



Vestal

(G) 7/8TH Softball

Coaches:

- Allison McGovern, Head Coach
- Vickie Sax
- Kristen Duff

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 4, 2025	Tue	Practice	N/A	5:00 PM	7:00 PM	Vestal High School Gym		
Mar 17, 2025	Mon	Practice (Strength / Conditioning in the Fitness Room)	N/A	5:00 PM	6:00 PM	TBD		
Mar 21, 2025	Fri	Practice (Strength / Conditioning in the Fitness Room)	N/A	5:00 PM	6:00 PM	TBD		
Mar 24, 2025	Mon	Practice (Open Gym for 7th/8th)	N/A	4:00 PM	6:00 PM	Vestal High School Gym		
Mar 31, 2025	Mon	Practice (Modified Try Out start in fitness room)	N/A	5:15 PM	7:15 PM	Vestal High School Gym		
CANCELLED Apr 1, 2025	Tue	Practice (Modified Try Out)	N/A	6:00 PM	8:00 PM	Vestal High School Gym, Vestal High School Pool Gym		
Apr 2, 2025	Wed	Practice (Modified Try Out Meet by Pool Gym)	N/A	5:30 PM	7:15 PM	Vestal High School Gym, Vestal High School Pool Gym		
Apr 3, 2025	Thu	Practice (Modified Try Out start at 1st base dugout be prepared to go inside also)	N/A	6:00 PM	7:30 PM	Vestal High School Gym, Vestal High School Pool Gym		
Apr 7, 2025	Mon	Practice (Practice/Tryout continued P/C 315 Rest start 4)	N/A	4:00 PM	6:00 PM	Vestal High School Gym		
Apr 8, 2025	Tue	Practice (Practice/ Tryout Continued P/C 315 Rest start 4)	N/A	4:00 PM	6:00 PM	Vestal High School Gym		
Apr 9, 2025	Wed	Practice	N/A	3:15 PM	4:30 PM	Vestal High School Gym		
Apr 10, 2025	Thu	Practice	N/A	4:00 PM	6:00 PM	Vestal High School Gym		
Apr 11, 2025	Fri	Practice	N/A	3:15 PM	5:15 PM	Vestal High School Gym		
Apr 12, 2025	Sat	Practice (Fundraiser)	N/A	10:00 AM	4:00 PM	TBD		
Apr 14, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Softball Field		
Apr 15, 2025	Tue	Practice	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Apr 16, 2025	Wed	Practice	N/A	6:00 PM	7:30 PM	Vestal High School Pool Gym		
Apr 17, 2025	Thu	Regular Season	Owego Apalachin	5:30 PM	7:00 PM	Vestal High School Softball Field		L
Apr 24, 2025	Thu	Practice	N/A	4:00 PM	5:30 PM	Vestal High School Softball Field		
Apr 28, 2025	Mon	Practice	N/A	6:00 PM	7:30 PM	TBD		
Apr 29, 2025	Tue	Regular Season	@ Union-Endicott	5:00 PM	7:00 PM	UEHS Modified Softball Field		L
Apr 30, 2025	Wed	Practice	N/A	4:45 PM	6:30 PM	Vestal High School Softball Field		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 1, 2025	Thu	Regular Season	Susquehanna Valley	5:30 PM	7:00 PM	Vestal High School Softball Field		L
CANCELLED May 2, 2025	Fri	Practice	N/A	4:45 PM	6:30 PM	TBD		
May 5, 2025	Mon	Practice	N/A	3:10 PM	5:30 PM	Vestal High School Softball Field		
May 6, 2025	Tue	Practice (Start in weight room)	N/A	3:00 PM	5:30 PM	TBD		
May 8, 2025	Thu	Practice	N/A	3:00 PM	4:30 PM	Vestal High School Softball Field		
May 9, 2025	Fri	Practice (Start in weight room)	N/A	3:00 PM	5:00 PM	TBD		
May 13, 2025	Tue	Regular Season	Waverly	5:30 PM	7:00 PM	Vestal High School Softball Field		L
May 14, 2025	Wed	Regular Season	@ Johnson City	5:30 PM	7:00 PM	Virginia Ave Park		L
May 15, 2025	Thu	Regular Season	@ Oneonta	5:30 PM	7:00 PM	SUNY Oneonta		L
May 19, 2025	Mon	Practice	N/A	3:00 PM	4:45 PM	Vestal High School Softball Field		
May 20, 2025	Tue	Practice	N/A	4:00 PM	5:30 PM	TBD		
POSTPONED May 21, 2025	Wed	Regular Season	Maine-Endwell	5:30 PM	7:00 PM	Vestal High School Softball Field		L
CANCELLED May 22, 2025	Thu	Practice	N/A	3:15 PM	4:45 PM	Vestal High School Gym		
May 23, 2025	Fri	Practice (No official practice. Pitchers make sure you are throwing. Others - throw sticks ;))	N/A	TBD		TBD		
May 27, 2025	Tue	Regular Season	Chenango Forks	5:30 PM	7:00 PM	Vestal High School Softball Field		L
May 28, 2025	Wed	Practice	N/A	5:00 PM	7:00 PM	Vestal High School Pool Gym		
POSTPONED May 28, 2025	Wed	Regular Season	Oneonta	5:30 PM	7:00 PM	Vestal High School Softball Field		L
May 30, 2025	Fri	Regular Season	@ Windsor	5:00 PM	7:00 PM	Windsor High School Softball Field #1		L
Jun 3, 2025	Tue	Practice	N/A	4:00 PM	5:30 PM	Vestal High School Softball Field		
Jun 4, 2025	Wed	Regular Season	@ Norwich	5:30 PM	7:00 PM	NHS JV Softball Field		L
Jun 5, 2025	Thu	Practice	N/A	4:00 PM	5:30 PM	Vestal High School Softball Field		
Jun 6, 2025	Fri	Regular Season	@ Chenango Valley	4:30 PM	7:00 PM	TBD		L

Date: 2025-12-10