

# Canastota

## (B) V Volleyball

**Coaches:**

- Shay Sgroi

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 28, 2022	Mon	Practice	N/A	7:00 PM	9:00 PM	Laidlaw Gym		
Nov 29, 2022	Tue	Practice	N/A	3:00 PM	4:45 PM	Laidlaw Gym		
Nov 30, 2022	Wed	Practice	N/A	7:00 PM	9:00 PM	Laidlaw Gym		
Dec 1, 2022	Thu	Practice	N/A	3:00 PM	4:45 PM	Laidlaw Gym		
Dec 2, 2022	Fri	Practice	N/A	7:00 PM	9:00 PM	Laidlaw Gym		
Dec 3, 2022	Sat	Practice	N/A	7:00 AM	9:00 AM	Laidlaw Gym		
Dec 5, 2022	Mon	Practice	N/A	7:30 PM	9:00 PM	Dimao Gym		
Dec 6, 2022	Tue	Practice	N/A	3:00 PM	3:45 PM	Laidlaw Gym		
Dec 7, 2022	Wed	Practice	N/A	3:00 PM	4:45 PM	Laidlaw Gym		
Dec 8, 2022	Thu	Practice	N/A	5:15 PM	7:15 PM	Laidlaw Gym		
Dec 9, 2022	Fri	Practice	N/A	2:30 PM	3:45 PM	Laidlaw Gym		
Dec 12, 2022	Mon	Practice	N/A	7:00 PM	9:00 PM	Laidlaw Gym		
Dec 13, 2022	Tue	Scrimmage	@ Oneida	6:30 PM		57 Gym	<b>Departure Time:</b> 4:30 PM	NL
Dec 14, 2022	Wed	Practice	N/A	5:00 PM	7:00 PM	Laidlaw Gym		
CANCELLED Dec 15, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	Laidlaw Gym		
CANCELLED Dec 16, 2022	Fri	Practice	N/A	6:00 PM	8:00 PM	Dimao Gym		
Dec 17, 2022	Sat	Regular Season (Boys Varsity Tournament )	Central Valley Academy, Little Falls, Sauquoit Valley, Vernon-Verona-Sherrill, Chittenango, Catskill, Rome Free Academy, Oneida, Mount Markham	9:00 AM		Laidlaw Gym, Dimao Gym		L
Dec 19, 2022	Mon	Practice	N/A	7:00 PM	9:00 PM	Laidlaw Gym		
Dec 20, 2022	Tue	Practice	N/A	7:00 PM	9:00 PM	Laidlaw Gym		
Dec 21, 2022	Wed	Practice	N/A	5:30 PM	7:30 PM	Laidlaw Gym		
Dec 22, 2022	Thu	Practice	N/A	2:30 PM	4:30 PM	Dimao Gym		
CANCELLED Dec 23, 2022	Fri	Practice	N/A	7:00 AM	9:00 AM	Laidlaw Gym		
Dec 29, 2022	Thu	Practice	N/A	5:00 PM	7:00 PM	Laidlaw Gym		
Dec 30, 2022	Fri	Practice	N/A	5:00 PM	7:00 PM	Laidlaw Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 2, 2023	Mon	Practice	N/A	8:00 AM	10:00 AM	Laidlaw Gym		
Jan 3, 2023	Tue	Regular Season	Westmoreland	6:00 PM		Laidlaw Gym		L
Jan 4, 2023	Wed	Practice	N/A	5:00 PM	7:15 PM	Laidlaw Gym		
Jan 5, 2023	Thu	Regular Season	@ Little Falls	6:00 PM		MS Gym	<b>Departure Time:</b> 4:00 PM	L
Jan 6, 2023	Fri	Practice	N/A	4:30 PM	6:30 PM	Laidlaw Gym		
Jan 7, 2023	Sat	Regular Season 1-3 L	@ Vernon-Verona-Sherrill	11:30 AM	1:00 PM	VVS MS Gym	<b>Departure Time:</b> 9:00 AM	L
Jan 9, 2023	Mon	Practice	N/A	5:15 PM	7:15 PM	Laidlaw Gym		
Jan 10, 2023	Tue	Practice	N/A	7:45 PM	9:00 PM	Laidlaw Gym		
Jan 11, 2023	Wed	Practice	N/A	5:00 PM	7:00 PM	Laidlaw Gym		
Jan 12, 2023	Thu	Regular Season	Central Valley Academy	6:45 PM	8:15 PM	Laidlaw Gym		L
Jan 13, 2023	Fri	Practice	N/A	7:00 PM	9:00 PM	Laidlaw Gym		
Jan 14, 2023	Sat	Regular Season (Oneida Tournament)	Central Valley Academy, Chittenango, Cincinnatus, Rome Free Academy, Greenville, Catskill, Vernon-Verona-Sherrill, Herkimer @ Oneida	9:00 AM		Fariel Gym	<b>Departure Time:</b> 8:15 AM	NL
Jan 17, 2023	Tue	Regular Season	Cincinnatus	6:00 PM		Laidlaw Gym		NL
Jan 18, 2023	Wed	Practice	N/A	7:00 PM	9:00 PM	Laidlaw Gym		
Jan 20, 2023	Fri	Practice	N/A	2:30 PM	4:30 PM	Laidlaw Gym		
Jan 21, 2023	Sat	Regular Season 0-3 L	@ Chittenango	12:30 PM	2:45 PM	Bolivar Rd Elem-Gym	<b>Departure Time:</b> 10:00 AM	L
Jan 23, 2023	Mon	Practice	N/A	3:00 PM	4:30 PM	Laidlaw Gym		
Jan 24, 2023	Tue	Regular Season (RFA - Senior Night) 3-2 W	@ Rome Free Academy	5:00 PM		Buddy Evans Gym (Strough MS)	<b>Departure Time:</b> 3:45 PM	L
POSTPONED Jan 25, 2023	Wed	Practice	N/A	3:00 PM	4:30 PM	Laidlaw Gym		
Jan 26, 2023	Thu	Regular Season 1-3 L	@ Vernon-Verona-Sherrill	8:00 PM	9:30 PM	VVS MS Gym	<b>Departure Time:</b> 5:00 PM	L
Jan 27, 2023	Fri	Practice	N/A	2:45 PM	4:30 PM	Laidlaw Gym		
Jan 28, 2023	Sat	Regular Season	@ Herkimer	2:00 PM		Elementary School Gym	<b>Departure Time:</b> 12:15 PM	NL
Jan 30, 2023	Mon	Practice	N/A	3:00 PM	4:45 PM	Laidlaw Gym		
Jan 31, 2023	Tue	Regular Season	Sauquoit Valley	6:30 PM		Laidlaw Gym		NL
Feb 1, 2023	Wed	Practice	N/A	5:00 PM	7:00 PM	Laidlaw Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 2, 2023	Thu	Regular Season	@ Mount Markham	6:00 PM		TBD	<b>Departure Time:</b> 4:15 PM	NL
Feb 3, 2023	Fri	Practice	N/A	4:45 PM	7:00 PM	Laidlaw Gym		
Feb 6, 2023	Mon	Practice	N/A	5:00 PM	7:00 PM	Laidlaw Gym		
Feb 7, 2023	Tue	Regular Season	Oneida	7:00 PM	8:15 PM	Laidlaw Gym		L
Feb 8, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	Laidlaw Gym		
Feb 9, 2023	Thu	Regular Season	@ Oneida	6:45 PM	8:15 PM	Fariel Gym	<b>Departure Time:</b> 4:30 PM	L
Feb 10, 2023	Fri	Practice	N/A	2:45 PM	4:45 PM	Laidlaw Gym		
Feb 11, 2023	Sat	Regular Season 2-3 L	Chittenango	12:45 PM	2:00 PM	Laidlaw Gym		L
Feb 13, 2023	Mon	Practice	N/A	7:00 PM	9:00 PM	Laidlaw Gym		
Feb 14, 2023	Tue	Regular Season 2-3 L	Rome Free Academy	6:00 PM	7:30 PM	Laidlaw Gym		L
Feb 15, 2023	Wed	Regular Season	@ Central Valley Academy	6:45 PM		CVA Small Gym	<b>Departure Time:</b> 5:00 PM	L
Feb 16, 2023	Thu	Regular Season 3-1 W	Vernon-Verona-Sherrill	6:45 PM	8:15 PM	Laidlaw Gym		L
Feb 21, 2023	Tue	Practice	N/A	1:00 PM	3:00 PM	Laidlaw Gym		
Feb 23, 2023	Thu	Practice	N/A	1:00 PM	3:00 PM	Laidlaw Gym		
Feb 24, 2023	Fri	Practice	N/A	1:00 PM	3:00 PM	Laidlaw Gym		
Feb 25, 2023	Sat	Regular Season (End of Season Varsity Tournament)	Oneida, Little Falls, Chittenango, Rome Free Academy, Sauquoit Valley @ Vernon-Verona-Sherrill	9:00 AM	4:00 PM	VVS MS Gym, VVS Main Gym (The Pit), VVS Volleyball Gym	<b>Departure Time:</b> 7:45 AM	NL
Feb 27, 2023	Mon	Practice	N/A	5:00 PM	7:30 PM	Laidlaw Gym		
Mar 1, 2023	Wed	Post-Season (Section III Class C/D Semi-Finals)	Little Falls	5:30 PM	7:00 PM	Laidlaw Gym		NL

Date: 2024-05-17