



Vestal

(B) V Basketball

Coaches:

- Frank D'Esti

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jul 1, 2025	Tue	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Jul 2, 2025	Wed	Practice (Practice)	N/A	6:00 PM	8:00 PM	Clayton Ave. Elementary Gymnasium		
Jul 2, 2025	Wed	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Jul 3, 2025	Thu	Practice (Practice)	N/A	6:00 PM	8:00 PM	Clayton Ave. Elementary Gymnasium		
Jul 3, 2025	Thu	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Jul 7, 2025	Mon	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Jul 8, 2025	Tue	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Jul 9, 2025	Wed	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Jul 10, 2025	Thu	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Jul 11, 2025	Fri	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal Middle School Gym		
Jul 14, 2025	Mon	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Jul 15, 2025	Tue	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Jul 16, 2025	Wed	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Jul 17, 2025	Thu	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Jul 18, 2025	Fri	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Jul 21, 2025	Mon	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Jul 22, 2025	Tue	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Jul 23, 2025	Wed	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Jul 24, 2025	Thu	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Jul 25, 2025	Fri	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Jul 28, 2025	Mon	Practice (Practice)	N/A	6:00 PM	8:30 PM	Vestal High School Gym		
Jul 29, 2025	Tue	Practice (Practice)	N/A	6:00 PM	8:30 PM	Vestal High School Gym		
Jul 30, 2025	Wed	Practice (Practice)	N/A	6:00 PM	8:30 PM	Vestal High School Gym		
Jul 31, 2025	Thu	Practice (Practice)	N/A	6:00 PM	8:30 PM	Vestal High School Gym		
Aug 1, 2025	Fri	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 4, 2025	Mon	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Aug 5, 2025	Tue	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Aug 6, 2025	Wed	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Aug 7, 2025	Thu	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Aug 8, 2025	Fri	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Aug 11, 2025	Mon	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Aug 12, 2025	Tue	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Aug 13, 2025	Wed	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Aug 14, 2025	Thu	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Aug 15, 2025	Fri	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Sep 15, 2025	Mon	Practice (Practice)	N/A	6:30 AM	7:30 AM	Vestal Middle School Gym		
Sep 16, 2025	Tue	Practice (skills 7th-12)	N/A	6:30 PM	8:00 PM	Vestal Middle School Gym		
Sep 18, 2025	Thu	Practice (skills 7th-12)	N/A	6:30 PM	8:00 PM	Vestal Middle School Gym		
Sep 22, 2025	Mon	Practice (Practice)	N/A	6:30 AM	7:30 AM	Vestal Middle School Gym		
Sep 23, 2025	Tue	Practice (skills 7th-12)	N/A	6:30 PM	8:00 PM	Vestal Middle School Gym		
Sep 25, 2025	Thu	Practice (skills 7th-12)	N/A	6:30 PM	8:00 PM	Vestal Middle School Gym		
Sep 29, 2025	Mon	Practice (Practice)	N/A	6:30 AM	7:30 AM	Vestal Middle School Gym		
Sep 30, 2025	Tue	Practice (skills 7th-12)	N/A	6:30 PM	8:00 PM	Vestal Middle School Gym		
Oct 2, 2025	Thu	Practice (skills 7th-12)	N/A	6:30 PM	8:00 PM	Vestal Middle School Gym		
Oct 6, 2025	Mon	Practice (Practice)	N/A	6:30 AM	7:30 AM	Vestal Middle School Gym		
Oct 7, 2025	Tue	Practice (skills 7th-12)	N/A	6:30 PM	7:30 PM	Vestal Middle School Gym		
Oct 9, 2025	Thu	Practice (skills 7th-12)	N/A	6:30 PM	7:30 PM	Vestal Middle School Gym		
Oct 13, 2025	Mon	Practice (Practice)	N/A	6:30 AM	7:30 AM	Vestal Middle School Gym		
Oct 14, 2025	Tue	Practice (breakfast club)	N/A	6:00 AM	7:20 AM	Vestal Middle School Gym		
Oct 14, 2025	Tue	Practice (skills 7th-12)	N/A	6:30 PM	7:30 PM	Vestal Middle School Gym		
Oct 16, 2025	Thu	Practice (skills 7th-12)	N/A	6:30 PM	7:30 PM	Vestal Middle School Gym		
Oct 20, 2025	Mon	Practice (Practice)	N/A	6:30 AM	7:30 AM	Vestal Middle School Gym		
Oct 20, 2025	Mon	Practice (Practice)	N/A	6:00 PM	9:00 PM	Vestal Middle School Gym		
Oct 21, 2025	Tue	Practice (skills 7th-12)	N/A	6:30 PM	7:30 PM	Vestal Middle School Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE
Oct 23, 2025	Thu	Practice (skills 7th-12)	N/A	6:30 PM	7:30 PM	Vestal Middle School Gym	
Oct 27, 2025	Mon	Practice (Practice)	N/A	6:30 AM	7:30 AM	Vestal Middle School Gym	
Oct 28, 2025	Tue	Practice (skills 7th-12)	N/A	6:30 PM	7:30 PM	Vestal Middle School Gym	
Oct 30, 2025	Thu	Practice (skills 7th-12)	N/A	6:30 PM	8:00 PM	Vestal Middle School Gym	
Nov 3, 2025	Mon	Practice (Practice)	N/A	6:30 AM	7:30 AM	Vestal Middle School Gym	
Nov 4, 2025	Tue	Practice (skills 7th-12)	N/A	6:30 PM	8:00 PM	Vestal Middle School Gym	
Nov 6, 2025	Thu	Practice (skills 7th-12)	N/A	6:30 PM	8:00 PM	Vestal Middle School Gym	
Nov 10, 2025	Mon	Practice (Practice)	N/A	6:30 AM	7:30 AM	Vestal Middle School Gym	
Nov 11, 2025	Tue	Practice (skills 7th-12)	N/A	6:30 PM	8:00 PM	Vestal Middle School Gym	
Nov 13, 2025	Thu	Practice (skills 7th-12)	N/A	6:30 PM	8:00 PM	Vestal Middle School Gym	
Nov 17, 2025	Mon	Practice (Practice-Tryouts)	N/A	4:30 PM	6:00 PM	Vestal High School Gym	
Nov 18, 2025	Tue	Practice (Practice-Tryouts)	N/A	6:00 PM	7:30 PM	Vestal High School Gym	
Nov 19, 2025	Wed	Practice (Practice)	N/A	6:00 PM	8:30 PM	Vestal High School Gym	
Nov 20, 2025	Thu	Practice (Practice)	N/A	3:30 PM	5:30 PM	Vestal High School Gym	
Nov 21, 2025	Fri	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal High School Gym	
Nov 22, 2025	Sat	Practice (Practice)	N/A	10:00 AM	12:00 PM	Vestal High School Gym	
Nov 24, 2025	Mon	Practice (Practice)	N/A	3:30 PM	5:30 PM	Vestal High School Gym	
Nov 25, 2025	Tue	Scrimmage	@ Chenango Valley	4:00 PM	6:00 PM	CV - HS Gym	NL
Nov 29, 2025	Sat	Scrimmage	Norwich	10:00 AM		Vestal High School Gym	L
Dec 5, 2025	Fri	Regular Season (Charlie Sibley Tournament)	@ Owego Apalachin	7:45 PM	9:30 PM	OFA Gymnasium	NL
Dec 6, 2025	Sat	Practice (Practice)	N/A	10:00 AM	12:00 PM	Vestal Middle School Gym	
Dec 9, 2025	Tue	Regular Season	@ Binghamton	7:15 PM		Binghamton High School-Gym	L
Dec 11, 2025	Thu	Regular Season	Lansing	7:15 PM		Vestal High School Gym	L
Dec 16, 2025	Tue	Regular Season	@ Ithaca	7:15 PM	9:30 PM	IHS Bliss Gym (C149)	L
Dec 19, 2025	Fri	Regular Season	Horseheads	7:15 PM	9:30 PM	Vestal High School Gym	L
Dec 22, 2025	Mon	Regular Season	Chenango Valley	7:15 PM		Vestal High School Gym	L
Dec 26, 2025	Fri	Regular Season	Liberty	4:00 PM		Downsville HS Gym	NL
Dec 30, 2025	Tue	Regular Season	Harpursville	5:15 PM		Vestal High School Gym	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 6, 2026	Tue	Regular Season	Corning-Painted Post	7:15 PM	9:30 PM	Vestal High School Gym		L
Jan 9, 2026	Fri	Regular Season	Union-Endicott	7:15 PM	9:30 PM	Vestal High School Gym		L
Jan 14, 2026	Wed	Regular Season	@ Maine-Endwell	7:15 PM	9:30 PM	Maine-Endwell HS Gym		L
Jan 17, 2026	Sat	Regular Season	Johnson City	1:45 PM	3:00 PM	Vestal High School Gym		L
Jan 24, 2026	Sat	Regular Season	Binghamton	1:45 PM		Vestal High School Gym		L
Jan 28, 2026	Wed	Regular Season	@ Unatego (Unatego/Franklin)	6:30 PM		Unatego HS		NL
Jan 31, 2026	Sat	Regular Season	@ Union-Endicott	1:45 PM	3:00 PM	UEHS Main Gym		L
Feb 4, 2026	Wed	Regular Season	@ Elmira	7:15 PM	9:30 PM	EHS Gym		L
Feb 7, 2026	Sat	Regular Season	Maine-Endwell	1:45 PM	3:00 PM	Vestal High School Gym		L
Feb 11, 2026	Wed	Regular Season	@ Johnson City	6:15 PM	8:30 PM	JC HS Large Gym		L
Feb 13, 2026	Fri	Regular Season (Vestal Senior night)	Walton (Walton/Downsville)	7:30 PM		Vestal High School Gym		L

Date: 2025-12-05