



# Vestal

## (B) 7/8TH Lacrosse

### Coaches:

- Robert Trowbridge, Head Coach

| DATE                   | WEEK DAY | TYPE                 | OPPONENTS                     | START TIME | END TIME | LOCATION                                   | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|------------------------|----------|----------------------|-------------------------------|------------|----------|--|----------------|---------------------|
| Mar 25, 2024           | Mon      | Practice             | N/A                           | 2:45 PM    | 4:45 PM  | Sammon Field                               |                |                     |
| Mar 26, 2024           | Tue      | Practice (Practice ) | N/A                           | 2:45 PM    | 4:45 PM  | Sammon Field                               |                |                     |
| Mar 27, 2024           | Wed      | Practice (Practice ) | N/A                           | 2:45 PM    | 4:45 PM  | Sammon Field                               |                |                     |
| Mar 28, 2024           | Thu      | Practice (Practice ) | N/A                           | 2:45 PM    | 4:45 PM  | Sammon Field                               |                |                     |
| Apr 9, 2024            | Tue      | Practice (Practice ) | N/A                           | 2:45 PM    | 4:45 PM  | Sammon Field                               |                |                     |
| Apr 10, 2024           | Wed      | Practice (Practice ) | N/A                           | 2:45 PM    | 4:45 PM  | Sammon Field                               |                |                     |
| Apr 11, 2024           | Thu      | Practice (Practice ) | N/A                           | 2:45 PM    | 4:45 PM  | Sammon Field                               |                |                     |
| Apr 12, 2024           | Fri      | Practice (Practice ) | N/A                           | 2:45 PM    | 4:45 PM  | Sammon Field                               |                |                     |
| Apr 15, 2024           | Mon      | Practice (Practice ) | N/A                           | 2:45 PM    | 4:45 PM  | Sammon Field                               |                |                     |
| Apr 16, 2024           | Tue      | Regular Season       | @ Oneonta                     | 5:45 PM    | 7:00 PM  | Oneonta High School                        |                | L                   |
| Apr 17, 2024           | Wed      | Practice (Practice ) | N/A                           | 2:45 PM    | 4:45 PM  | Sammon Field                               |                |                     |
| Apr 18, 2024           | Thu      | Practice (Practice ) | N/A                           | 2:45 PM    | 4:45 PM  | Sammon Field                               |                |                     |
| Apr 19, 2024           | Fri      | Regular Season       | Binghamton                    | 5:00 PM    |          | Vestal Dick Hoover Stadium                 |                | L                   |
| Apr 22, 2024           | Mon      | Practice (Practice ) | N/A                           | 2:45 PM    | 4:45 PM  | Sammon Field                               |                |                     |
| Apr 23, 2024           | Tue      | Regular Season       | @ Union-Endicott              | 5:00 PM    | 6:30 PM  | Ann G McGuinness Elementary Lacrosse Field |                | L                   |
| Apr 24, 2024           | Wed      | Practice (Practice ) | N/A                           | 2:45 PM    | 4:45 PM  | Sammon Field                               |                |                     |
| Apr 25, 2024           | Thu      | Practice (Practice ) | N/A                           | 2:45 PM    | 4:45 PM  | Sammon Field                               |                |                     |
| Apr 26, 2024           | Fri      | Regular Season       | @ Maine-Endwell               | 5:00 PM    |          | Maine Memorial ES                          |                | L                   |
| Apr 29, 2024           | Mon      | Practice (Practice ) | N/A                           | 2:45 PM    | 4:45 PM  | Sammon Field                               |                |                     |
| POSTPONED Apr 30, 2024 | Tue      | Regular Season       | Johnson City                  | 5:00 PM    |          | Sammon Field                               |                | L                   |
| May 1, 2024            | Wed      | Practice (Practice ) | N/A                           | 2:45 PM    | 4:45 PM  | Sammon Field                               |                |                     |
| May 2, 2024            | Thu      | Practice (Practice ) | N/A                           | 2:45 PM    | 4:45 PM  | Sammon Field                               |                |                     |
| May 3, 2024            | Fri      | Regular Season       | @ Corning-Painted Post (Gold) | 5:45 PM    |          | Erwin Valley Elementary School             |                | L                   |
| May 6, 2024            | Mon      | Practice (Practice ) | N/A                           | 2:45 PM    | 4:45 PM  | Sammon Field                               |                |                     |
| May 7, 2024            | Tue      | Regular Season       | Corning-Painted Post (Black)  | 5:00 PM    |          | Vestal Dick Hoover Stadium                 |                | L                   |
| May 8, 2024            | Wed      | Practice (Practice ) | N/A                           | 2:45 PM    | 4:45 PM  | Sammon Field                               |                |                     |

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|--------------|----------|----------------------|---------------------------|------------|----------|----------------------------|----------------|---------------------|
| May 9, 2024  | Thu      | Practice (Practice ) | N/A                       | 2:45 PM    | 4:45 PM  | Sammon Field               |                |                     |
| May 10, 2024 | Fri      | Regular Season       | @ Elmira (Elmira Express) | 5:45 PM    |          | EDA Turf                   |                | L                   |
| May 13, 2024 | Mon      | Practice (Practice ) | N/A                       | 2:45 PM    | 4:45 PM  | Sammon Field               |                |                     |
| May 14, 2024 | Tue      | Regular Season       | @ Binghamton              | 5:00 PM    | 7:00 PM  | West Middle School Field   |                | L                   |
| May 15, 2024 | Wed      | Practice (Practice ) | N/A                       | 2:45 PM    | 4:45 PM  | Sammon Field               |                |                     |
| May 16, 2024 | Thu      | Practice (Practice ) | N/A                       | 2:45 PM    | 4:45 PM  | Sammon Field               |                |                     |
| May 20, 2024 | Mon      | Practice (Practice ) | N/A                       | 2:45 PM    | 4:45 PM  | Sammon Field               |                |                     |
| May 22, 2024 | Wed      | Practice (Practice ) | N/A                       | 2:45 PM    | 4:45 PM  | Sammon Field               |                |                     |
| May 23, 2024 | Thu      | Regular Season       | Union-Endicott            | 5:00 PM    |          | Sammon Field               |                | L                   |
| May 28, 2024 | Tue      | Regular Season       | Maine-Endwell             | 5:30 PM    |          | Vestal Dick Hoover Stadium |                | L                   |
| May 29, 2024 | Wed      | Practice (Practice ) | N/A                       | 2:45 PM    | 4:45 PM  | Sammon Field               |                |                     |
| May 30, 2024 | Thu      | Practice (Practice ) | N/A                       | 2:45 PM    | 4:45 PM  | Sammon Field               |                |                     |
| May 31, 2024 | Fri      | Regular Season       | @ Johnson City            | 5:00 PM    | 7:00 PM  | JC Middle School Field     |                | L                   |

Date: 2024-05-01