



Vestal

(G) V Softball

Coaches:

- Vickie Sax

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 9, 2023	Mon	Practice	N/A	5:00 PM	7:00 PM	Vestal High School Pool Gym		
Jan 13, 2023	Fri	Practice	N/A	5:00 PM	7:00 PM	Vestal High School Pool Gym		
Jan 20, 2023	Fri	Practice	N/A	5:00 PM	7:00 PM	Vestal High School Pool Gym		
Jan 30, 2023	Mon	Practice	N/A	5:00 PM	8:00 PM	Vestal High School Pool Gym		
Feb 3, 2023	Fri	Practice (open gym)	N/A	12:00 PM	2:30 PM	Vestal High School Gym		
Feb 3, 2023	Fri	Practice	N/A	5:00 PM	8:00 PM	Vestal High School Pool Gym		
Feb 6, 2023	Mon	Practice	N/A	5:00 PM	8:00 PM	Vestal High School Pool Gym		
Feb 8, 2023	Wed	Practice	N/A	5:00 PM	8:00 PM	Vestal High School Pool Gym		
Feb 10, 2023	Fri	Practice	N/A	5:00 PM	8:00 PM	Vestal High School Pool Gym		
Feb 13, 2023	Mon	Practice	N/A	5:00 PM	6:30 PM	Vestal High School Softball Field		
Feb 15, 2023	Wed	Practice	N/A	5:45 PM	9:00 PM	Vestal High School Gym		
Feb 22, 2023	Wed	Practice	N/A	5:00 PM	9:00 PM	Vestal High School Gym		
Feb 27, 2023	Mon	Practice	N/A	5:00 PM	7:30 PM	Vestal High School Pool Gym		
Mar 1, 2023	Wed	Practice	N/A	5:00 PM	9:00 PM	Vestal High School Gym		
Mar 8, 2023	Wed	Practice	N/A	5:00 PM	9:00 PM	Vestal High School Gym		
Mar 8, 2023	Wed	Practice	N/A	5:30 PM	6:45 PM	Vestal High School Pool Gym		
Mar 16, 2023	Thu	Practice	N/A	5:00 PM	6:00 PM	Vestal High School Softball Field		
Mar 16, 2023	Thu	Practice	N/A	6:00 PM	8:00 PM	Vestal High School Gym, Vestal High School Pool Gym		
Mar 20, 2023	Mon	Practice	N/A	6:00 PM	7:00 PM	Vestal High School Fitness Center		
Mar 21, 2023	Tue	Practice	N/A	3:30 PM	5:00 PM	Vestal High School Gym, Vestal High School Pool Gym, Vestal High School Softball Field		
Mar 22, 2023	Wed	Practice	N/A	3:30 PM	6:00 PM	Vestal High School Gym, Vestal High School Pool Gym, Vestal High School Softball Field		
Mar 23, 2023	Thu	Scrimmage	Chenango Valley	3:30 PM		434 Sportsplex		L
Mar 24, 2023	Fri	Practice	N/A	6:00 PM	7:00 PM	Vestal High School Fitness Center		

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Mar 24, 2023	Fri	Practice	N/A	7:00 PM	8:00 PM	Vestal High School Pool Gym		
Mar 25, 2023	Sat	Scrimmage (Queensbury Dome)	@ Burnt Hills-Ballston Lake HS	1:00 PM		TBD		NL
Mar 27, 2023	Mon	Practice	N/A	5:00 PM	6:00 PM	Vestal High School Fitness Center		
Mar 27, 2023	Mon	Practice	N/A	6:00 PM	7:30 PM	Vestal High School Gym		
Mar 28, 2023	Tue	Scrimmage	Notre Dame, Elmira	4:00 PM		434 Sportsplex		NL
Mar 29, 2023	Wed	Practice	N/A	3:45 PM	5:00 PM	Vestal High School Softball Field		
Mar 29, 2023	Wed	Practice	N/A	5:00 PM	6:00 PM	Vestal High School Fitness Center		
Mar 30, 2023	Thu	Practice	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Apr 3, 2023	Mon	Scrimmage	Jamesville-Dewitt	4:00 PM		Vestal High School Softball Field		NL
Apr 5, 2023	Wed	Regular Season 16-2 W	Johnson City	5:00 PM	6:30 PM	Vestal High School Softball Field		L
Apr 10, 2023	Mon	Regular Season 4-2 W	@ Elizabeth Seton HS	10:00 AM		Myrtle Beach, SC		NL
Apr 10, 2023	Mon	Scrimmage	@ Camden	12:00 PM		Myrtle Beach, SC		NL
Apr 11, 2023	Tue	Regular Season (vs. Tallwood, VA) 12-8 W	@ TBD	12:00 PM		Myrtle Beach, SC		NL
Apr 12, 2023	Wed	Regular Season (vs. Paul VI, VA) 14-0 W	@ TBD	12:00 PM		Myrtle Beach, SC		NL
Apr 13, 2023	Thu	Regular Season (vs. Mount de Sales) 20-5 W	@ TBD	10:00 AM		Myrtle Beach, SC		NL
Apr 13, 2023	Thu	Regular Season (vs. Ursuline, OH) 9-0 W	@ TBD	2:00 PM		Myrtle Beach, SC		NL
Apr 18, 2023	Tue	Practice	N/A	2:00 PM	4:00 PM	Vestal High School Pool Gym		
Apr 18, 2023	Tue	Regular Season 10-1 W	@ Horseheads	5:30 PM	6:30 PM	HHS Middle School Softball Complex	Departure Time: 2:30 PM	L
Apr 19, 2023	Wed	Regular Season 6-0 W	@ Union-Endicott	5:00 PM	6:30 PM	UEHS Varsity Softball Field	Departure Time: 3:50 PM	L
Apr 21, 2023	Fri	Regular Season 9-5 W	@ Corning-Painted Post	5:00 PM	6:30 PM	C P P High School	Departure Time: 2:40 PM	L
Apr 24, 2023	Mon	Regular Season 6-5 W	Maine-Endwell	4:30 PM		Vestal High School Softball Field		L
Apr 26, 2023	Wed	Regular Season 7-2 W	Union-Endicott	5:00 PM	6:30 PM	Vestal High School Softball Field		L
Apr 27, 2023	Thu	Regular Season 15-2 W	@ Johnson City	5:00 PM	6:30 PM	JC HS Softball Field	Return Date: Return Time: 3:45 PM	L
May 1, 2023	Mon	Practice	N/A	2:00 PM	6:00 PM	Vestal High School Pool Gym		
May 2, 2023	Tue	Practice	N/A	2:30 PM	6:00 PM	Vestal High School Pool Gym		
May 4, 2023	Thu	Practice	N/A	2:00 PM	6:00 PM	Vestal High School Pool Gym		
May 5, 2023	Fri	Regular Season 1-5 L	@ Maine-Endwell	5:00 PM	6:30 PM	MEHS SOFTBALL FIELD	Departure Time: 3:45 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
POSTPONED May 6, 2023	Sat	Regular Season	@ Owego Apalachin	11:00 AM	1:00 PM	OAMS Softball Field		NL
May 6, 2023	Sat	Regular Season 13-1 W	Binghamton	2:00 PM		Vestal High School Softball Field		L
May 6, 2023	Sat	Regular Season (Sr. Nite) 21-6 W	Binghamton	3:30 PM		Vestal High School Softball Field		L
May 10, 2023	Wed	Regular Season 12-2 W	Elmira (Elmira Express)	5:00 PM	6:30 PM	Vestal High School Softball Field		L
May 12, 2023	Fri	Regular Season (STAC Metro Tiebreaker) 0-4 L	@ Maine- Endwell	5:00 PM		MEHS SOFTBALL FIELD		NL
May 17, 2023	Wed	Scrimmage	@ Notre Dame, Elmira	5:45 PM		Elmira Notre Dame: Softball Field	Departure Time: 4:15 PM	L
May 21, 2023	Sun	Scrimmage	@ Windsor	1:00 PM		Windsor High School Softball Field #1		L
May 21, 2023	Sun	Scrimmage	@ Windsor	3:00 PM		Windsor High School Softball Field #1		L
May 24, 2023	Wed	Post-Season (Section IV Class A Semi-final) 7-0 W	Horseheads	4:30 PM		Vestal High School Softball Field		NL
May 27, 2023	Sat	Post-Season (Section IV Class A Championship) 7-11 L	@ Maine- Endwell	11:00 AM		TBD		NL
May 27, 2023	Sat	Post-Season (Sectional Finals \$7.30 online tickets only)	@ TBD	TBD		Horseheads Holding Point		NL

Date: 2025-12-10