



Vestal
(B) JV Lacrosse

Coaches:

- Zack Cook

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 13, 2023	Mon	Practice (Equipment Handout)	N/A	4:00 PM	5:30 PM	Sammon Field		
CANCELLED Mar 14, 2023	Tue	Practice	N/A	7:15 PM	9:00 PM	Vestal Dick Hoover Stadium		
Mar 15, 2023	Wed	Practice	N/A	5:00 PM	7:00 PM	Vestal Dick Hoover Stadium		
Mar 16, 2023	Thu	Practice	N/A	7:15 PM	9:00 PM	Vestal Dick Hoover Stadium		
Mar 17, 2023	Fri	Practice	N/A	7:15 PM	9:00 PM	Vestal Dick Hoover Stadium		
Mar 18, 2023	Sat	Practice	N/A	10:30 AM	12:30 PM	Vestal Dick Hoover Stadium		
Mar 20, 2023	Mon	Practice	N/A	7:15 PM	9:00 PM	Vestal Dick Hoover Stadium		
Mar 21, 2023	Tue	Practice	N/A	7:15 PM	9:00 PM	Vestal Dick Hoover Stadium		
Mar 22, 2023	Wed	Practice	N/A	5:20 PM	8:30 PM	Vestal Dick Hoover Stadium		
Mar 23, 2023	Thu	Scrimmage	Elmira (Elmira Express)	6:00 PM		Vestal Dick Hoover Stadium		NL
Mar 24, 2023	Fri	Practice	N/A	7:00 PM	9:00 PM	Vestal Dick Hoover Stadium		
Mar 25, 2023	Sat	Practice	N/A	9:00 AM	11:00 AM	Sammon Field		
Mar 27, 2023	Mon	Practice	N/A	7:15 PM	9:00 PM	Vestal Dick Hoover Stadium		
Mar 28, 2023	Tue	Regular Season 5-11 L	@ Horseheads	5:30 PM		HHS HS Stadium Field 1	Departure Time: 3:45 PM	L
Mar 29, 2023	Wed	Practice	N/A	7:15 PM	9:00 PM	Vestal Dick Hoover Stadium		
Mar 30, 2023	Thu	Regular Season 4-5 L	Corning-Painted Post	5:00 PM		Vestal Dick Hoover Stadium		L
Mar 31, 2023	Fri	Practice	N/A	4:15 PM	6:15 PM	Sammon Field		
Apr 1, 2023	Sat	Regular Season 0-19 L	@ West Genesee	11:00 AM		WG-HS Mike Messere Field - Turf Stadium	Departure Time: 8:30 AM	NL
Apr 3, 2023	Mon	Practice	N/A	5:00 PM	7:00 PM	Vestal Dick Hoover Stadium		
Apr 4, 2023	Tue	Practice	N/A	5:00 PM	6:30 PM	Vestal Dick Hoover Stadium		
Apr 5, 2023	Wed	Practice	N/A	7:15 PM	9:00 PM	Vestal Dick Hoover Stadium		
Apr 6, 2023	Thu	Regular Season 6-9 L	Maine-Endwell	5:00 PM		Vestal Dick Hoover Stadium		L
Apr 7, 2023	Fri	Practice	N/A	11:30 AM	1:30 PM	Vestal Dick Hoover Stadium		
Apr 10, 2023	Mon	Practice	N/A	8:30 AM	10:30 AM	Vestal Dick Hoover Stadium		
Apr 11, 2023	Tue	Regular Season 16-1 W	@ Union-Endicott	5:00 PM	7:00 PM	UEHS Ty Cobb Stadium	Departure Time: 4:00 PM	L
Apr 12, 2023	Wed	Practice	N/A	12:00 PM	2:00 PM	Vestal Dick Hoover Stadium		

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Apr 13, 2023	Thu	Regular Season 8-5 W	@ Maine-Endwell	5:00 PM		Maine-Endwell HS Turf	Departure Time: 4:00 PM	L
Apr 14, 2023	Fri	Practice	N/A	12:00 PM	2:00 PM	Vestal Dick Hoover Stadium		
Apr 15, 2023	Sat	Regular Season 6-8 L	@ Corning-Painted Post	1:00 PM		Corning Memorial Stadium	Departure Time: 11:00 AM	NL
Apr 17, 2023	Mon	Practice	N/A	5:15 PM	7:15 PM	Vestal Dick Hoover Stadium		
Apr 18, 2023	Tue	Regular Season 4-5 L	Ithaca	5:00 PM		Vestal Dick Hoover Stadium		L
Apr 19, 2023	Wed	Practice	N/A	7:00 PM	9:00 PM	Vestal Dick Hoover Stadium		
Apr 20, 2023	Thu	Practice	N/A	7:00 PM	9:00 PM	Vestal Dick Hoover Stadium		
Apr 21, 2023	Fri	Regular Season 10-1 W	@ Seton Catholic Central	5:00 PM	6:30 PM	John G. Dowd Field, SCCHS	Departure Time: 4:10 PM	L
Apr 24, 2023	Mon	Regular Season 6-16 L	@ Chenango Valley	7:00 PM	9:00 PM	CV - HS Warrior Stadium	Departure Time: 6:00 PM	L
Apr 25, 2023	Tue	Practice	N/A	4:15 PM	6:15 PM	Sammon Field		
Apr 26, 2023	Wed	Regular Season 9-6 W	Johnson City	5:00 PM		Vestal Dick Hoover Stadium		L
Apr 27, 2023	Thu	Practice	N/A	4:15 PM	6:15 PM	Sammon Field		
Apr 28, 2023	Fri	Practice	N/A	7:00 PM	9:00 PM	Vestal Dick Hoover Stadium		
Apr 29, 2023	Sat	Practice	N/A	8:30 AM	10:30 AM	Vestal Dick Hoover Stadium		
May 1, 2023	Mon	Regular Season 11-4 W	@ Binghamton	5:30 PM		Alumni Stadium	Departure Time: 4:30 PM	L
May 2, 2023	Tue	Practice	N/A	3:30 PM	5:00 PM	Sammon Field		
May 3, 2023	Wed	Practice	N/A	5:00 PM	7:00 PM	Vestal HS Herrick Field		
May 4, 2023	Thu	Practice	N/A	4:30 PM	6:30 PM	Vestal Dick Hoover Stadium		
May 5, 2023	Fri	Practice	N/A	4:15 PM	6:15 PM	Sammon Field		
May 6, 2023	Sat	Practice	N/A	8:30 AM	10:30 AM	Vestal Dick Hoover Stadium		
May 8, 2023	Mon	Regular Season 10-4 W	@ Johnson City	5:00 PM	6:40 PM	JC Wildcat Stadium	Departure Time: 4:00 PM	L
May 9, 2023	Tue	Practice	N/A	4:15 PM	6:00 PM	Sammon Field		
May 10, 2023	Wed	Practice	N/A	4:15 PM	6:00 PM	Sammon Field		
May 11, 2023	Thu	Regular Season 7-3 W	Union-Endicott	5:00 PM		Vestal Dick Hoover Stadium		L
May 17, 2023	Wed	Practice (Equipment Return)	N/A	3:15 PM	4:15 PM	Sammon Field		

Date: 2026-01-07