



Vestal

(B) V Basketball

Coaches:

- Frank D'Esti, Head Coach
- Frank D'Esti

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 14, 2022	Mon	Practice (Team Lift)	N/A	6:00 PM	7:00 PM	Vestal High School Fitness Center		
Nov 14, 2022	Mon	Practice (Practice)	N/A	7:30 PM	9:00 PM	Vestal High School Gym		
Nov 15, 2022	Tue	Practice (Practice)	N/A	7:30 PM	9:00 PM	Vestal High School Gym		
Nov 16, 2022	Wed	Practice (Team Lift)	N/A	5:00 PM	6:00 PM	Vestal High School Fitness Center		
Nov 16, 2022	Wed	Practice (Practice)	N/A	6:00 PM	7:30 PM	Vestal High School Gym		
Nov 17, 2022	Thu	Practice (Practice)	N/A	4:30 PM	6:00 PM	Vestal High School Gym		
Nov 18, 2022	Fri	Practice (Practice)	N/A	7:30 PM	9:00 PM	Vestal High School Gym		
Nov 21, 2022	Mon	Practice (Team Lift)	N/A	5:00 PM	6:00 PM	Vestal High School Fitness Center		
Nov 21, 2022	Mon	Practice (Practice)	N/A	6:00 PM	7:30 PM	Vestal High School Gym		
Nov 22, 2022	Tue	Practice (Practice)	N/A	3:30 PM	5:30 PM	Vestal High School Gym		
Nov 23, 2022	Wed	Practice (Team Lift)	N/A	10:00 AM	11:00 PM	Vestal High School Fitness Center		
Nov 23, 2022	Wed	Practice (Practice)	N/A	11:00 AM	12:30 PM	Vestal High School Gym		
Nov 25, 2022	Fri	Practice (Practice)	N/A	9:00 AM	11:00 AM	TBD		
Nov 26, 2022	Sat	Scrimmage (Closed Scrimmage)	Susquehanna Valley	12:00 PM		TBD		NL
Nov 28, 2022	Mon	Practice (Team Lift)	N/A	6:00 PM	7:00 PM	Vestal High School Fitness Center		
Nov 28, 2022	Mon	Practice (Practice)	N/A	7:30 PM	9:00 PM	Vestal High School Gym		
Nov 29, 2022	Tue	Practice (Practice)	N/A	4:30 PM	6:00 PM	Vestal High School Gym		
Nov 30, 2022	Wed	Practice (Team Lift)	N/A	6:00 PM	7:00 PM	Vestal High School Fitness Center		
Nov 30, 2022	Wed	Practice (Practice)	N/A	7:30 PM	9:00 PM	Vestal High School Gym		
Dec 1, 2022	Thu	Regular Season (Drago Tournament vs. Unatego) 42-26 W	@ TBD	6:30 PM		Oneonta High School		NL
Dec 2, 2022	Fri	Practice (Practice)	N/A	4:30 PM	6:00 PM	Vestal High School Gym		
Dec 3, 2022	Sat	Regular Season (Drago Tournament) 42-41 W	@ Oneonta	TBD		Oneonta High School		NL
Dec 5, 2022	Mon	Practice (Practice)	N/A	4:30 PM	6:00 PM	Vestal High School Gym		

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Dec 5, 2022	Mon	Practice (Team Lift)	N/A	6:00 PM	7:00 PM	Vestal High School Fitness Center		
Dec 6, 2022	Tue	Regular Season 64-71 L	Blue Ridge	7:15 PM		Vestal High School Baseball Field		NL
Dec 7, 2022	Wed	Practice (Practice)	N/A	4:30 PM	6:00 PM	Vestal High School Gym		
Dec 7, 2022	Wed	Practice (Team Lift)	N/A	6:00 PM	7:00 PM	Vestal High School Fitness Center		
Dec 8, 2022	Thu	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Gym		
Dec 9, 2022	Fri	Regular Season 55-85 L	Ithaca	7:15 PM		Vestal High School Baseball Field		L
Dec 12, 2022	Mon	Practice (Team Lift)	N/A	5:00 PM	6:00 PM	Vestal High School Fitness Center		
Dec 12, 2022	Mon	Practice (Practice)	N/A	6:00 PM	7:30 PM	Vestal High School Gym		
Dec 13, 2022	Tue	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Gym		
Dec 14, 2022	Wed	Regular Season 40-78 L	@ Horseheads	7:15 PM	9:00 PM	HHS MS Gym	Departure Time: 3:40 PM	L
Dec 15, 2022	Thu	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Gym		
Dec 19, 2022	Mon	Practice (Practice)	N/A	6:00 PM	7:30 PM	Vestal High School Gym		
Dec 20, 2022	Tue	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Gym		
Dec 21, 2022	Wed	Regular Season 49-82 L	@ Union-Endicott	7:15 PM	9:00 PM	UEHS Main Gym	Departure Time: 4:40 PM	L
Dec 22, 2022	Thu	Practice (Practice)	N/A	4:30 PM	6:00 PM	Vestal High School Gym		
Dec 23, 2022	Fri	Practice (Practice)	N/A	9:30 AM	11:00 AM	Vestal High School Gym		
Dec 27, 2022	Tue	Regular Season (Josh Palmer Tournament vs Edison) 55-18 W	@ TBD	11:45 AM		Elmira High School	Departure Time: 9:20 AM	NL
Dec 30, 2022	Fri	Regular Season (Josh Palmer Tourn vs Mansfield) 28-52 L	@ TBD	1:30 PM		Elmira High School	Departure Time: 11:20 AM	NL
Jan 3, 2023	Tue	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Gym		
Jan 4, 2023	Wed	Regular Season 42-84 L	Maine-Endwell	7:15 PM	9:00 PM	Vestal High School Baseball Field		L
Jan 5, 2023	Thu	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Gym		
Jan 6, 2023	Fri	Practice (Practice)	N/A	5:00 PM	6:30 PM	Vestal High School Gym		
Jan 7, 2023	Sat	Regular Season 49-68 L	Chenango Valley	7:00 PM		Vestal High School Baseball Field		NL
Jan 9, 2023	Mon	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Gym		

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Jan 10, 2023	Tue	Regular Season 45-86 L	@ Johnson City	7:15 PM	9:00 PM	JC HS Large Gym	Departure Time: 4:30 PM	L
Jan 11, 2023	Wed	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Gym		
Jan 12, 2023	Thu	Practice (Practice)	N/A	4:30 PM	6:00 PM	Vestal High School Gym		
Jan 13, 2023	Fri	Regular Season 58-68 L	Binghamton	7:15 PM	9:00 PM	Vestal High School Baseball Field		L
Jan 14, 2023	Sat	Practice (Practice)	N/A	9:00 AM	10:30 AM	Vestal High School Gym		
Jan 16, 2023	Mon	Practice (Practice)	N/A	3:00 PM	4:30 PM	Vestal High School Gym		
Jan 17, 2023	Tue	Practice (Practice)	N/A	TBD	9:00 PM	Vestal High School Gym		
Jan 18, 2023	Wed	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Gym		
Jan 19, 2023	Thu	Practice (Practice)	N/A	4:30 PM	6:00 PM	Vestal High School Gym		
Jan 20, 2023	Fri	Regular Season 44-93 L	Union-Endicott	7:15 PM	9:00 PM	Vestal High School Baseball Field		L
Jan 23, 2023	Mon	Practice (Practice)	N/A	4:30 PM	6:00 PM	Vestal High School Gym		
Jan 24, 2023	Tue	Regular Season 29-84 L	@ Corning- Painted Post	7:15 PM	9:00 PM	C P P High School	Departure Time: 3:40 PM	L
Jan 25, 2023	Wed	Practice (Practice)	N/A	6:00 PM	7:30 PM	Vestal High School Gym		
Jan 26, 2023	Thu	Practice (Practice)	N/A	4:30 PM	6:00 PM	Vestal High School Gym		
Jan 27, 2023	Fri	Regular Season 54-71 L	Elmira	7:15 PM	9:00 PM	Vestal High School Baseball Field		L
Jan 28, 2023	Sat	Practice (Practice)	N/A	9:00 AM	10:30 AM	Vestal High School Gym		
Jan 30, 2023	Mon	Practice (Practice)	N/A	3:00 PM	4:30 PM	Vestal High School Gym		
Jan 31, 2023	Tue	Regular Season 42-87 L	@ Maine-Endwell	6:45 PM		Maine-Endwell HS Gym	Departure Time: 4:30 PM	L
Feb 3, 2023	Fri	Regular Season 35-73 L	Johnson City	7:15 PM	9:00 PM	Vestal High School Baseball Field		L
Feb 7, 2023	Tue	Regular Season	@ Binghamton	7:15 PM	9:00 PM	Binghamton High School-Gym	Departure Time: 4:20 PM	L
Feb 8, 2023	Wed	Practice (Practice Jv varsity)	N/A	3:00 PM	5:00 PM	Vestal High School Gym		
Feb 9, 2023	Thu	Practice (Practice Jv varsity)	N/A	3:00 PM	5:00 PM	Vestal High School Gym		
Feb 10, 2023	Fri	Regular Season (Sr. Nite)	Windsor	7:30 PM		Vestal High School Baseball Field		NL
Feb 11, 2023	Sat	Regular Season 41-62 L	Norwich	12:45 PM		Vestal High School Baseball Field		NL
Feb 14, 2023	Tue	Practice (Mod- Varsity skills)	N/A	4:00 PM	6:00 PM	Vestal High School Gym		
Feb 15, 2023	Wed	Practice (Mod- Varsity skills)	N/A	4:00 PM	6:00 PM	Vestal High School Gym		

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Feb 16, 2023	Thu	Practice (Mod- varsity skills)	N/A	4:00 PM	6:00 PM	Vestal High School Gym		
Feb 21, 2023	Tue	Practice (Practice/Skills)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Feb 22, 2023	Wed	Practice (Practice/skills)	N/A	3:00 PM	5:00 PM	Vestal High School Gym		
Feb 23, 2023	Thu	Practice (Practice/Skills)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Feb 27, 2023	Mon	Practice (Practice)	N/A	5:00 PM	7:00 PM	Vestal High School Gym		
Feb 28, 2023	Tue	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Mar 1, 2023	Wed	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Gym		
Mar 6, 2023	Mon	Practice (Practice)	N/A	5:00 PM	7:00 PM	Vestal High School Gym		
Mar 7, 2023	Tue	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Mar 8, 2023	Wed	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Gym		
Mar 14, 2023	Tue	Practice (Practice)	N/A	5:00 PM	9:00 PM	Clayton Ave. Elementary		
Mar 21, 2023	Tue	Practice (Practice)	N/A	5:00 PM	9:00 PM	Clayton Ave. Elementary		
Mar 28, 2023	Tue	Practice (Practice)	N/A	5:00 PM	9:00 PM	Clayton Ave. Elementary		
Apr 3, 2023	Mon	Practice (Practice/Skills)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Apr 4, 2023	Tue	Practice (Practice)	N/A	5:00 PM	9:00 PM	Clayton Ave. Elementary		
Apr 5, 2023	Wed	Practice (Practice/Skills)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Apr 10, 2023	Mon	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Gym		
Apr 11, 2023	Tue	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Gym		
Apr 12, 2023	Wed	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Gym		
Apr 17, 2023	Mon	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Apr 18, 2023	Tue	Practice (Practice)	N/A	5:00 PM	9:00 PM	Clayton Ave. Elementary		
Apr 19, 2023	Wed	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Apr 24, 2023	Mon	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Apr 25, 2023	Tue	Practice (Practice)	N/A	5:00 PM	9:00 PM	Clayton Ave. Elementary		
Apr 26, 2023	Wed	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
May 2, 2023	Tue	Practice (Practice)	N/A	5:00 PM	9:00 PM	Clayton Ave. Elementary		
May 3, 2023	Wed	Practice (Practice/Skills)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
May 8, 2023	Mon	Practice (Practice/Skills)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
May 9, 2023	Tue	Practice (Practice/Skills)	N/A	5:00 PM	9:00 PM	Clayton Ave. Elementary		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE	LEAGUE
May 10, 2023	Wed	Practice (Practice/Skills)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
May 15, 2023	Mon	Practice (Practice/Skills)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
May 16, 2023	Tue	Practice (Practice/Skills)	N/A	5:00 PM	9:00 PM	Clayton Ave. Elementary		
May 17, 2023	Wed	Practice (Practice/Skills)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
May 22, 2023	Mon	Practice (Practice/Skills)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
May 23, 2023	Tue	Practice (Practice/Skills)	N/A	5:00 PM	9:00 PM	Clayton Ave. Elementary		
May 24, 2023	Wed	Practice (Practice/Skills)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
May 29, 2023	Mon	Practice (Practice/Skills)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
May 30, 2023	Tue	Practice (Practice/Skills)	N/A	5:00 PM	9:00 PM	Clayton Ave. Elementary		
May 31, 2023	Wed	Practice (Practice/Skills)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Jun 5, 2023	Mon	Practice (Practice/Skills)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Jun 6, 2023	Tue	Practice (Practice/Skills)	N/A	5:00 PM	9:00 PM	Clayton Ave. Elementary		
Jun 7, 2023	Wed	Practice (Practice/Skills)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Jun 13, 2023	Tue	Practice (Practice/Skills)	N/A	5:00 PM	9:00 PM	Clayton Ave. Elementary		
Jun 20, 2023	Tue	Practice (Practice/Skills)	N/A	5:00 PM	9:00 PM	Clayton Ave. Elementary		
Jun 27, 2023	Tue	Practice (Practice)	N/A	5:00 PM	7:00 PM	Vestal High School Gym		
Jun 28, 2023	Wed	Practice (Practice)	N/A	5:00 PM	7:00 PM	Vestal High School Gym		
Jun 29, 2023	Thu	Practice (Practice)	N/A	5:00 PM	7:00 PM	Vestal High School Gym		
CANCELLED TBD		Practice (Practice)	N/A	TBD		Vestal High School Baseball Field		

Date: 2023-06-08