



Vestal

(B) V Basketball

Coaches:

- Frank D'Esti

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jul 1, 2024	Mon	Practice (Modified-Varsity Skills)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Jul 2, 2024	Tue	Practice (Modified-Varsity Skills)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Jul 3, 2024	Wed	Practice (Youth boys Skills and Drills-Talbut/commane)	N/A	4:00 PM	5:00 PM	Vestal Middle School Gym		
Jul 3, 2024	Wed	Practice (Modified-Varsity Skills)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Jul 4, 2024	Thu	Practice (Modified-Varsity Skills)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Jul 5, 2024	Fri	Practice (Modified-Varsity Skills)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Jul 8, 2024	Mon	Practice (Modified-Varsity Skills)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Jul 9, 2024	Tue	Practice (Modified-Varsity Skills)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Jul 10, 2024	Wed	Practice (Youth boys Skills and Drills-Talbut/commane)	N/A	4:00 PM	5:00 PM	Vestal Middle School Gym		
Jul 10, 2024	Wed	Practice (Modified-Varsity Skills)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Jul 11, 2024	Thu	Practice (Modified-Varsity Skills)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Jul 12, 2024	Fri	Practice (Modified-Varsity Skills)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Jul 15, 2024	Mon	Practice (Modified-Varsity Skills)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Jul 16, 2024	Tue	Practice (Modified-Varsity Skills)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Jul 17, 2024	Wed	Practice (Youth boys Skills and Drills-Talbut/commane)	N/A	4:00 PM	5:00 PM	Vestal Middle School Gym		
Jul 17, 2024	Wed	Practice (Modified-Varsity Skills)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Jul 18, 2024	Thu	Practice (Modified-Varsity Skills)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Jul 19, 2024	Fri	Practice (PFK Alumni Classic)	N/A	3:30 PM	8:30 PM	Vestal Middle School Gym		
Jul 22, 2024	Mon	Practice (Modified-Varsity Skills)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Jul 23, 2024	Tue	Practice (Modified-Varsity Skills)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Jul 24, 2024	Wed	Practice (Youth boys Skills and Drills-Talbut/commane)	N/A	4:00 PM	5:00 PM	Vestal Middle School Gym		
Jul 24, 2024	Wed	Practice (Modified-Varsity Skills)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Jul 25, 2024	Thu	Practice (Modified-Varsity Skills)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Jul 26, 2024	Fri	Practice (Modified-Varsity Skills)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jul 29, 2024	Mon	Practice (Modified-Varsity Skills)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Jul 30, 2024	Tue	Practice (Modified-Varsity Skills)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Jul 31, 2024	Wed	Practice (Modified-Varsity Skills)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Aug 1, 2024	Thu	Practice (Modified-Varsity Skills)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Aug 2, 2024	Fri	Practice (Modified-Varsity Skills)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Aug 5, 2024	Mon	Practice (Modified-Varsity Skills)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Aug 6, 2024	Tue	Practice (Modified-Varsity Skills)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Aug 7, 2024	Wed	Practice (Youth boys Skills and Drills-Talbut/commane)	N/A	4:00 PM	5:00 PM	Vestal Middle School Gym		
Aug 7, 2024	Wed	Practice (Modified-Varsity Skills)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Aug 8, 2024	Thu	Practice (Modified-Varsity Skills)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Aug 9, 2024	Fri	Practice (Modified-Varsity Skills)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Aug 12, 2024	Mon	Practice (Modified-Varsity Skills)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Aug 13, 2024	Tue	Practice (Modified-Varsity Skills)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Aug 14, 2024	Wed	Practice (Youth boys Skills and Drills-Talbut/commane)	N/A	4:00 PM	5:00 PM	Vestal Middle School Gym		
Aug 14, 2024	Wed	Practice (Modified-Varsity Skills)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Aug 15, 2024	Thu	Practice (Modified-Varsity Skills)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Aug 16, 2024	Fri	Practice (Modified-Varsity Skills)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Aug 19, 2024	Mon	Practice (Practice)	N/A	5:00 PM	9:00 PM	Vestal Middle School Gym		
Aug 19, 2024	Mon	Practice (Youth boys Skills and Drills-Talbut/commane)	N/A	5:00 PM	6:00 PM	Clayton Ave. Elementary Gymnasium		
Aug 21, 2024	Wed	Practice (Practice)	N/A	5:00 PM	9:00 PM	Vestal Middle School Gym		
Aug 23, 2024	Fri	Practice (Practice)	N/A	5:00 PM	9:00 PM	Vestal Middle School Gym		
Aug 23, 2024	Fri	Practice (Youth boys Skills and Drills-Talbut/commane)	N/A	5:00 PM	6:00 PM	Clayton Ave. Elementary Gymnasium		
Aug 26, 2024	Mon	Practice (Youth boys Skills and Drills-Talbut/commane)	N/A	5:00 PM	6:00 PM	Clayton Ave. Elementary Gymnasium		
Aug 30, 2024	Fri	Practice (Youth boys Skills and Drills-Talbut/commane)	N/A	5:00 PM	6:00 PM	Clayton Ave. Elementary Gymnasium		
Sep 4, 2024	Wed	Practice (Practice)	N/A	5:00 PM	7:00 PM	Vestal Middle School Gym		
Sep 6, 2024	Fri	Practice (Youth boys Skills and Drills-Talbut/commane)	N/A	5:00 PM	6:00 PM	Clayton Ave. Elementary Gymnasium		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 6, 2024	Fri	Practice (Practice)	N/A	5:00 PM	7:00 PM	Vestal Middle School Gym		
Sep 9, 2024	Mon	Practice (Youth boys Skills and Drills-Talbut/commane)	N/A	5:00 PM	6:00 PM	Clayton Ave. Elementary Gymnasium		
Sep 13, 2024	Fri	Practice (Youth boys Skills and Drills-Talbut/commane)	N/A	5:00 PM	6:00 PM	Clayton Ave. Elementary Gymnasium		
Sep 16, 2024	Mon	Practice (Youth boys Skills and Drills-Talbut/commane)	N/A	5:00 PM	6:00 PM	Clayton Ave. Elementary Gymnasium		
Sep 16, 2024	Mon	Practice (Open Gym Grades 7-12)	N/A	7:30 PM	9:00 PM	Vestal Middle School Gym		
Sep 18, 2024	Wed	Practice (Open Gym Grades 7-12)	N/A	7:30 PM	9:00 PM	Vestal Middle School Gym		
Sep 20, 2024	Fri	Practice (Youth boys Skills and Drills-Talbut/commane)	N/A	5:00 PM	6:00 PM	Clayton Ave. Elementary Gymnasium		
Sep 23, 2024	Mon	Practice (Youth boys Skills and Drills-Talbut/commane)	N/A	5:00 PM	6:00 PM	Clayton Ave. Elementary Gymnasium		
Sep 23, 2024	Mon	Practice (Open House Grades 1st-6)	N/A	6:00 PM	7:30 PM	Vestal Middle School Gym		
Sep 23, 2024	Mon	Practice (Open Gym Grades 7-12)	N/A	7:30 PM	9:00 PM	Vestal Middle School Gym		
Sep 25, 2024	Wed	Practice (Open Gym Grades 7-12)	N/A	7:30 PM	9:00 PM	Vestal Middle School Gym		
Sep 27, 2024	Fri	Practice (Youth boys Skills and Drills-Talbut/commane)	N/A	5:00 PM	6:00 PM	Clayton Ave. Elementary Gymnasium		
Sep 30, 2024	Mon	Practice (Youth boys Skills and Drills-Talbut/commane)	N/A	5:00 PM	6:00 PM	Clayton Ave. Elementary Gymnasium		
Sep 30, 2024	Mon	Practice (Open Gym Grades 7-12)	N/A	7:30 PM	9:00 PM	Vestal Middle School Gym		
Oct 2, 2024	Wed	Practice (Youth boys Skills and Drills-Talbut/commane)	N/A	5:30 PM	7:00 PM	Vestal Middle School Gym		
Oct 2, 2024	Wed	Practice (Open Gym Grades 7-12)	N/A	7:30 PM	9:00 PM	Vestal Middle School Gym		
Oct 7, 2024	Mon	Practice (Open Gym Grades 7-12)	N/A	7:30 PM	9:00 PM	Vestal Middle School Gym		
Oct 9, 2024	Wed	Practice (Open Gym Grades 7-12)	N/A	7:30 PM	9:00 PM	Vestal Middle School Gym		
Oct 14, 2024	Mon	Practice (Open Gym Grades 7-12)	N/A	7:30 PM	9:00 PM	Vestal Middle School Gym		
Oct 15, 2024	Tue	Practice (Practice)	N/A	6:00 PM	7:25 PM	Vestal Middle School Gym		
Oct 15, 2024	Tue	Practice (Practice)	N/A	7:30 PM	9:00 PM	Vestal Middle School Gym		
Oct 16, 2024	Wed	Practice (Open Gym Grades 7-12)	N/A	7:30 PM	9:00 PM	Vestal Middle School Gym		
Oct 17, 2024	Thu	Practice (Practice)	N/A	6:00 PM	9:00 PM	Vestal Middle School Gym		
Oct 22, 2024	Tue	Practice (Open Gym Grades 7-12)	N/A	7:30 PM	9:00 PM	Vestal Middle School Gym		
Oct 23, 2024	Wed	Practice (Open Gym Grades 7-12)	N/A	7:30 PM	9:00 PM	Vestal Middle School Gym		
Oct 28, 2024	Mon	Practice (Open Gym Grades 7-12)	N/A	7:30 PM	9:00 PM	Vestal Middle School Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 30, 2024	Wed	Practice (Open Gym Grades 7-12)	N/A	7:30 PM	9:00 PM	Vestal Middle School Gym		
Nov 4, 2024	Mon	Practice (Open Gym Grades 7-12)	N/A	7:30 PM	9:00 PM	Vestal Middle School Gym		
Nov 5, 2024	Tue	Practice (Practice)	N/A	3:00 PM	4:30 PM	Vestal Middle School Gym		
Nov 6, 2024	Wed	Practice (Open Gym Grades 7-12)	N/A	7:30 PM	9:00 PM	Vestal Middle School Gym		
Nov 11, 2024	Mon	Practice (Open Gym Grades 7-12)	N/A	7:30 PM	9:00 PM	Vestal High School Gym		
Nov 12, 2024	Tue	Practice (Open Gym Grades 7-8)	N/A	3:00 PM	4:30 PM	Vestal Middle School Gym		
Nov 12, 2024	Tue	Practice (Open Gym Grades 9-12)	N/A	7:30 PM	9:00 PM	Vestal Middle School Gym		
Nov 13, 2024	Wed	Practice (Open Gym Grades 7-8)	N/A	3:00 PM	4:30 PM	Vestal Middle School Gym		
Nov 13, 2024	Wed	Practice (Open Gym Grades 9-12)	N/A	7:30 PM	9:00 PM	Vestal Middle School Gym		
Nov 13, 2024	Wed	Practice (Open Gym Grades 7-12)	N/A	7:30 PM	9:00 PM	Vestal High School Gym		
Nov 18, 2024	Mon	Practice (Practice (tryouts) JV/V)	N/A	3:00 PM	5:00 PM	Vestal High School Gym		
Nov 18, 2024	Mon	Practice (Open Gym Grades 7-8)	N/A	3:00 PM	4:30 PM	Vestal Middle School Gym		
Nov 19, 2024	Tue	Practice (Open Gym Grades 7-8)	N/A	3:00 PM	4:30 PM	Vestal Middle School Gym		
Nov 19, 2024	Tue	Practice (Practice-Tryouts)	N/A	7:00 PM	9:00 PM	Vestal High School Gym		
Nov 20, 2024	Wed	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal Middle School Gym		
Nov 21, 2024	Thu	Practice (Practice)	N/A	3:00 PM	4:30 PM	Vestal High School Gym		
Nov 22, 2024	Fri	Practice (Practice)	N/A	3:00 PM	4:30 PM	Vestal High School Gym		
Nov 24, 2024	Sun	Practice (Practice)	N/A	1:00 PM	3:00 PM	Vestal High School Gym		
Nov 25, 2024	Mon	Practice (Open Gym Grades 7-8)	N/A	3:00 PM	4:30 PM	Vestal Middle School Gym		
Nov 25, 2024	Mon	Practice (Practice)	N/A	4:00 PM	6:00 PM	Vestal High School Gym		
Nov 26, 2024	Tue	Practice (Open Gym Grades 7-8)	N/A	3:00 PM	4:30 PM	Vestal Middle School Gym		
Nov 26, 2024	Tue	Practice (Practice)	N/A	4:30 PM	6:30 PM	Vestal Middle School Gym		
Nov 26, 2024	Tue	Scrimmage	@ Delaware Academy	5:00 PM		Ed Shalkey HS Gymnasium		NL
Nov 26, 2024	Tue	Practice (JV Practice)	N/A	6:30 PM	8:30 PM	Vestal Middle School Gym		
Nov 27, 2024	Wed	Practice (Practice)	N/A	10:00 AM	12:00 PM	Vestal Middle School Gym		
Nov 29, 2024	Fri	Practice (Practice)	N/A	12:30 PM	2:30 PM	Vestal Middle School Gym		
Nov 29, 2024	Fri	Practice (Parent meeting JV and Varsity)	N/A	3:00 PM	4:00 PM	Vestal Middle School Gym		
Nov 30, 2024	Sat	Practice (Practice)	N/A	10:00 AM	12:00 PM	Vestal Middle School Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 2, 2024	Mon	Scrimmage	@ Norwich	4:30 PM	7:30 PM	NHS Gym		L
Dec 3, 2024	Tue	Practice (Practice)	N/A	7:00 PM	9:00 PM	Vestal High School Gym		
Dec 4, 2024	Wed	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Gym		
Dec 5, 2024	Thu	Regular Season 55-39 W	Unatego (Unatego/Franklin)	7:15 PM		Vestal High School Gym		NL
Dec 6, 2024	Fri	Practice (Practice)	N/A	6:00 PM	9:00 PM	Vestal High School Gym		
Dec 7, 2024	Sat	Practice (Practice)	N/A	8:00 AM	12:00 PM	Vestal Middle School Gym		
Dec 9, 2024	Mon	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Dec 10, 2024	Tue	Regular Season 33-60 L	Lansing	7:15 PM		Vestal High School Gym		NL
Dec 11, 2024	Wed	Practice (Practice)	N/A	4:30 PM	6:00 PM	Vestal High School Gym		
Dec 12, 2024	Thu	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Gym		
Dec 13, 2024	Fri	Practice (Practice)	N/A	5:00 PM	7:00 PM	Vestal High School Gym		
Dec 14, 2024	Sat	Practice (Practice)	N/A	10:00 AM	12:00 PM	Vestal Middle School Gym		
Dec 16, 2024	Mon	Practice (Practice)	N/A	4:30 PM	6:00 PM	Vestal High School Gym		
Dec 17, 2024	Tue	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Gym		
Dec 18, 2024	Wed	Regular Season 58-71 L	@ Horseheads	7:15 PM	9:30 PM	HHS MS Gym		L
Dec 19, 2024	Thu	Practice (Practice)	N/A	4:30 PM	6:00 PM	Vestal High School Gym		
Dec 23, 2024	Mon	Practice (Practice)	N/A	10:00 AM	12:00 PM	Vestal High School Gym		
Dec 23, 2024	Mon	Regular Season 61-92 L	@ Corning-Painted Post	1:45 PM		C P P High School		L
Dec 24, 2024	Tue	Practice (Practice)	N/A	8:00 AM	9:30 AM	Vestal High School Gym		
Dec 26, 2024	Thu	Practice (Practice)	N/A	10:00 AM	12:00 PM	Vestal High School Gym		
Dec 27, 2024	Fri	Regular Season 57-59 L	Moravia	6:30 PM		Vestal High School Gym		NL
Dec 28, 2024	Sat	Regular Season 55-32 W	Bainbridge Guilford	3:30 PM		Vestal High School Gym		NL
Dec 30, 2024	Mon	Practice (Practice)	N/A	10:00 AM	12:00 PM	Vestal High School Gym		
Dec 31, 2024	Tue	Practice (Practice)	N/A	10:00 AM	12:00 PM	Vestal High School Gym		
Jan 2, 2025	Thu	Practice (Practice)	N/A	10:00 AM	12:00 PM	Vestal High School Gym		
Jan 3, 2025	Fri	Practice (Practice)	N/A	10:00 AM	12:00 PM	Vestal High School Gym		
Jan 4, 2025	Sat	Practice (Practice)	N/A	10:00 AM	12:00 PM	Vestal High School Gym		
Jan 6, 2025	Mon	Practice (Practice)	N/A	4:30 PM	6:00 PM	Vestal High School Gym		
Jan 7, 2025	Tue	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 8, 2025	Wed	Regular Season 50-79 L	@ Union-Endicott	7:15 PM	9:30 PM	UEHS Main Gym		L
Jan 9, 2025	Thu	Practice (Practice)	N/A	5:00 PM	6:30 PM	Vestal Middle School Gym		
Jan 10, 2025	Fri	Practice (Practice)	N/A	4:30 PM	6:00 PM	Vestal High School Gym		
Jan 11, 2025	Sat	Regular Season 50-82 L	Maine-Endwell	1:45 PM	3:45 PM	Vestal High School Gym		L
Jan 14, 2025	Tue	Regular Season 48-69 L	@ Johnson City	7:15 PM	9:30 PM	JC HS Large Gym		L
Jan 17, 2025	Fri	Regular Season 56-98 L	Binghamton	7:15 PM	9:30 PM	Vestal High School Gym		L
Jan 20, 2025	Mon	Practice (Practice)	N/A	10:00 AM	12:00 PM	Vestal Middle School Gym		
Jan 21, 2025	Tue	Practice (Practice)	N/A	5:00 PM	7:00 PM	Vestal High School Gym		
POSTPONED Jan 22, 2025	Wed	Regular Season	Candor (Candor)	7:15 PM		Vestal High School Gym		NL
Jan 23, 2025	Thu	Practice (Practice)	N/A	5:00 PM	7:00 PM	Vestal High School Gym		
Jan 24, 2025	Fri	Practice (Practice)	N/A	6:00 PM	7:30 PM	Vestal High School Gym		
Jan 25, 2025	Sat	Regular Season 67-64 W	Ithaca	1:45 PM	3:45 PM	Vestal High School Gym		L
Jan 27, 2025	Mon	Practice (Practice)	N/A	4:30 PM	6:00 PM	Vestal High School Gym		
Jan 29, 2025	Wed	Practice (Practice)	N/A	10:00 AM	11:30 AM	Vestal High School Gym		
Jan 30, 2025	Thu	Practice (Practice)	N/A	3:00 PM	4:30 PM	Vestal High School Gym		
Jan 30, 2025	Thu	Regular Season 47-77 L	Union-Endicott	7:15 PM	9:30 PM	Vestal High School Gym		L
Jan 31, 2025	Fri	Regular Season 52-72 L	Elmira	7:15 PM	9:30 PM	Vestal High School Gym		L
Feb 2, 2025	Sun	Practice (Practice)	N/A	1:00 PM	2:30 PM	Vestal High School Gym		
Feb 3, 2025	Mon	Regular Season 55-73 L	@ Candor (Candor)	6:30 PM		Candor HS Gym		NL
Feb 4, 2025	Tue	Regular Season 50-83 L	@ Maine-Endwell	6:45 PM		Maine-Endwell HS Gym		L
Feb 10, 2025	Mon	Regular Season 63-46 W	@ Walton (Walton/Downsville)	7:00 PM		Walton HS Gym		NL
Feb 11, 2025	Tue	Regular Season 35-92 L	@ Binghamton	7:15 PM	9:30 PM	Binghamton High School-Gym		L
Feb 14, 2025	Fri	Regular Season 49-59 L	Owego Apalachin	7:15 PM		Vestal High School Gym		NL
Feb 17, 2025	Mon	Practice (Practice)	N/A	10:00 AM	11:30 AM	Vestal High School Gym		
Feb 18, 2025	Tue	Regular Season 40-58 L	Johnson City	7:15 PM	9:30 PM	Vestal High School Gym		L
Mar 4, 2025	Tue	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Mar 6, 2025	Thu	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Mar 11, 2025	Tue	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 13, 2025	Thu	Practice (Practice)	N/A	6:00 PM	8:30 PM	Vestal High School Gym		
Mar 18, 2025	Tue	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Mar 20, 2025	Thu	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Mar 21, 2025	Fri	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Mar 25, 2025	Tue	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Mar 27, 2025	Thu	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Apr 21, 2025	Mon	Practice (Practice)	N/A	10:00 AM	11:00 AM	Vestal High School Gym		
Apr 22, 2025	Tue	Practice (Practice)	N/A	10:00 AM	11:00 AM	Vestal High School Gym		
Apr 22, 2025	Tue	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Apr 22, 2025	Tue	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Apr 24, 2025	Thu	Practice (Practice)	N/A	10:00 AM	11:00 AM	Vestal High School Gym		
Apr 24, 2025	Thu	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Apr 24, 2025	Thu	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Apr 25, 2025	Fri	Practice (Practice)	N/A	10:00 AM	11:00 AM	Vestal High School Gym		
Apr 29, 2025	Tue	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
May 1, 2025	Thu	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
May 6, 2025	Tue	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
May 8, 2025	Thu	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
May 13, 2025	Tue	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
May 15, 2025	Thu	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
May 20, 2025	Tue	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
May 22, 2025	Thu	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
May 27, 2025	Tue	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
May 27, 2025	Tue	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
May 29, 2025	Thu	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
May 29, 2025	Thu	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Jun 3, 2025	Tue	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Jun 3, 2025	Tue	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Jun 5, 2025	Thu	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jun 5, 2025	Thu	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Jun 9, 2025	Mon	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Jun 10, 2025	Tue	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Jun 12, 2025	Thu	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Jun 12, 2025	Thu	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Jun 17, 2025	Tue	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Jun 19, 2025	Thu	Practice (Practice)	N/A	6:00 PM	8:00 PM	Clayton Ave. Elementary Gymnasium		
Jun 24, 2025	Tue	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Jun 25, 2025	Wed	Practice (Practice)	N/A	6:00 PM	8:00 PM	Clayton Ave. Elementary Gymnasium		
Jun 26, 2025	Thu	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Jun 26, 2025	Thu	Practice (Practice)	N/A	6:00 PM	8:00 PM	Clayton Ave. Elementary Gymnasium		
Jun 30, 2025	Mon	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		

Date: 2025-12-05