



Vestal

(B) JV Basketball

Coaches:

- Gabe Whiteman

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 16, 2023	Thu	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Gym		
Nov 17, 2023	Fri	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Nov 18, 2023	Sat	Practice (Practice)	N/A	10:30 AM	12:00 PM	Vestal High School Gym		
Nov 20, 2023	Mon	Practice (Practice)	N/A	3:00 PM	4:30 PM	Vestal High School Gym		
CANCELLED Nov 20, 2023	Mon	Practice (Team Lift)	N/A	5:00 PM	6:00 PM	Vestal High School Fitness Center		
Nov 21, 2023	Tue	Practice (Practice)	N/A	5:00 PM	7:00 PM	Vestal Middle School Gym		
Nov 22, 2023	Wed	Practice (Practice)	N/A	8:00 AM	10:00 AM	Vestal Middle School Gym		
Nov 24, 2023	Fri	Practice (Practice)	N/A	8:00 AM	10:00 AM	Vestal Middle School Gym		
Nov 25, 2023	Sat	Practice (Practice)	N/A	8:00 AM	10:00 AM	Vestal Middle School Gym		
Nov 27, 2023	Mon	Practice (Practice)	N/A	3:00 PM	4:30 PM	Vestal High School Gym		
Nov 27, 2023	Mon	Practice (Team Lift)	N/A	5:00 PM	6:00 PM	Vestal High School Fitness Center		
Nov 28, 2023	Tue	Scrimmage (Closed Scrimmage)	Chenango Valley	6:00 PM		Vestal Middle School Gym		NL
Nov 29, 2023	Wed	Practice (Practice)	N/A	3:00 PM	4:30 PM	Vestal High School Gym		
Nov 29, 2023	Wed	Practice (Team Lift)	N/A	5:00 PM	6:00 PM	Vestal High School Fitness Center		
Nov 30, 2023	Thu	Practice	N/A	7:00 PM	9:00 PM	Vestal High School Gym		
Dec 1, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Gym		
Dec 2, 2023	Sat	Scrimmage (closed - players only)	Delaware Academy	10:00 AM		Vestal Middle School Gym		NL
Dec 4, 2023	Mon	Practice (Practice)	N/A	6:00 PM	7:30 PM	Vestal High School Gym		
Dec 5, 2023	Tue	Practice	N/A	5:00 PM	7:00 PM	Vestal Middle School Gym		
Dec 6, 2023	Wed	Regular Season 62-44 W	@ Windsor	5:30 PM		Windsor High School	Departure Time: 4:30 PM	NL
Dec 7, 2023	Thu	Practice	N/A	5:00 PM	7:00 PM	Vestal Middle School Gym		
Dec 8, 2023	Fri	Regular Season 50-46 W	@ Unatego (Unatego/Franklin)	5:30 PM		Unatego HS	Departure Time: 3:30 PM	NL
Dec 9, 2023	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal Middle School Gym		
Dec 11, 2023	Mon	Practice	N/A	3:00 PM	4:30 PM	Vestal High School Gym		
Dec 12, 2023	Tue	Regular Season 31-72 L	@ Ithaca	5:30 PM	7:00 PM	IHS Bliss Gym (C149)	Departure Time: 3:50 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 13, 2023	Wed	Practice	N/A	5:00 PM	7:00 PM	Vestal Middle School Gym		
Dec 14, 2023	Thu	Regular Season 34-52 L	Horseheads	5:30 PM	7:00 PM	Vestal High School Gym		L
Dec 15, 2023	Fri	Practice	N/A	5:00 PM	7:00 PM	Vestal Middle School Gym		
Dec 16, 2023	Sat	Practice	N/A	8:00 AM	10:00 AM	Vestal Middle School Gym		
Dec 18, 2023	Mon	Practice	N/A	7:00 PM	9:00 PM	Vestal High School Gym		
Dec 19, 2023	Tue	Regular Season 35-59 L	Corning-Painted Post	5:30 PM	7:00 PM	Vestal High School Gym		L
Dec 20, 2023	Wed	Practice	N/A	5:00 PM	7:00 PM	Vestal Middle School Gym		
Dec 21, 2023	Thu	Regular Season 43-61 L	@ Maine-Endwell	5:00 PM	7:00 PM	Maine-Endwell HS Gym		L
POSTPONED Dec 22, 2023	Fri	Regular Season	Windsor	5:30 PM		Vestal High School Gym		NL
Dec 27, 2023	Wed	Practice	N/A	10:00 AM	1:00 PM	Vestal High School Gym		
CANCELLED Dec 27, 2023	Wed	Practice	N/A	11:30 AM	2:30 PM	Vestal High School Gym		
Dec 28, 2023	Thu	Practice	N/A	8:00 AM	10:30 AM	Vestal High School Gym		
Dec 29, 2023	Fri	Practice	N/A	11:30 AM	2:30 PM	Vestal High School Gym		
Dec 30, 2023	Sat	Regular Season 68-37 W	Tioga	1:00 PM		Vestal High School Gym		NL
Jan 2, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Gym		
Jan 3, 2024	Wed	Practice	N/A	6:00 PM	7:30 PM	Vestal High School Gym		
Jan 4, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Gym		
Jan 5, 2024	Fri	Regular Season 47-60 L	Union-Endicott	5:30 PM	7:00 PM	Vestal High School Gym		L
Jan 6, 2024	Sat	Practice	N/A	8:00 AM	10:00 AM	Vestal High School Gym		
Jan 8, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Gym		
Jan 9, 2024	Tue	Practice	N/A	5:00 PM	7:00 PM	Vestal Middle School Gym		
CANCELLED Jan 10, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Gym		
Jan 10, 2024	Wed	Regular Season	@ Lansing	6:00 PM		Lansing HS		L
Jan 11, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Gym		
Jan 12, 2024	Fri	Regular Season 49-47 W	Johnson City	5:30 PM	7:00 PM	Vestal High School Gym		L
Jan 15, 2024	Mon	Practice (TIME & LOCATION TBA)	N/A	TBD		TBD		
Jan 16, 2024	Tue	Practice (TIME & LOCATION TBA)	N/A	TBD		TBD		
Jan 17, 2024	Wed	Regular Season 15-70 L	@ Binghamton	5:30 PM	7:00 PM	Binghamton High School-Gym		L
Jan 18, 2024	Thu	Practice	N/A	7:00 PM	8:30 PM	Vestal High School Gym		

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Jan 19, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Gym		
Jan 20, 2024	Sat	Regular Season	Athens	12:00 PM		Vestal High School Gym		NL
Jan 22, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Gym		
Jan 24, 2024	Wed	Regular Season 57-49 W	@ Owego Apalachin	5:30 PM		OFA Gymnasium		NL
Jan 24, 2024	Wed	Practice	N/A	6:00 PM	7:30 PM	Vestal High School Gym		
Jan 25, 2024	Thu	Practice	N/A	7:00 PM	9:00 PM	Vestal High School Gym		
Jan 26, 2024	Fri	Practice	N/A	5:00 PM	7:00 PM	Vestal Middle School Gym		
Jan 27, 2024	Sat	Regular Season 53-60 L	@ Union-Endicott	12:00 PM	1:30 PM	UEHS Main Gym		L
Jan 29, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Gym		
Jan 30, 2024	Tue	Regular Season 31-58 L	@ Elmira	5:30 PM	7:00 PM	EHS Gym		L
Jan 31, 2024	Wed	Practice	N/A	3:00 PM	4:30 PM	Vestal High School Gym		
Feb 1, 2024	Thu	Practice (Film)	N/A	7:00 PM	7:30 PM	TBD		
Feb 1, 2024	Thu	Practice	N/A	7:00 PM	9:00 PM	Vestal High School Gym		
Feb 3, 2024	Sat	Practice	N/A	8:00 AM	10:00 AM	Vestal Middle School Gym		
Feb 5, 2024	Mon	Practice (Team Lift)	N/A	5:00 PM	6:00 PM	Vestal High School Fitness Center		
Feb 5, 2024	Mon	Practice	N/A	6:00 PM	7:30 PM	Vestal High School Gym		
Feb 6, 2024	Tue	Practice	N/A	5:00 PM	7:00 PM	Vestal Middle School Gym		
Feb 7, 2024	Wed	Regular Season 46-55 L	@ Johnson City	5:30 PM	7:00 PM	JC HS Large Gym		L
Feb 8, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Gym		
Feb 9, 2024	Fri	Regular Season 37-57 L	Binghamton	5:30 PM	7:00 PM	Vestal High School Gym		L
Feb 10, 2024	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal Middle School Gym		
CANCELLED Feb 12, 2024	Mon	Regular Season	Windsor	5:30 PM		Vestal High School Gym		NL
Feb 13, 2024	Tue	Regular Season (pending not making STAC) 51-45 W	@ Chenango Valley	5:30 PM	6:45 PM	CV - HS Gym		NL
Feb 14, 2024	Wed	Practice	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Feb 15, 2024	Thu	Practice	N/A	3:00 PM	3:30 PM	Vestal High School Gym		
Feb 16, 2024	Fri	Practice	N/A	12:00 PM	1:00 PM	Vestal High School Gym		

Date: 2025-12-05