



Vestal

(B) JV Lacrosse

Coaches:

- Zack Cook

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 11, 2024	Mon	Practice (Practice)	N/A	4:00 PM	6:00 PM	Sammon Field		
Mar 12, 2024	Tue	Practice (Practice)	N/A	7:15 PM	9:00 PM	Vestal Dick Hoover Stadium		
Mar 13, 2024	Wed	Practice (Practice)	N/A	7:15 PM	9:00 PM	Vestal Dick Hoover Stadium		
Mar 14, 2024	Thu	Practice (Practice)	N/A	7:15 PM	9:00 PM	Vestal Dick Hoover Stadium		
Mar 15, 2024	Fri	Practice (Practice)	N/A	11:00 AM	1:00 PM	Vestal Dick Hoover Stadium		
Mar 16, 2024	Sat	Practice (Practice)	N/A	12:00 PM	2:00 PM	Vestal Dick Hoover Stadium		
Mar 18, 2024	Mon	Practice (Practice)	N/A	4:15 PM	6:15 PM	Sammon Field		
Mar 19, 2024	Tue	Practice (Practice)	N/A	4:15 PM	6:15 PM	Sammon Field		
Mar 20, 2024	Wed	Practice (Practice)	N/A	4:15 PM	6:15 PM	Sammon Field		
Mar 21, 2024	Thu	Practice (Practice)	N/A	4:15 PM	6:15 PM	Sammon Field		
Mar 22, 2024	Fri	Practice (Practice)	N/A	6:15 PM	8:00 PM	Vestal Dick Hoover Stadium		
Mar 25, 2024	Mon	Practice (Practice)	N/A	4:15 PM	6:15 PM	Sammon Field		
Mar 26, 2024	Tue	Regular Season 9-2 W	@ Johnson City	5:00 PM	6:45 PM	JC Middle School Field	Departure Time: 4:15 PM	L
Mar 27, 2024	Wed	Practice (Practice)	N/A	4:15 PM	6:15 PM	Sammon Field		
Mar 28, 2024	Thu	Practice (Practice)	N/A	4:15 PM	6:15 PM	Vestal Dick Hoover Stadium		
Mar 29, 2024	Fri	Practice (Practice)	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
Mar 30, 2024	Sat	Regular Season 6-6 T	Elmira (Elmira Express)	10:00 AM		Vestal Dick Hoover Stadium		L
Apr 1, 2024	Mon	Practice (Practice)	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
Apr 2, 2024	Tue	Regular Season 4-13 L	Corning-Painted Post	5:00 PM		Vestal Dick Hoover Stadium		L
Apr 3, 2024	Wed	Practice (Practice)	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
Apr 4, 2024	Thu	Practice (Practice)	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
Apr 5, 2024	Fri	Practice (Practice)	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
Apr 6, 2024	Sat	Practice (Practice)	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
Apr 9, 2024	Tue	Practice (Practice)	N/A	4:15 PM	6:15 PM	Vestal Dick Hoover Stadium		
Apr 10, 2024	Wed	Regular Season 14-1 W	@ Chenango Valley	5:30 PM	7:00 PM	CV - Multi-Purpose Field		L

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Apr 11, 2024	Thu	Practice (Practice)	N/A	5:00 PM	7:00 PM	Vestal Dick Hoover Stadium		
Apr 12, 2024	Fri	Regular Season 13-1 W	Maine-Endwell	5:00 PM		Vestal Dick Hoover Stadium		L
Apr 13, 2024	Sat	Practice (Practice)	N/A	10:30 AM	12:00 PM	Vestal Dick Hoover Stadium		
Apr 15, 2024	Mon	Practice (Practice)	N/A	4:15 PM	6:15 PM	Sammon Field		
Apr 16, 2024	Tue	Practice (Practice)	N/A	4:15 PM	6:15 PM	Sammon Field		
Apr 17, 2024	Wed	Regular Season 9-6 W	Union-Endicott	5:00 PM		Vestal Dick Hoover Stadium		L
Apr 18, 2024	Thu	Practice (Practice)	N/A	4:15 PM	6:15 PM	Sammon Field		
Apr 19, 2024	Fri	Practice (Practice)	N/A	4:15 PM	6:15 PM	Sammon Field		
Apr 20, 2024	Sat	Practice (Practice)	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
Apr 22, 2024	Mon	Regular Season 11-4 W	@ Union-Endicott	5:00 PM	7:00 PM	UEHS Ty Cobb Stadium		L
Apr 23, 2024	Tue	Practice (Practice)	N/A	4:15 PM	6:15 PM	Sammon Field		
Apr 24, 2024	Wed	Regular Season 10-3 W	Johnson City	5:00 PM		Vestal Dick Hoover Stadium		L
Apr 25, 2024	Thu	Practice (Practice)	N/A	4:15 PM	6:15 PM	Sammon Field		
Apr 26, 2024	Fri	Regular Season 15-12 W	Chenango Valley	5:30 PM		Vestal Dick Hoover Stadium		L
Apr 29, 2024	Mon	Practice (Practice)	N/A	4:15 PM	6:15 PM	Sammon Field		
Apr 30, 2024	Tue	Practice (Practice)	N/A	4:15 PM	6:15 PM	Sammon Field		
May 1, 2024	Wed	Practice (Practice)	N/A	4:15 PM	6:15 PM	Sammon Field		
May 2, 2024	Thu	Regular Season 16-2 W	@ Maine-Endwell	5:00 PM		Maine-Endwell HS Turf		L
May 3, 2024	Fri	Practice (Practice)	N/A	4:15 PM	6:15 PM	Sammon Field		
May 6, 2024	Mon	Practice (Practice)	N/A	4:15 PM	6:15 PM	Sammon Field		
May 7, 2024	Tue	Practice (Practice)	N/A	4:15 PM	6:15 PM	Sammon Field		
May 8, 2024	Wed	Regular Season 8-5 W	Union-Endicott	4:30 PM		Vestal Dick Hoover Stadium		L
May 9, 2024	Thu	Practice (Practice)	N/A	4:15 PM	5:30 PM	Sammon Field		
May 10, 2024	Fri	Regular Season 10-12 L	@ Ithaca	5:30 PM	7:00 PM	IHS Sweet Field		L
May 11, 2024	Sat	Practice (Practice)	N/A	9:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
May 13, 2024	Mon	Practice (Practice)	N/A	4:15 PM	6:15 PM	Sammon Field		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
CANCELLED May 13, 2024	Mon	Regular Season	@ TBD	5:30 PM	7:00 PM	EHS Stadium		L
May 14, 2024	Tue	Regular Season 10-7 W	Homer	5:00 PM		Vestal Dick Hoover Stadium		NL
May 15, 2024	Wed	Practice (Practice)	N/A	7:00 PM	9:00 PM	Vestal Dick Hoover Stadium		
May 16, 2024	Thu	Practice (Practice)	N/A	4:15 PM	5:30 PM	Sammon Field		
May 17, 2024	Fri	Regular Season 12-7 W	@ Elmira (Elmira Express)	5:45 PM		EHS Stadium		L

Date: 2025-12-17