



Vestal

(G) 7/8TH Volleyball

Coaches:

- Val Siegrist, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 7, 2023	Thu	Practice (Tryouts)	N/A	3:00 PM	4:30 PM	Vestal Middle School Gym		
Sep 8, 2023	Fri	Practice (Tryouts)	N/A	3:00 PM	4:30 PM	Vestal Middle School Gym		
Sep 11, 2023	Mon	Practice (Tryouts)	N/A	3:00 PM	4:30 PM	Vestal Middle School Gym		
Sep 12, 2023	Tue	Practice (Practice)	N/A	3:00 PM	4:30 PM	Vestal Middle School Gym		
Sep 13, 2023	Wed	Practice (Practice)	N/A	3:00 PM	4:30 PM	Vestal Middle School Gym		
Sep 14, 2023	Thu	Practice (Practice)	N/A	3:00 PM	4:30 PM	Vestal Middle School Gym		
Sep 15, 2023	Fri	Practice (Practice)	N/A	3:00 PM	4:30 PM	Vestal Middle School Gym		
Sep 18, 2023	Mon	Practice (Practice)	N/A	3:00 PM	4:30 PM	Vestal Middle School Gym		
Sep 19, 2023	Tue	Practice (Practice)	N/A	3:00 PM	4:30 PM	Vestal Middle School Gym		
Sep 21, 2023	Thu	Practice (Practice)	N/A	3:00 PM	4:30 PM	Vestal Middle School Gym		
Sep 22, 2023	Fri	Practice (Practice)	N/A	3:00 PM	4:30 PM	Vestal Middle School Gym		
Sep 26, 2023	Tue	Practice (Practice)	N/A	3:00 PM	4:30 PM	Vestal Middle School Gym		
Sep 27, 2023	Wed	Regular Season	Maine-Endwell	5:30 PM	7:30 PM	Vestal Middle School Gym		L
Sep 28, 2023	Thu	Regular Season	Union-Endicott	5:30 PM		Vestal Middle School Gym		L
Sep 29, 2023	Fri	Practice (Practice)	N/A	3:00 PM	4:30 PM	Vestal Middle School Gym		
Oct 2, 2023	Mon	Regular Season	Ithaca	5:30 PM	7:30 PM	Vestal Middle School Gym		L
Oct 3, 2023	Tue	Practice (Practice)	N/A	3:00 PM	4:30 PM	Vestal Middle School Gym		
Oct 4, 2023	Wed	Regular Season	Owego Apalachin	5:30 PM	7:30 PM	Vestal Middle School Gym		L
Oct 5, 2023	Thu	Practice (Practice)	N/A	3:00 PM	4:30 PM	Vestal Middle School Gym		
Oct 10, 2023	Tue	Practice (Practice)	N/A	3:00 PM	4:30 PM	Vestal Middle School Gym		
Oct 12, 2023	Thu	Practice (Practice)	N/A	3:00 PM	4:30 PM	Vestal Middle School Gym		
Oct 13, 2023	Fri	Regular Season	Johnson City	5:30 PM		Vestal Middle School Gym		L
Oct 17, 2023	Tue	Practice (Practice)	N/A	3:00 PM	4:30 PM	Vestal Middle School Gym		

Date: 2024-05-17