



# Vestal

## (G) 7/8TH Volleyball

### Coaches:

- Val Siegrist, Head Coach
- Annalisa Hart

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 20, 2023	Wed	Regular Season	@ Owego Apalachin	5:30 PM	7:30 PM	OAMS Gymnasium	Departure Time: 4:25 PM	L
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 25, 2023	Mon	Regular Season	@ Johnson City	5:30 PM	7:00 PM	JC MS Gym	Departure Time: 4:40 PM	L
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 (Blue)	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 11, 2023	Wed	Regular Season	@ Union-Endicott	5:30 PM	7:30 PM	Jennie F Snapp MS Main Gym		L
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 16, 2023	Mon	Regular Season	@ Maine-Endwell (Blue)	5:30 PM	7:30 PM	Maine-Endwell MS Gym		L
Oct 17, 2023	Tue	Practice (Practice)	N/A	3:00 PM	4:30 PM	Vestal Middle School Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 18, 2023	Wed	Regular Season	@ Windsor	5:30 PM	7:30 PM	Windsor Middle School		L

Date: 2025-12-06