



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	Scrimmage	@ Windsor	10:00 AM	12:00 PM	Windsor High School	Departure Time: 9:15 AM	NL
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 10, 2022	Sat	Regular Season (UE Tournament)	@ TBD	9:00 AM		Union Endicott High School	Departure Time: 7:45 AM	NL
Sep 12, 2022	Mon	Regular Season 3-0 W	@ Horseheads	7:00 PM	9:00 PM	Horseheads M S	Departure Time: 3:45 PM	L
Sep 20, 2022	Tue	Regular Season 3-1 W	@ Union-Endicott	6:30 PM	7:30 PM	UEHS Main Gym	Departure Time: 4:45 PM	L
Sep 22, 2022	Thu	Regular Season 1-3 L	Maine-Endwell	7:00 PM		Vestal High School		L

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Sep 26, 2022	Mon	Regular Season 3-0 W	@ Johnson City	6:30 PM	7:30 PM	JC HS Large Gym	Departure Time: 4:30 PM	L
Sep 28, 2022	Wed	Regular Season 1-3 L	@ Corning-Painted Post	6:30 PM	7:30 PM	C P P High School	Departure Time: 3:30 PM	L
Sep 29, 2022	Thu	Regular Season 3-0 W	@ Binghamton	7:00 PM		Binghamton High School Gym	Departure Time: 4:30 PM	L
Oct 3, 2022	Mon	Regular Season	@ Windsor	5:30 PM		Windsor High School	Departure Time: 4:30 PM	L
Oct 6, 2022	Thu	Regular Season	Union-Endicott	7:00 PM		Vestal High School		L
Oct 8, 2022	Sat	Regular Season (Bill Mott Tournament)	@ TBD	8:00 AM		Windsor High School	Departure Time: 7:45 AM	NL
Oct 11, 2022	Tue	Regular Season	Elmira	7:00 PM		Vestal High School		L
Oct 13, 2022	Thu	Regular Season	@ Maine-Endwell	6:30 PM	7:30 PM	Maine-Endwell HS Gym	Departure Time: 4:30 PM	L
Oct 15, 2022	Sat	Regular Season (Horseheads Tournament)	@ TBD	8:30 AM		Horseheads Middle School	Departure Time: 7:15 AM	NL
Oct 18, 2022	Tue	Regular Season	Johnson City	7:00 PM		Vestal High School		L
Oct 20, 2022	Thu	Regular Season	Binghamton	7:00 PM		Vestal High School		L
Oct 24, 2022	Mon	Post-Season (STAC Tiebreaker)	@ TBD	TBD		TBD		NL
Oct 26, 2022	Wed	Post-Season (STAC Semifinals)	@ TBD	TBD		TBD		NL
Oct 28, 2022	Fri	Post-Season (STAC Finals)	@ TBD	TBD		TBD		NL
Oct 31, 2022	Mon	Post-Season (Sectionals Begin)	@ TBD	TBD		TBD		NL

Date: 2022-10-02