



Vestal

(B) JV Lacrosse

Coaches:

- Zack Cook

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 17, 2025	Mon	Practice (Practice on Turf)	N/A	4:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
Mar 18, 2025	Tue	Practice (Practice on Turf)	N/A	4:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
Mar 19, 2025	Wed	Practice (Practice on Turf)	N/A	4:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
Mar 20, 2025	Thu	Practice (Practice on Turf)	N/A	4:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
Mar 21, 2025	Fri	Practice (Practice)	N/A	6:00 PM	7:30 PM	Vestal Dick Hoover Stadium		
Mar 22, 2025	Sat	Practice	N/A	12:00 PM	2:00 PM	Vestal Dick Hoover Stadium		
Mar 24, 2025	Mon	Practice (Practice)	N/A	4:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
Mar 25, 2025	Tue	Practice (Practice)	N/A	4:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
Mar 26, 2025	Wed	Practice (Practice)	N/A	3:30 PM	5:30 PM	Vestal HS Herrick Field		
Mar 27, 2025	Thu	Practice (Practice)	N/A	4:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
Mar 28, 2025	Fri	Practice (Practice)	N/A	6:00 PM	8:00 PM	Vestal Dick Hoover Stadium		
Mar 29, 2025	Sat	Practice	N/A	12:00 PM	2:00 PM	Vestal Dick Hoover Stadium		
Mar 31, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Apr 1, 2025	Tue	Regular Season 8-2 W	Johnson City	7:00 PM	7:00 PM	Vestal Dick Hoover Stadium		NL
Apr 2, 2025	Wed	Practice	N/A	3:45 PM	5:30 PM	Vestal HS Herrick Field		
Apr 3, 2025	Thu	Practice	N/A	3:45 PM	5:30 PM	Vestal HS Herrick Field		
Apr 4, 2025	Fri	Regular Season 15-2 W	@ Binghamton	5:30 PM		Alumni Stadium	Departure Date: Apr 4, 2025 Departure Time: 4:15 PM	L
Apr 5, 2025	Sat	Practice	N/A	12:00 PM	2:00 PM	Vestal Dick Hoover Stadium		
Apr 7, 2025	Mon	Practice	N/A	3:45 PM	5:30 PM	Vestal Dick Hoover Stadium		
Apr 9, 2025	Wed	Regular Season 9-13 L	Horseheads	5:30 PM		Vestal Dick Hoover Stadium		L
Apr 10, 2025	Thu	Practice	N/A	3:45 PM	5:30 PM	Vestal Dick Hoover Stadium		
Apr 11, 2025	Fri	Practice	N/A	6:00 PM	8:00 PM	Vestal Dick Hoover Stadium		
Apr 12, 2025	Sat	Regular Season 10-4 W	Ithaca	12:00 PM		Vestal Dick Hoover Stadium		L
Apr 15, 2025	Tue	Regular Season 17-9 W	@ Union-Endicott	5:00 PM	7:00 PM	UEHS Ty Cobb Stadium		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 16, 2025	Wed	Practice	N/A	3:45 PM	5:30 PM	Vestal Dick Hoover Stadium		
Apr 17, 2025	Thu	Regular Season 6-14 L	Corning-Painted Post	5:30 PM		Vestal Dick Hoover Stadium		L
Apr 18, 2025	Fri	Practice	N/A	9:00 AM	11:00 AM	Vestal HS Herrick Field		
Apr 21, 2025	Mon	Practice	N/A	9:00 AM	11:00 AM	Vestal Dick Hoover Stadium		
Apr 22, 2025	Tue	Regular Season 10-6 W	@ Elmira (Elmira Express)	5:30 PM		EHS Stadium		L
Apr 23, 2025	Wed	Practice	N/A	12:30 PM	2:30 PM	Vestal Dick Hoover Stadium		
Apr 24, 2025	Thu	Practice	N/A	12:30 PM	2:30 PM	Vestal Dick Hoover Stadium		
Apr 28, 2025	Mon	Practice	N/A	3:45 PM	5:30 PM	Vestal Dick Hoover Stadium		
Apr 29, 2025	Tue	Practice	N/A	3:45 PM	5:30 PM	Vestal Dick Hoover Stadium		
Apr 30, 2025	Wed	Regular Season	Binghamton	5:30 PM		Vestal Dick Hoover Stadium		L
May 1, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
May 2, 2025	Fri	Regular Season	@ Horseheads	5:30 PM		HHS HS Stadium Field 1		L
May 3, 2025	Sat	Practice	N/A	8:00 AM	10:00 AM	TBD		
May 5, 2025	Mon	Practice	N/A	3:45 PM	5:30 PM	Vestal Dick Hoover Stadium		
May 6, 2025	Tue	Practice	N/A	3:00 PM	4:30 PM	Vestal Dick Hoover Stadium		
May 7, 2025	Wed	Regular Season 5-12 L	@ Ithaca	5:30 PM	7:00 PM	IHS Sweet Field		L
May 8, 2025	Thu	Practice	N/A	3:45 PM	5:30 PM	Vestal Dick Hoover Stadium		
May 9, 2025	Fri	Practice	N/A	3:30 PM	5:15 PM	Vestal HS Herrick Field		
May 10, 2025	Sat	Regular Season	Union-Endicott	12:00 PM		Vestal Dick Hoover Stadium		L
May 12, 2025	Mon	Regular Season 7-13 L	@ Corning-Painted Post	5:30 PM		Corning Memorial Stadium		L
May 13, 2025	Tue	Practice	N/A	3:45 PM	5:30 PM	Vestal HS Herrick Field		
May 14, 2025	Wed	Regular Season	@ Maine-Endwell	5:00 PM		Maine-Endwell HS Turf		L
May 16, 2025	Fri	Practice	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
May 17, 2025	Sat	Practice	N/A	8:00 AM	9:45 AM	Vestal Dick Hoover Stadium		
May 19, 2025	Mon	Regular Season	Elmira (Elmira Express)	5:00 PM		Vestal Dick Hoover Stadium		L
TBD		Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
TBD		Practice	N/A	3:45 PM	5:30 PM	Vestal Dick Hoover Stadium		
TBD		Practice	N/A	3:45 PM	5:30 PM	Vestal Dick Hoover Stadium		
TBD		Practice (Practice)	N/A	4:00 PM	5:30 PM	Vestal Dick Hoover Stadium		

Date: 2025-12-16