

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 29, 2023 Tue Practice N/A 10:30 PM TBD Aug 29, 2023 Tue Practice N/A 10:30 PM TBD Aug 30, 2023 Wed Practice N/A 10:30 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 | 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 TBD Sep 1, 2023 Fri Practice N/A 10:30 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 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 8, 2023 Fri 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 |

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| 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 | | |

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|--------------|-------------|----------|-----------|---------------|-------------|---|----------------|----------------------------|
| 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: 2024-04-10