



# 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 4, 2025	Thu	Practice	N/A	4:00 PM	6:00 PM	Vestal Middle School Gym		
Sep 5, 2025	Fri	Practice	N/A	4:00 PM	6:00 PM	Vestal Middle School Gym		
Sep 8, 2025	Mon	Practice	N/A	4:00 PM	6:00 PM	Vestal Middle School Gym		
Sep 9, 2025	Tue	Practice	N/A	4:00 PM	6:00 PM	Vestal Middle School Gym		
Sep 10, 2025	Wed	Practice	N/A	4:00 PM	6:00 PM	Vestal Middle School Gym		
Sep 11, 2025	Thu	Practice	N/A	4:00 PM	6:00 PM	Vestal Middle School Gym		
Sep 12, 2025	Fri	Practice	N/A	4:00 PM	6:00 PM	Vestal Middle School Gym		
Sep 15, 2025	Mon	Practice	N/A	4:00 PM	6:00 PM	Vestal Middle School Gym		
Sep 16, 2025	Tue	Practice	N/A	4:00 PM	6:00 PM	Vestal Middle School Gym		
Sep 17, 2025	Wed	Regular Season	@ Union-Endicott	5:30 PM	7:30 PM	Jennie F Snapp MS Main Gym		L
Sep 18, 2025	Thu	Practice	N/A	4:00 PM	6:00 PM	Vestal Middle School Gym		
Sep 20, 2025	Sat	Regular Season	@ Owego Apalachin	10:00 AM	12:00 PM	OAMS Gymnasium		L
Sep 22, 2025	Mon	Regular Season	Johnson City	5:30 PM	7:30 PM	Vestal Middle School Gym		L
Sep 23, 2025	Tue	Practice	N/A	4:00 PM	6:00 PM	Vestal Middle School Gym		
Sep 24, 2025	Wed	Regular Season	Maine-Endwell (Blue)	5:30 PM	7:30 PM	Vestal Middle School Gym		L
Sep 25, 2025	Thu	Practice	N/A	4:00 PM	6:00 PM	Vestal Middle School Gym		
Sep 26, 2025	Fri	Practice	N/A	4:00 PM	6:00 PM	Vestal Middle School Gym		
Sep 29, 2025	Mon	Regular Season	Ithaca	5:30 PM	7:30 PM	Vestal Middle School Gym		L
Sep 30, 2025	Tue	Practice	N/A	4:00 PM	5:00 PM	Vestal Middle School Gym		
Oct 1, 2025	Wed	Regular Season	Owego Apalachin	5:30 PM	7:30 PM	Vestal Middle School Gym		L
Oct 2, 2025	Thu	Practice	N/A	4:00 PM	6:00 PM	Vestal Middle School Gym		
Oct 3, 2025	Fri	Practice	N/A	4:00 PM	6:00 PM	Vestal Middle School Gym		
Oct 6, 2025	Mon	Practice	N/A	4:00 PM	6:00 PM	Vestal Middle School Gym		
Oct 7, 2025	Tue	Practice	N/A	4:00 PM	6:00 PM	Vestal Middle School Gym		
Oct 8, 2025	Wed	Regular Season	Union-Endicott	5:30 PM	7:30 PM	Vestal Middle School Gym		L
Oct 9, 2025	Thu	Practice	N/A	4:00 PM	6:00 PM	Vestal Middle School Gym		

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Oct 10, 2025	Fri	Regular Season	@ Johnson City	5:30 PM	7:30 PM	JC ES Gym		L
Oct 14, 2025	Tue	Practice	N/A	4:00 PM	6:00 PM	Vestal Middle School Gym		
Oct 15, 2025	Wed	Regular Season	@ Maine-Endwell (Blue)	5:30 PM	7:30 PM	Maine-Endwell MS Gym		L
Oct 16, 2025	Thu	Practice	N/A	4:00 PM	6:00 PM	Vestal Middle School Gym		
Oct 17, 2025	Fri	Practice	N/A	4:00 PM	6:00 PM	Vestal Middle School Gym		
Oct 20, 2025	Mon	Regular Season	@ Windsor	5:30 PM	7:30 PM	Windsor Middle School		L
Oct 21, 2025	Tue	Practice	N/A	5:00 PM	8:00 PM	Vestal High School Gym		

Date: 2025-12-10