



Vestal

(G) V Volleyball

Coaches:

- Joe Nemecek, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 21, 2023	Mon	Practice	N/A	8:30 AM	10:30 AM	Vestal High School Gym		
Aug 21, 2023	Mon	Practice	N/A	1:00 PM	3:00 PM	Vestal High School Gym		
Aug 22, 2023	Tue	Practice	N/A	8:30 AM	10:30 AM	Vestal High School Gym		
Aug 22, 2023	Tue	Practice	N/A	1:00 PM	3:00 PM	Vestal High School Gym		
Aug 23, 2023	Wed	Practice	N/A	8:30 AM	10:30 AM	Vestal High School Gym		
Aug 23, 2023	Wed	Practice	N/A	1:00 PM	3:00 PM	Vestal High School Gym		
Aug 24, 2023	Thu	Practice	N/A	8:30 AM	10:30 AM	Vestal High School Gym		
Aug 24, 2023	Thu	Practice	N/A	1:00 PM	3:00 PM	Vestal High School Gym		
Aug 25, 2023	Fri	Practice	N/A	8:30 AM	10:30 AM	Vestal High School Gym		
Aug 25, 2023	Fri	Practice	N/A	1:00 PM	3:00 PM	Vestal High School Gym		
Aug 28, 2023	Mon	Practice	N/A	8:30 AM	10:30 AM	Vestal High School Gym		
Aug 28, 2023	Mon	Practice	N/A	1:00 PM	3:00 PM	Vestal High School Gym		
Aug 29, 2023	Tue	Practice	N/A	8:30 AM	10:30 AM	Vestal High School Gym		
Aug 29, 2023	Tue	Practice	N/A	1:00 PM	3:00 PM	Vestal High School Gym		
Aug 30, 2023	Wed	Practice	N/A	8:30 AM	10:30 AM	Vestal High School Gym		
Aug 30, 2023	Wed	Practice	N/A	1:00 PM	3:00 PM	Vestal High School Gym		
Aug 31, 2023	Thu	Practice	N/A	8:30 AM	10:30 AM	Vestal High School Gym		
Aug 31, 2023	Thu	Practice	N/A	1:00 PM	3:00 PM	Vestal High School Gym		
Sep 1, 2023	Fri	Practice	N/A	8:30 AM	10:30 AM	Vestal High School Gym		
Sep 1, 2023	Fri	Practice	N/A	1:00 PM	3:00 PM	Vestal High School Gym		
Sep 4, 2023	Mon	Practice	N/A	6:00 PM	8:00 PM	Vestal High School Gym		
Sep 5, 2023	Tue	Regular Season 3-1 W	Horseheads	7:00 PM		Vestal High School Gym		L
Sep 6, 2023	Wed	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Sep 6, 2023	Wed	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Sep 8, 2023	Fri	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Sep 8, 2023	Fri	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 11, 2023	Mon	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Sep 12, 2023	Tue	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Sep 13, 2023	Wed	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Sep 14, 2023	Thu	Regular Season 0-3 L	Corning-Painted Post	7:00 PM		Vestal High School Gym		L
Sep 15, 2023	Fri	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Sep 16, 2023	Sat	Practice	N/A	9:00 AM	12:00 PM	Vestal High School Gym		
Sep 18, 2023	Mon	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Sep 19, 2023	Tue	Regular Season 1-3 L	Union-Endicott	7:00 PM		Vestal High School Gym		L
Sep 20, 2023	Wed	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Sep 22, 2023	Fri	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Sep 25, 2023	Mon	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Sep 25, 2023	Mon	Regular Season 3-1 W	Johnson City	7:00 PM		Vestal High School Gym		L
Sep 27, 2023	Wed	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Sep 29, 2023	Fri	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Oct 2, 2023	Mon	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Oct 4, 2023	Wed	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Oct 6, 2023	Fri	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Oct 9, 2023	Mon	Practice	N/A	8:30 AM	10:30 AM	Vestal High School Gym		
Oct 9, 2023	Mon	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Oct 11, 2023	Wed	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Oct 12, 2023	Thu	Regular Season 3-0 W	Maine-Endwell	7:00 PM		Vestal High School Gym		L
Oct 13, 2023	Fri	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Oct 16, 2023	Mon	Regular Season 0-3 L	Windsor	7:00 PM		Vestal High School Gym		NL
Oct 18, 2023	Wed	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Oct 19, 2023	Thu	Regular Season 3-0 W	Binghamton	7:00 PM		Vestal High School Gym		L
Oct 20, 2023	Fri	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Oct 23, 2023	Mon	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Oct 25, 2023	Wed	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Oct 27, 2023	Fri	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 2, 2023	Thu	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Nov 3, 2023	Fri	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Nov 6, 2023	Mon	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Nov 7, 2023	Tue	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Nov 8, 2023	Wed	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Nov 9, 2023	Thu	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Nov 10, 2023	Fri	Practice	N/A	9:00 AM	11:00 AM	Vestal High School Gym		
Nov 10, 2023	Fri	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Nov 11, 2023	Sat	Post-Season (Class AA Regional Final) 1-3 L	Cornwall	4:00 PM		CV - HS Gym		NL

Date: 2024-04-10