



Vestal

(B) 7TH Basketball (Green)

Coaches:

- Jake Spalik

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 5, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	Vestal Middle School Gym		
Dec 8, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Middle School Gym		
Dec 9, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Middle School Gym		
Dec 10, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Middle School Gym		
Dec 11, 2025	Thu	Practice	N/A	3:00 PM	4:15 PM	Vestal Middle School Gym		
Dec 12, 2025	Fri	Regular Season	@ Windsor (Gold)	5:30 PM	6:30 PM	Windsor Middle School		L
Dec 15, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Middle School Gym		
Dec 16, 2025	Tue	Regular Season	Maine-Endwell (Blue)	5:30 PM	6:30 PM	Vestal Middle School Gym		L
Dec 17, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Middle School Gym		
Dec 18, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Middle School Gym		
Dec 19, 2025	Fri	Regular Season	Chenango Forks (White)	5:30 PM	6:30 PM	Vestal Middle School Gym		L
Jan 5, 2026	Mon	Regular Season	@ Waverly (White)	6:00 PM	6:30 PM	Waverly High School Gym		L
Jan 6, 2026	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Middle School Gym		
Jan 7, 2026	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Middle School Gym		
Jan 8, 2026	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Middle School Gym		
Jan 9, 2026	Fri	Regular Season	Union-Endicott (Orange)	5:30 PM	6:30 PM	Vestal Middle School Gym		L
Jan 12, 2026	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Middle School Gym		
Jan 13, 2026	Tue	Regular Season	@ Johnson City (White)	5:30 PM	6:30 PM	JC MS Gym		L
Jan 14, 2026	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Middle School Gym		
Jan 15, 2026	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Middle School Gym		
Jan 16, 2026	Fri	Regular Season	Windsor (Gold)	5:30 PM	6:30 PM	Vestal Middle School Gym		L
Jan 19, 2026	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Middle School Gym		
Jan 20, 2026	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Middle School Gym		
Jan 21, 2026	Wed	Regular Season	@ Norwich (Purple)	5:30 PM	6:30 PM	NMS Gym		L
Jan 22, 2026	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Middle School Gym		
Jan 23, 2026	Fri	Practice	N/A	3:00 PM	5:00 PM	Vestal Middle School Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 24, 2026	Sat	Regular Season	@ Chenango Valley (Red)	11:15 AM	12:15 PM	CV - MS Gym		L
Jan 26, 2026	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Middle School Gym		
Jan 27, 2026	Tue	Regular Season	Norwich (Purple)	5:30 PM	6:30 PM	Vestal Middle School Gym		L
Jan 28, 2026	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Middle School Gym		
Jan 29, 2026	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Middle School Gym		
Jan 30, 2026	Fri	Practice	N/A	3:00 PM	5:00 PM	Vestal Middle School Gym		
POSTPONED Jan 30, 2026	Fri	Regular Season	Windsor (Gold)	5:30 PM	6:30 PM	TBD		L
Feb 2, 2026	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Middle School Gym		
Feb 3, 2026	Tue	Regular Season	Oneonta (Gold)	5:30 PM	6:30 PM	Vestal Middle School Gym		L

Date: 2025-12-13