



Vestal

(G) JV Softball

Coaches:

- meghan Dold, Head Coach
- Vickie Sax

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 13, 2023	Mon	Practice (Weight Room)	N/A	5:00 PM	6:00 PM	Vestal High School Fitness Center		
Mar 13, 2023	Mon	Practice (Try-Outs)	N/A	6:00 PM	7:00 PM	Vestal High School Gym		
Mar 15, 2023	Wed	Practice (Weight Room)	N/A	5:00 PM	6:00 PM	Vestal High School Fitness Center		
Mar 15, 2023	Wed	Practice (Try-Outs)	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Mar 16, 2023	Thu	Practice (Try-Outs Field 5-6 HS Gym 6-7:30 P/C -8)	N/A	5:00 PM	8:00 PM	Vestal High School Softball Field		
Mar 17, 2023	Fri	Practice (Kids Night Out)	N/A	6:00 PM	9:00 PM	Vestal High School Gym		
Mar 18, 2023	Sat	Practice (TBD)	N/A	11:00 AM	2:00 PM	TBD		
Mar 20, 2023	Mon	Practice (Field/HS Gyms & 6-7 Weight Room)	N/A	4:00 PM	7:00 PM	Vestal High School Gym		
Mar 21, 2023	Tue	Practice (Field/HS Gyms with Fundraiser starting at 5 (dinner provided))	N/A	3:30 PM	6:15 PM	Vestal High School Gym		
Mar 22, 2023	Wed	Practice (Field/HS Gyms then Media Day Pictures @ 6)	N/A	3:30 PM	6:00 PM	TBD		
Mar 23, 2023	Thu	Practice (Last day for JV Food Drive donations)	N/A	4:00 PM	6:00 PM	TBD		
Mar 24, 2023	Fri	Scrimmage	Chenango Valley	6:00 PM		Vestal High School Gym		L
Mar 25, 2023	Sat	Practice	N/A	9:00 AM	11:00 AM	Vestal High School Gym, Vestal High School Pool Gym		
Mar 27, 2023	Mon	Practice (Weight Room)	N/A	5:00 PM	6:00 PM	TBD		
Mar 27, 2023	Mon	Practice	N/A	6:00 PM	8:00 PM	TBD		
Mar 28, 2023	Tue	Scrimmage	Johnson City	5:00 PM		Vestal High School Softball Field		NL
Mar 29, 2023	Wed	Practice (Field work with lift from 5-6)	N/A	3:30 PM	6:00 PM	TBD		
Mar 30, 2023	Thu	Practice	N/A	6:00 PM	7:30 PM	Vestal High School Gym		
Mar 31, 2023	Fri	Practice (Team Dinner)	N/A	5:00 PM	7:00 PM	TBD		
Apr 3, 2023	Mon	Scrimmage	Jamesville-Dewitt	4:00 PM		Vestal High School Gym		NL
Apr 4, 2023	Tue	Practice	N/A	4:15 PM	6:00 PM	TBD		
Apr 5, 2023	Wed	Regular Season 15-2 W	@ Johnson City	5:00 PM	6:30 PM	JC HS Softball Field	Departure Time: 4:15 PM	L
Apr 7, 2023	Fri	Practice	N/A	3:00 PM	4:30 PM	Vestal High School Softball Field		

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Apr 8, 2023	Sat	Regular Season 18-1 W	Binghamton	12:00 PM	6:30 PM	Vestal High School Softball Field		L
Apr 10, 2023	Mon	Regular Season (Double Header vs Vestal) 9-0 W	@ Auburn	3:30 PM		Auburn Herman Ave - Softball Field 2		NL
Apr 10, 2023	Mon	Regular Season (Double Header vs Vestal) 4-3 W	@ Auburn	5:15 PM		Auburn Herman Ave - Softball Field 2		NL
Apr 11, 2023	Tue	Practice (JV and MOD)	N/A	4:00 PM	5:30 PM	Vestal High School Softball Field		
Apr 12, 2023	Wed	Regular Season 23-1 W	@ Ithaca	2:00 PM	4:00 PM	IHS Softball Field		L
Apr 13, 2023	Thu	Practice (JV and MOD)	N/A	4:00 PM	5:30 PM	Vestal High School Softball Field		
Apr 14, 2023	Fri	Regular Season 6-9 L	Maine-Endwell	4:30 PM		Vestal High School Softball Field		NL
Apr 15, 2023	Sat	Regular Season 21-9 W	Ithaca	12:00 PM		Vestal High School Softball Field		NL
Apr 17, 2023	Mon	Regular Season 1-11 L	Horseheads	5:00 PM	6:30 PM	Vestal High School Softball Field		L
Apr 19, 2023	Wed	Regular Season 18-6 W	Union-Endicott	5:00 PM	6:30 PM	Vestal High School Softball Field		L
Apr 20, 2023	Thu	Practice (Lift 3-4 / Hitting)	N/A	3:00 PM	5:30 PM	Vestal High School Pool Gym		
Apr 21, 2023	Fri	Regular Season 0-10 L	Corning-Painted Post	5:00 PM	6:30 PM	Vestal High School Softball Field		L
Apr 22, 2023	Sat	Practice (Vestal LL Parade Day)	N/A	9:00 AM	11:00 AM	TBD		
Apr 24, 2023	Mon	Regular Season 12-17 L	@ Maine-Endwell	5:00 PM	6:30 PM	MEHS SOFTBALL FIELD	Departure Time: 4:15 PM	L
Apr 25, 2023	Tue	Practice	N/A	3:30 PM	5:00 PM	Vestal High School Softball Field		
Apr 27, 2023	Thu	Regular Season 14-3 W	Johnson City	5:00 PM	6:30 PM	Vestal High School Softball Field		L
Apr 28, 2023	Fri	Practice (Lift 3-4 then field)	N/A	TBD	5:30 PM	Vestal High School Softball Field		
May 1, 2023	Mon	Regular Season 17-7 W	Chenango Valley	5:00 PM		Vestal High School Softball Field		NL
May 2, 2023	Tue	Regular Season 2-6 L	Union-Endicott	4:30 PM		Vestal High School Baseball Field	Departure Time: 4:15 PM	L
May 4, 2023	Thu	Regular Season 18-4 W	@ Binghamton	5:00 PM		West End Park	Departure Time: 4:15 PM	L
May 5, 2023	Fri	Regular Season 1-13 L	Maine-Endwell	5:00 PM	6:30 PM	Vestal High School Softball Field		L
May 9, 2023	Tue	Practice (Practice)	N/A	4:30 PM	6:00 PM	TBD		
May 10, 2023	Wed	Regular Season 2-4 L	@ Elmira (Elmira Express)	5:00 PM		EDA Softball Field	Departure Time: 3:15 PM	L

Date: 2025-12-19