



Vestal (G) V Volleyball

Coaches:

- Joe Nemecek, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 22, 2022	Mon	Practice	N/A	8:30 AM	10:30 AM	TBD		
Aug 22, 2022	Mon	Practice	N/A	1:15 PM	3:00 PM	TBD		
Aug 23, 2022	Tue	Practice	N/A	8:30 AM	10:30 AM	TBD		
Aug 23, 2022	Tue	Practice	N/A	1:15 PM	3:00 PM	TBD		
Aug 24, 2022	Wed	Practice	N/A	8:30 AM	10:30 AM	TBD		
Aug 24, 2022	Wed	Practice	N/A	1:15 PM	3:00 PM	TBD		
Aug 25, 2022	Thu	Practice	N/A	8:30 AM	10:30 AM	TBD		
Aug 25, 2022	Thu	Practice	N/A	1:15 PM	3:00 PM	TBD		
Aug 26, 2022	Fri	Practice	N/A	8:30 AM	10:30 AM	TBD		
Aug 26, 2022	Fri	Practice	N/A	1:15 PM	3:00 PM	TBD		
Aug 29, 2022	Mon	Practice	N/A	8:00 AM	11:00 AM	TBD		
Aug 29, 2022	Mon	Practice	N/A	1:15 PM	3:00 PM	TBD		
Aug 29, 2022	Mon	Practice	N/A	TBD		TBD		
Aug 30, 2022	Tue	Practice	N/A	8:30 AM	10:30 AM	TBD		
Aug 30, 2022	Tue	Practice	N/A	1:15 PM	3:00 PM	TBD		
Aug 31, 2022	Wed	Practice	N/A	8:30 AM	10:30 AM	TBD		
Aug 31, 2022	Wed	Practice	N/A	1:15 PM	3:00 PM	TBD		
Sep 1, 2022	Thu	Practice	N/A	8:30 AM	10:30 AM	TBD		
Sep 1, 2022	Thu	Practice	N/A	1:15 PM	3:00 PM	TBD		
Sep 2, 2022	Fri	Practice	N/A	8:30 AM	10:30 AM	TBD		
Sep 2, 2022	Fri	Practice	N/A	1:15 PM	3:00 PM	TBD		
Sep 8, 2022	Thu	Regular Season 1-3 L	Ithaca	7:00 PM		Vestal High School		L
Sep 22, 2022	Thu	Regular Season 1-3 L	Maine-Endwell	7:00 PM		Vestal High School		L
Oct 6, 2022	Thu	Regular Season 3-0 W	Union-Endicott	7:00 PM		Vestal High School		L
Oct 11, 2022	Tue	Regular Season 3-0 W	Elmira	7:00 PM		Vestal High School		L
Oct 18, 2022	Tue	Regular Season 3-0 W	Johnson City	7:00 PM		Vestal High School		L
Oct 20, 2022	Thu	Regular Season 3-0 W	Binghamton	7:00 PM		Vestal High School		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 22, 2022	Sat	Practice	N/A	8:30 AM	10:00 AM	Vestal High School Gym		
Oct 28, 2022	Fri	Post-Season (STAC Finals) 3-2 W	Ithaca	5:30 PM		Vestal High School		NL
Nov 9, 2022	Wed	Post-Season (Sub-Regionals vs. Sect. IX) 1-3 L	Cornwall	5:00 PM		Vestal High School		NL

Date: 2022-12-02