (Practice)	N/A	4:30 PM	6:00 PM	Vestal High School Gym		
Jan 30, 2024	Tue	Regular Season 45-75 L	@ Elmira	7:15 PM	9:30 PM	EHS Gym		L
Jan 31, 2024	Wed	Practice (Practice)	N/A	4:30 PM	6:00 PM	Vestal High School Gym		
Feb 1, 2024	Thu	Practice (Practice)	N/A	6:00 PM	7:30 PM	Vestal High School Gym		
Feb 2, 2024	Fri	Regular Season 47-81 L	Maine-Endwell	7:15 PM		Vestal High School Gym		L
Feb 3, 2024	Sat	Practice (Practice)	N/A	10:00 AM	12:00 PM	Vestal Middle School Gym		
Feb 5, 2024	Mon	Practice (Practice)	N/A	7:30 PM	9:00 PM	Vestal High School Gym		
Feb 6, 2024	Tue	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Gym		
Feb 7, 2024	Wed	Regular Season 47-87 L	@ Johnson City	7:15 PM	9:30 PM	JC HS Large Gym		L
Feb 8, 2024	Thu	Practice (Practice)	N/A	5:00 PM	7:00 PM	Vestal High School Gym		
Feb 9, 2024	Fri	Regular Season 41-77 L	Binghamton	7:15 PM	9:30 PM	Vestal High School Gym		L
Feb 10, 2024	Sat	Practice (Practice)	N/A	9:00 AM	10:30 AM	Vestal High School Gym		
Feb 12, 2024	Mon	Regular Season 49-50 L	Windsor	6:00 PM		Vestal High School Gym		NL

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Feb 13, 2024	Tue	Regular Season 47-66 L	@ Chenango Valley	7:00 PM	8:45 PM	CV - HS Gym		NL
Feb 21, 2024	Wed	Practice (Boys Modified )	N/A	3:00 PM	5:00 PM	Vestal Middle School Gym		
Feb 22, 2024	Thu	Practice (Modified-Varsity Skills )	N/A	5:00 PM	7:00 PM	Vestal Middle School Gym		
Feb 26, 2024	Mon	Practice (Boys JV and Varsity basketball )	N/A	5:00 PM	7:00 PM	Vestal Middle School Gym		
Feb 28, 2024	Wed	Practice (Boys Modified Basketball )	N/A	3:00 PM	5:00 PM	Vestal Middle School Gym		
Feb 29, 2024	Thu	Practice (Modified-Varsity Skills )	N/A	5:00 PM	7:00 PM	Vestal Middle School Gym		
Mar 4, 2024	Mon	Practice (Varsity practice )	N/A	5:00 PM	7:00 PM	Vestal Middle School Gym		
Mar 5, 2024	Tue	Practice (Boys modified practice )	N/A	3:00 PM	5:00 PM	Vestal Middle School Gym		
Mar 6, 2024	Wed	Practice (Mod-varsity skills sessions)	N/A	5:00 PM	7:00 PM	Vestal Middle School Gym		
Mar 11, 2024	Mon	Practice (JV/V practive)	N/A	5:30 PM	7:30 PM	Vestal Middle School Gym		
Mar 13, 2024	Wed	Practice (Mod boys practice)	N/A	3:00 PM	5:00 PM	Vestal Middle School Gym		
Mar 14, 2024	Thu	Practice (Mod- Varsity skills)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Mar 18, 2024	Mon	Practice (JV/V practive)	N/A	6:00 PM	7:30 PM	Vestal Middle School Gym		
Mar 20, 2024	Wed	Practice (7/8 practice)	N/A	3:00 PM	5:00 PM	Vestal Middle School Gym		
Mar 21, 2024	Thu	Practice (Mod- Varsity skills)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Mar 28, 2024	Thu	Practice (mod-varsity Skills )	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Apr 11, 2024	Thu	Practice (Mod- Varsity skills)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Apr 18, 2024	Thu	Practice (Modified-Varsity Skills )	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Apr 25, 2024	Thu	Practice (Modified-Varsity Skills )	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		

Date: 2024-04-29