



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		
Aug 31, 2023	Thu	Regular Season	@ Lansing	TBD		Lansing HS		L
Aug 31, 2023	Thu	Regular Season (Lansing)	@ TBD	TBD		Lansing High School	Departure Time: 8:20 AM	NL
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		

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Sep 8, 2023	Fri	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Sep 9, 2023	Sat	Regular Season (Varsity Volleyball Classic)	TBD, Ithaca, Sidney, Bainbridge Guilford, Horseheads, Unatego, Whitney Point, Maine-Endwell, Susquehanna Valley, Windsor, Johnson City, Binghamton, Chenango Valley, Delaware Academy @ Union-Endicott	8:00 AM	5:00 PM	UEHS Main Gym		NL
Sep 9, 2023	Sat	Regular Season (U.E. Volleyball Classic)	@ TBD	8:30 AM		Union Endicott High School	Departure Time: 7:45 AM	NL
Sep 11, 2023	Mon	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Sep 11, 2023	Mon	Regular Season 3-2 W	@ Ithaca	6:30 PM	7:30 PM	IHS Bliss Gym (C149)		L
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 21, 2023	Thu	Regular Season 2-3 L	@ Maine-Endwell	6:30 PM	7:30 PM	Maine-Endwell HS Gym	Departure Time: 4:15 PM	L
Sep 22, 2023	Fri	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Sep 23, 2023	Sat	Regular Season (Owego Tournament)	@ TBD	TBD		Owego High School	Departure Date: Sep 23, 2023 Departure Time: 7:45 AM	NL
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 28, 2023	Thu	Regular Season 3-0 W	@ Binghamton	6:30 PM	7:30 PM	Binghamton High School-Gym	Departure Time: 4:25 PM	L
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		

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Oct 5, 2023	Thu	Regular Season 0-3 L	@ Union-Endicott	6:30 PM	7:30 PM	UEHS Main Gym	Departure Time: 4:40 PM	L
Oct 6, 2023	Fri	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Oct 7, 2023	Sat	Regular Season (Bill Mott Tournament)	Susquehanna Valley, Lansing, Ithaca, Maine-Endwell @ Windsor	8:00 AM		Windsor High School		L
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 10, 2023	Tue	Regular Season 3-1 W	@ Elmira	7:30 PM	9:00 PM	EHS Gym	Departure Time: 3:50 PM	L
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 17, 2023	Tue	Regular Season 3-0 W	@ Johnson City	6:30 PM	7:30 PM	JC HS Large Gym	Departure Time: 4:30 PM	L
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 21, 2023	Sat	Regular Season (Horseheads Tournament)	@ TBD	TBD		Horseheads Middle School	Departure Date: Oct 21, 2023 Departure Time: 7:10 AM	NL
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		
Nov 1, 2023	Wed	Post-Season (Section IV Class AA Semi-final) 3-0 W	@ Horseheads	6:00 PM	8:00 PM	Horseheads M S		NL
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 5, 2023	Sun	Post-Season (Section IV Class AA Championship) 3-2 W	@ Union-Endicott	2:00 PM	4:00 PM	C P P High School		NL
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		

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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: 2025-12-05