

Canastota

(B) V Volleyball

Coaches:

- Shay Sgroi

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 27, 2023	Mon	Practice	N/A	3:00 PM	5:15 PM	Laidlaw Gym, Playroom Gym		
Nov 28, 2023	Tue	Practice	N/A	3:00 PM	4:45 PM	Laidlaw Gym		
Nov 29, 2023	Wed	Practice	N/A	7:00 PM	9:00 PM	Dimao Gym		
Nov 30, 2023	Thu	Practice	N/A	3:00 PM	4:45 PM	Laidlaw Gym		
Dec 1, 2023	Fri	Practice	N/A	5:00 PM	7:00 PM	Laidlaw Gym		
Dec 4, 2023	Mon	Practice	N/A	5:30 PM	7:30 PM	Laidlaw Gym		
Dec 5, 2023	Tue	Practice	N/A	3:00 PM	5:15 PM	Laidlaw Gym, Playroom Gym		
Dec 6, 2023	Wed	Practice	N/A	7:00 PM	9:00 PM	Laidlaw Gym		
Dec 7, 2023	Thu	Practice	N/A	3:00 PM	5:15 PM	Playroom Gym, Laidlaw Gym		
Dec 11, 2023	Mon	Practice	N/A	7:00 PM	9:00 PM	Laidlaw Gym		
Dec 12, 2023	Tue	Practice	N/A	3:00 PM	4:45 PM	Laidlaw Gym		
Dec 13, 2023	Wed	Practice	N/A	5:00 PM	7:00 PM	Laidlaw Gym		
Dec 14, 2023	Thu	Practice	N/A	3:00 PM	5:15 PM	Laidlaw Gym		
Dec 15, 2023	Fri	Practice	N/A	4:30 PM	7:00 PM	Dimao Gym		
Dec 16, 2023	Sat	Scrimmage (Boys Early Bird Scrimmage)	TBD	9:00 AM		Laidlaw Gym		L
Dec 16, 2023	Sat	Scrimmage (Early Bird Scrimmage)	Central Valley Academy, Chittenango, Little Falls, Rome Free Academy, Oneida, Utica Proctor, Vernon-Verona-Sherrill, Westmoreland, Sauquoit Valley, Catskill, Voorheesville, Mount Markham	9:30 AM	4:30 PM	Laidlaw Gym, Dimao Gym		NL
Dec 18, 2023	Mon	Practice	N/A	3:00 PM	4:45 PM	Laidlaw Gym		
Dec 19, 2023	Tue	Regular Season	Little Falls	7:00 PM		TBD		NL
Dec 20, 2023	Wed	Practice	N/A	5:00 PM	7:00 PM	Laidlaw Gym		
Dec 27, 2023	Wed	Practice	N/A	3:00 PM	5:30 PM	Dimao Gym		
Jan 1, 2024	Mon	Practice	N/A	9:30 AM	11:30 AM	Laidlaw Gym		
Jan 2, 2024	Tue	Practice	N/A	3:00 PM	5:15 PM	Laidlaw Gym		

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Jan 4, 2024	Thu	Practice	N/A	3:00 PM	5:15 PM	Laidlaw Gym		
Jan 5, 2024	Fri	Practice	N/A	2:30 PM	4:15 PM	Laidlaw Gym		
Jan 8, 2024	Mon	Practice	N/A	7:00 PM	9:00 PM	Laidlaw Gym		
Jan 10, 2024	Wed	Practice	N/A	3:00 PM	4:45 PM	Laidlaw Gym		
Jan 12, 2024	Fri	Practice	N/A	2:30 PM	4:30 PM	Laidlaw Gym		
Jan 16, 2024	Tue	Practice	N/A	3:00 PM	4:30 PM	Laidlaw Gym		
Jan 17, 2024	Wed	Practice	N/A	5:00 PM	7:00 PM	Laidlaw Gym		
Jan 18, 2024	Thu	Regular Season	Utica Proctor	7:00 PM	8:30 PM	Laidlaw Gym		L
Jan 19, 2024	Fri	Practice	N/A	4:30 PM	6:30 PM	Laidlaw Gym		
Jan 20, 2024	Sat	Regular Season 3-0 W	Vernon-Verona-Sherrill	12:30 PM	2:00 PM	Laidlaw Gym		L
Jan 22, 2024	Mon	Practice	N/A	7:00 PM	9:00 PM	Laidlaw Gym		
Jan 23, 2024	Tue	Regular Season 0-3 L	Rome Free Academy	4:00 PM	5:00 PM	Laidlaw Gym		L
Jan 24, 2024	Wed	Regular Season	Herkimer	7:00 PM		Laidlaw Gym		NL
Jan 25, 2024	Thu	Practice	N/A	5:00 PM	7:00 PM	Laidlaw Gym		
Jan 26, 2024	Fri	Practice	N/A	6:45 PM	9:00 PM	Laidlaw Gym		
Jan 29, 2024	Mon	Practice	N/A	4:45 PM	7:00 PM	Laidlaw Gym		
Jan 31, 2024	Wed	Practice	N/A	6:45 PM	9:00 PM	Laidlaw Gym		
Feb 1, 2024	Thu	Practice	N/A	3:00 PM	5:15 PM	Laidlaw Gym		
Feb 2, 2024	Fri	Practice	N/A	5:00 PM	7:00 PM	Laidlaw Gym		
Feb 5, 2024	Mon	Practice	N/A	3:00 PM	4:45 PM	Laidlaw Gym		
Feb 6, 2024	Tue	Regular Season 0-3 L	Chittenango	7:00 PM	8:30 PM	Laidlaw Gym		L
Feb 7, 2024	Wed	Regular Season	Central Valley Academy	7:00 PM		Laidlaw Gym		L
Feb 9, 2024	Fri	Practice	N/A	4:30 PM	6:45 PM	Laidlaw Gym		
Feb 13, 2024	Tue	Practice	N/A	5:00 PM	7:15 PM	Laidlaw Gym		
Feb 14, 2024	Wed	Practice	N/A	5:00 PM	7:15 PM	Laidlaw Gym		
Feb 15, 2024	Thu	Practice	N/A	5:00 PM	7:15 PM	Laidlaw Gym		
Feb 19, 2024	Mon	Practice	N/A	2:00 PM	4:00 PM	Laidlaw Gym		
Feb 20, 2024	Tue	Practice	N/A	2:00 PM	4:00 PM	Laidlaw Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE	LEAGUE / NON-LEAGUE
Feb 21, 2024	Wed	Regular Season	Oneida	6:00 PM	8:30 PM	Laidlaw Gym		L
Feb 23, 2024	Fri	Practice	N/A	2:00 PM	4:00 PM	Laidlaw Gym		
Feb 26, 2024	Mon	Practice	N/A	5:00 PM	7:15 PM	Laidlaw Gym		
Feb 28, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Laidlaw Gym		

Date: 2024-05-17