

## Coaches:

- Kate Darpino, Head Coach
- Joe Nemecek

Aug 21, 2023         Mon         Practice         N/A         10:30 12:30 PM         PTBD           Aug 21, 2023         Mon         Practice         N/A         1:00 PM         3:00 PM         PTBD           Aug 22, 2023         Tue         Practice         N/A         1:00 PM         3:00 PM         TBD           Aug 22, 2023         Tue         Practice         N/A         1:03 PM         1:00 PM         1:00 PM           Aug 23, 2023         Wed         Practice         N/A         1:03 PM         1:00 PM         1:00 PM           Aug 24, 2023         Thu         Practice         N/A         1:03 PM         1:00 PM         1:00 PM           Aug 24, 2023         Thu         Practice         N/A         1:03 PM         1:00 PM         1:00 PM           Aug 24, 2023         Thu         Practice         N/A         1:00 PM         3:00 PM         TBD           Aug 25, 2023         Fri         Practice         N/A         1:03 PM         1:00 PM         3:00 PM           Aug 28, 2023         Mon         Practice         N/A         1:03 PM         1:00 PM         1:00 PM           Aug 29, 2023         Tue         Practice         N/A         1:03 PM         1:23 PM	DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Aug 22, 2023         Tue         Practice         N/A         PM P	Aug 21, 2023	Mon	Practice	N/A			TBD		
Aug 22, 2023         Tue         Practice         N/A         AM PM	Aug 21, 2023	Mon	Practice	N/A			TBD		
Aug 23, 2023         Wed         Practice         N/A         PM         PM         IBD           Aug 23, 2023         Wed         Practice         N/A         1:030         12:30         TBD           Aug 24, 2023         Thu         Practice         N/A         1:030         12:30         TBD           Aug 24, 2023         Thu         Practice         N/A         1:030         12:30         TBD           Aug 25, 2023         Fri         Practice         N/A         1:00         3:00         TBD           Aug 25, 2023         Fri         Practice         N/A         1:030         12:30         TBD           Aug 28, 2023         Mon         Practice         N/A         1:030         12:30         TBD           Aug 28, 2023         Mon         Practice         N/A         1:030         12:30         TBD           Aug 29, 2023         Tue         Practice         N/A         1:030         12:30         TBD           Aug 30, 2023         Wed         Practice         N/A         1:030         12:30         TBD           Aug 30, 2023         Wed         Practice         N/A         1:030         12:30         TBD           Aug 31,	Aug 22, 2023	Tue	Practice	N/A			TBD		
Aug 23, 2023         Web Practice         N/A         AM PM	Aug 22, 2023	Tue	Practice	N/A			TBD		
Aug 24, 2023         Thu         Practice         N/A         PM         PM         PM         PM           Aug 24, 2023         Thu         Practice         N/A         10:30 PM         7BD           Aug 25, 2023         Fri         Practice         N/A         10:30 PM         12:30 PM         TBD           Aug 25, 2023         Fri         Practice         N/A         10:30 PM         12:30 PM         TBD           Aug 28, 2023         Mon         Practice         N/A         10:30 PM         PM         TBD           Aug 28, 2023         Mon         Practice         N/A         10:30 PM         PM         TBD           Aug 28, 2023         Mon         Practice         N/A         10:30 PM         PM         TBD           Aug 29, 2023         Tue         Practice         N/A         10:30 PM         12:30 PM         TBD           Aug 30, 2023         Wed         Practice         N/A         10:30 PM         12:30 PM         TBD           Aug 31, 2023         Thu         Practice         N/A         10:30 PM         12:30 PM         TBD           Aug 31, 2023         Thu         Practice         N/A         10:30 PM         12:30 PM         TBD	Aug 23, 2023	Wed	Practice	N/A			TBD		
Aug 24, 2023         Thu         Practice         N/A         AM         PM         TBD           Aug 24, 2023         Fri         Practice         N/A         10:30 PM         12:30 PM         TBD           Aug 25, 2023         Fri         Practice         N/A         10:30 PM         12:30 PM         TBD           Aug 28, 2023         Mon         Practice         N/A         1:00 PM         3:00 PM         TBD           Aug 28, 2023         Mon         Practice         N/A         1:00 AM         10:30 PM         TBD           Aug 29, 2023         Tue         Practice         N/A         1:00 AM         10:30 PM         TBD           Aug 29, 2023         Tue         Practice         N/A         1:00 PM         3:00 PM         TBD           Aug 30, 2023         Wed         Practice         N/A         1:00 PM         3:00 PM         TBD           Aug 31, 2023         Wed         Practice         N/A         1:00 PM         1:00 PM         TBD           Aug 31, 2023         Thu         Practice         N/A         1:00 PM         1:2:30 PM         TBD           Sep 1, 2023         Fri         Practice         N/A         1:00 PM         1:2:30 PM	Aug 23, 2023	Wed	Practice	N/A			TBD		
Aug 24, 2023         Fri         Practice         N/A         PM P	Aug 24, 2023	Thu	Practice	N/A		12:30 PM	TBD		
Aug 25, 2023         Fri         Practice         N/A         AM         PM         TBD           Aug 28, 2023         Fri         Practice         N/A         1:00 PM         7:00 PM         <	Aug 24, 2023	Thu	Practice	N/A			TBD		
Aug 28, 2023         Mon         Practice         N/A         PM P	Aug 25, 2023	Fri	Practice	N/A			TBD		
Aug 28, 2023         Mon         Practice         N/A         AM         PM         FIB           Aug 28, 2023         Mon         Practice         N/A         1:00 PM         3:00 PM         TBD           Aug 29, 2023         Tue         Practice         N/A         10:30 PM         12:30 PM         TBD           Aug 30, 2023         Wed         Practice         N/A         1:00 PM	Aug 25, 2023	Fri	Practice	N/A			TBD		
Aug 29, 2023         Tue         Practice         N/A         PM         PM         TBD           Aug 29, 2023         Tue         Practice         N/A         10:30 / PM         12:30 / PM         TBD           Aug 29, 2023         Tue         Practice         N/A         10:30 / PM         PM         TBD           Aug 30, 2023         Wed         Practice         N/A         10:30 / PM         TBD           Aug 31, 2023         Thu         Practice         N/A         10:30 / PM         TBD           Aug 31, 2023         Thu         Practice         N/A         10:30 / PM         TBD           Sep 1, 2023         Fri         Practice         N/A         10:30 / PM         TBD           Sep 1, 2023         Fri         Practice         N/A         10:30 / PM         TBD           Sep 1, 2023         Fri         Practice         N/A         10:30 / PM         TBD           Sep 5, 2023         Tue         Regular Season         Horseheads         5:30 / PM         TBD           Sep 8, 2023         Fri         Practice         N/A         5:30 / PM         PM         DBD           Sep 11, 2023         Mon         Practice         N/A         5:30 / PM <td>Aug 28, 2023</td> <td>Mon</td> <td>Practice</td> <td>N/A</td> <td></td> <td></td> <td>TBD</td> <td></td> <td></td>	Aug 28, 2023	Mon	Practice	N/A			TBD		
Aug 29, 2023         Tue         Practice         N/A         1:00 PM         3:00 PM         TBD           Aug 30, 2023         Wed         Practice         N/A         10:30 AM         12:30 PM         TBD           Aug 30, 2023         Wed         Practice         N/A         1:00 PM         TBD           Aug 31, 2023         Thu         Practice         N/A         1:00 PM         TBD           Aug 31, 2023         Thu         Practice         N/A         1:00 PM         TBD           Sep 1, 2023         Fri         Practice         N/A         1:00 PM         TBD           Sep 1, 2023         Fri         Practice         N/A         1:00 PM         TBD           Sep 1, 2023         Fri         Practice         N/A         1:00 PM         TBD           Sep 5, 2023         Tue         Regular Season         Horseheads         5:30 PM         Vestal High School PM         L           Sep 8, 2023         Fri         Practice         N/A         5:30 PM         7:30 PM         TBD           Sep 11, 2023         Mon         Practice         N/A         5:30 PM         7:30 PM         TBD           Sep 13, 2023         Wed         Practice         N/A <td>Aug 28, 2023</td> <td>Mon</td> <td>Practice</td> <td>N/A</td> <td></td> <td>PM</td> <td></td> <td></td> <td></td>	Aug 28, 2023	Mon	Practice	N/A		PM			
Aug 30, 2023         Wed         Practice         N/A         PM P	Aug 29, 2023	Tue	Practice	N/A		12:30 PM	TBD		
Aug 30, 2023         Wed         Practice         N/A         AM         PM         TBD           Aug 30, 2023         Wed         Practice         N/A         1:00 PM         3:00 PM         TBD           Aug 31, 2023         Thu         Practice         N/A         10:30 PM         12:30 PM         TBD           Sep 1, 2023         Fri         Practice         N/A         10:30 PM         12:30 PM         TBD           Sep 1, 2023         Fri         Practice         N/A         1:00 PM         3:00 PM         TBD           Sep 5, 2023         Tue         Regular Season         Horseheads         5:30 PM         7:30 PM         Vestal High School Gym         L           Sep 6, 2023         Wed         Practice         N/A         5:30 PM         7:30 PM         TBD           Sep 8, 2023         Fri         Practice         N/A         5:30 PM         7:30 PM         TBD           Sep 11, 2023         Mon         Practice         N/A         5:30 PM         7:30 PM         TBD           Sep 13, 2023         Wed         Practice         N/A         5:30 PM         7:30 PM         TBD	Aug 29, 2023	Tue	Practice	N/A			TBD		
Aug 31, 2023         Thu         Practice         N/A         PM P	Aug 30, 2023	Wed	Practice	N/A			TBD		
Aug 31, 2023         Thu         Practice         N/A         AM         PM         TBD           Aug 31, 2023         Thu         Practice         N/A         1:00 PM         3:00 PM         TBD           Sep 1, 2023         Fri         Practice         N/A         1:00 PM         2:00 PM         TBD           Sep 5, 2023         Tue         Regular Season         Horseheads         5:30 PM         6:30 PM         Vestal High School Gym         L           Sep 6, 2023         Wed         Practice         N/A         5:30 PM         7:30 PM         TBD           Sep 8, 2023         Fri         Practice         N/A         5:30 PM         7:30 PM         TBD           Sep 11, 2023         Mon         Practice         N/A         5:30 PM         7:30 PM         TBD           Sep 13, 2023         Wed         Practice         N/A         5:30 PM         7:30 PM         TBD	Aug 30, 2023	Wed	Practice	N/A			TBD		
Aug 31, 2023         Thu         Practice         N/A         PM         PM         PM         PBD           Sep 1, 2023         Fri         Practice         N/A         10:30 AM         12:30 AM         TBD           Sep 1, 2023         Fri         Practice         N/A         1:00 AM         3:00 PM         TBD           Sep 5, 2023         Tue         Regular Season         Horseheads         5:30 PM         PM         PM           Sep 6, 2023         Wed         Practice         N/A         5:30 PM         7:30 PM         TBD           Sep 8, 2023         Fri         Practice         N/A         5:30 PM         7:30 PM         TBD           Sep 11, 2023         Mon         Practice         N/A         5:30 PM         7:30 PM         TBD           Sep 13, 2023         Wed         Practice         N/A         5:30 PM         7:30 PM         TBD	Aug 31, 2023	Thu	Practice	N/A		12:30 PM	TBD		
Sep 1, 2023         Fri         Practice         N/A         AM         PM         TBD           Sep 1, 2023         Fri         Practice         N/A         1:00 PM	Aug 31, 2023	Thu	Practice	N/A			TBD		
Sep 1, 2023         Fit         Practice         N/A         PM         PM <td>Sep 1, 2023</td> <td>Fri</td> <td>Practice</td> <td>N/A</td> <td></td> <td></td> <td>TBD</td> <td></td> <td></td>	Sep 1, 2023	Fri	Practice	N/A			TBD		
Sep 3, 2023         Tue         Regular Season         Horserleads         PM         PM         Gym           Sep 6, 2023         Wed         Practice         N/A         5:30 PM         7:30 PM         TBD           Sep 8, 2023         Fri         Practice         N/A         5:30 PM         7:30 PM         TBD           Sep 11, 2023         Mon         Practice         N/A         5:30 PM         7:30 PM         TBD           Sep 13, 2023         Wed         Practice         N/A         5:30 PM         7:30 PM         TBD	Sep 1, 2023	Fri	Practice	N/A			TBD		
Sep 6, 2023         Wed         Practice         N/A         PM         TBD           Sep 11, 2023         Mon         Practice         N/A         5:30 PM         7:30 PM         TBD           Sep 13, 2023         Wed         Practice         N/A         5:30 PM         7:30 PM         TBD	Sep 5, 2023	Tue	Regular Season	Horseheads					L
Sep 8, 2023         Fri         Practice         N/A         PM         PM         PM         TBD           Sep 11, 2023         Mon         Practice         N/A         5:30 PM         7:30 PM         TBD           Sep 13, 2023         Wed         Practice         N/A         5:30 PM         7:30 PM         TBD	Sep 6, 2023	Wed	Practice	N/A			TBD		
Sep 11, 2023         Mon Practice         N/A         PM PM         PM PM           Sep 13, 2023         Wed Practice         N/A         5:30 PM PM         7:30 PM PM	Sep 8, 2023	Fri	Practice	N/A			TBD		
Sep 13, 2023 Wed Practice IN/A PM PM TBD	Sep 11, 2023	Mon	Practice	N/A			TBD		
	Sep 13, 2023	Wed	Practice	N/A			TBD		
Sep 14, 2023 Thu Regular Season Corning- 5:30 6:30 Vestal High School L Painted Post PM PM Gym	Sep 14, 2023	Thu	Regular Season 0-3 L	Corning- Painted Post	5:30 PM	6:30 PM	Vestal High School Gym		L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 15, 2023	Fri	Practice	N/A	5:30 PM	7:30 PM	TBD		
Sep 18, 2023	Mon	Practice	N/A	5:30 PM	7:30 PM	TBD		
Sep 19, 2023	Tue	Regular Season 2-0 W	Union- Endicott	5:30 PM	6:30 PM	Vestal High School Gym		L
Sep 20, 2023	Wed	Practice	N/A	5:30 PM	7:30 PM	TBD		
Sep 22, 2023	Fri	Practice	N/A	5:30 PM	7:30 PM	TBD		
Sep 23, 2023	Sat	Practice (Owego Tournament)	N/A	TBD		Owego High School		
Sep 25, 2023	Mon	Regular Season 3-0 W	Johnson City	5:30 PM	6:30 PM	Vestal High School Gym		L
Sep 25, 2023	Mon	Practice	N/A	5:30 PM	7:30 PM	TBD		
Sep 27, 2023	Wed	Practice	N/A	5:30 PM	7:30 PM	TBD		
Sep 29, 2023	Fri	Practice	N/A	5:30 PM	7:30 PM	TBD		
Oct 2, 2023	Mon	Practice	N/A	5:30 PM	7:30 PM	TBD		
Oct 4, 2023	Wed	Practice	N/A	5:30 PM	7:30 PM	TBD		
Oct 6, 2023	Fri	Practice	N/A	5:30 PM	7:30 PM	TBD		
Oct 9, 2023	Mon	Practice	N/A	5:30 PM	7:30 PM	TBD		
Oct 11, 2023	Wed	Practice	N/A	5:30 PM	7:30 PM	TBD		
Oct 12, 2023	Thu	Regular Season 0-3 L	Maine- Endwell	5:30 PM	6:30 PM	Vestal High School Gym		L
Oct 13, 2023	Fri	Practice	N/A	5:30 PM	7:30 PM	TBD		
Oct 16, 2023	Mon	Regular Season	Windsor	5:30 PM		Vestal High School Gym		NL
Oct 16, 2023	Mon	Practice	N/A	5:30 PM	7:30 PM	TBD		
Oct 18, 2023	Wed	Practice	N/A	5:30 PM	7:30 PM	TBD		
Oct 19, 2023	Thu	Regular Season	Binghamton	5:30 PM	6:30 PM	Vestal High School Gym		L
Oct 20, 2023	Fri	Practice	N/A	5:30 PM	7:30 PM	TBD		
Oct 23, 2023	Mon	Practice	N/A	5:30 PM	7:30 PM	TBD		
Oct 25, 2023	Wed	Practice	N/A	5:30 PM	7:30 PM	TBD		
Oct 27, 2023	Fri	Practice	N/A	5:30 PM	7:30 PM	TBD		
Oct 30, 2023	Mon	Practice	N/A	5:30 PM	7:30 PM	TBD		
Feb 22, 2024	Thu	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Feb 23, 2024	Fri	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Feb 26, 2024	Mon	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Feb 27, 2024	Tue	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Feb 29, 2024	Thu	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 1, 2024	Fri	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 4, 2024	Mon	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 5, 2024	Tue	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 7, 2024	Thu	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 8, 2024	Fri	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 15, 2024	Fri	Practice	N/A	12:00 PM		Clayton Ave. Elementary Gymnasium		

Date: 2024-04-29