



# Vestal (G) V Volleyball

## Coaches:

- Joe Nemecek, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 26, 2024	Mon	Practice	N/A	8:30 AM	10:30 AM	Clayton Ave. Elementary Gymnasium		
Aug 26, 2024	Mon	Practice	N/A	1:15 PM	3:00 PM	Clayton Ave. Elementary Gymnasium		
Aug 27, 2024	Tue	Practice	N/A	8:30 AM	10:30 AM	Clayton Ave. Elementary Gymnasium		
Aug 27, 2024	Tue	Practice	N/A	1:15 PM	3:00 PM	Clayton Ave. Elementary Gymnasium		
Aug 28, 2024	Wed	Practice	N/A	12:00 PM	2:00 PM	Clayton Ave. Elementary Gymnasium		
Aug 28, 2024	Wed	Practice	N/A	4:30 PM	6:15 PM	Clayton Ave. Elementary Gymnasium		
Aug 29, 2024	Thu	Practice	N/A	8:30 AM	10:30 AM	Clayton Ave. Elementary Gymnasium		
Aug 29, 2024	Thu	Practice	N/A	1:15 PM	3:00 PM	Clayton Ave. Elementary Gymnasium		
Aug 30, 2024	Fri	Practice	N/A	8:30 AM	10:30 AM	Clayton Ave. Elementary Gymnasium		
Aug 30, 2024	Fri	Practice	N/A	1:15 PM	3:00 PM	Clayton Ave. Elementary Gymnasium		
Aug 31, 2024	Sat	Practice	N/A	8:30 AM	10:30 AM	Clayton Ave. Elementary Gymnasium		
Sep 2, 2024	Mon	Practice	N/A	6:00 PM	8:00 PM	Clayton Ave. Elementary Gymnasium		
Sep 5, 2024	Thu	Regular Season 3-2 W	@ Horseheads	7:00 PM	8:30 PM	Horseheads M S		L
Sep 7, 2024	Sat	Regular Season (VolleyFall Classic)	TBD, Chenango Valley, Johnson City, Whitney Point, Windsor, Bainbridge Guilford, Maine-Endwell, Ithaca, Binghamton, Susquehanna Valley, Delaware Academy, Sidney, Unatego, Norwich @ Union-Endicott	8:00 AM	6:00 PM	UEHS Main Gym		NL
Sep 9, 2024	Mon	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Sep 10, 2024	Tue	Regular Season 0-3 L	Ithaca	6:30 PM	8:30 PM	Vestal High School Gym		L
Sep 11, 2024	Wed	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 12, 2024	Thu	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Sep 13, 2024	Fri	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Sep 14, 2024	Sat	Practice	N/A	8:30 AM	10:30 AM	Vestal High School Gym		
Sep 17, 2024	Tue	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Sep 18, 2024	Wed	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Sep 19, 2024	Thu	Regular Season 3-0 W	@ Union-Endicott	6:30 PM	8:30 PM	UEHS Main Gym		L
Sep 20, 2024	Fri	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Sep 23, 2024	Mon	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Sep 24, 2024	Tue	Regular Season 3-2 W	Maine-Endwell	6:30 PM	8:30 PM	Vestal High School Gym		L
Sep 25, 2024	Wed	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Sep 26, 2024	Thu	Regular Season 3-0 W	@ Johnson City	6:30 PM	8:30 PM	JC HS Large Gym		L
Sep 27, 2024	Fri	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Oct 1, 2024	Tue	Regular Season 3-0 W	Binghamton	6:30 PM	8:30 PM	Vestal High School Gym		L
Oct 2, 2024	Wed	Regular Season 0-3 L	@ Corning-Painted Post	6:45 PM		C P P High School		L
Oct 4, 2024	Fri	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Oct 7, 2024	Mon	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Oct 8, 2024	Tue	Regular Season 3-2 W	Union-Endicott	6:30 PM	8:30 PM	Vestal High School Gym		L
Oct 9, 2024	Wed	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Gym		
Oct 10, 2024	Thu	Regular Season 3-0 W	Elmira	6:30 PM	8:30 PM	Vestal High School Gym		L
Oct 11, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Vestal High School Gym		
Oct 15, 2024	Tue	Regular Season 3-1 W	@ Maine-Endwell	6:30 PM	8:30 PM	Maine-Endwell HS Gym		L
Oct 17, 2024	Thu	Regular Season 3-0 W	Johnson City	6:30 PM	8:30 PM	Vestal High School Gym		L
Oct 21, 2024	Mon	Regular Season 1-3 L	@ Windsor	6:30 PM		Windsor High School		NL
Oct 22, 2024	Tue	Regular Season 3-0 W	@ Binghamton	6:30 PM	8:30 PM	Binghamton High School-Gym		L
Oct 25, 2024	Fri	Post-Season (STAC Semi-final (@ Top Seed)) 2-3 L	@ Owego Apalachin	5:00 PM		TBD		NL
Oct 25, 2024	Fri	Post-Season (STAC Semi-final (@ Top Seed))	TBD	TBD		TBD		NL
Oct 30, 2024	Wed	Practice	N/A	4:30 PM	7:30 PM	Vestal High School Gym		

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Nov 9, 2024	Sat	Post-Season (Section IV Class AA Championship) 1-3 L	Union-Endicott	3:00 PM		High School Gym		NL

Date: 2025-12-05