

Canastota
(B) V Volleyball

Coaches:

- Shay Sgroi

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 2, 2024	Mon	Practice	N/A	3:00 PM	4:30 PM	Laidlaw Gym		
Dec 3, 2024	Tue	Practice	N/A	7:00 PM	9:00 PM	Laidlaw Gym		
Dec 4, 2024	Wed	Practice	N/A	3:00 PM	5:15 PM	Laidlaw Gym		
Dec 5, 2024	Thu	Practice	N/A	3:00 PM	5:15 PM	Laidlaw Gym		
Dec 6, 2024	Fri	Practice	N/A	2:45 PM	5:00 PM	Laidlaw Gym		
Dec 9, 2024	Mon	Practice	N/A	5:15 PM	7:30 PM	Laidlaw Gym		
Dec 10, 2024	Tue	Practice	N/A	3:00 PM	5:15 PM	Laidlaw Gym		
Dec 11, 2024	Wed	Practice	N/A	3:00 PM	4:30 PM	Laidlaw Gym		
Dec 12, 2024	Thu	Practice	N/A	7:00 PM	9:00 PM	Laidlaw Gym		
Dec 13, 2024	Fri	Practice	N/A	5:00 PM	7:15 PM	Laidlaw Gym		
Dec 14, 2024	Sat	Practice	N/A	8:00 AM	10:00 AM	Laidlaw Gym		
Dec 16, 2024	Mon	Regular Season	Westmoreland	6:30 PM		Laidlaw Gym		NL
Dec 17, 2024	Tue	Practice	N/A	3:00 PM	4:30 PM	Laidlaw Gym		
Dec 18, 2024	Wed	Practice	N/A	7:00 PM	9:00 PM	Laidlaw Gym		
Dec 20, 2024	Fri	Practice	N/A	3:00 PM	5:15 PM	Laidlaw Gym		
Dec 21, 2024	Sat	Practice	N/A	10:00 AM	12:00 PM	Laidlaw Gym		
Dec 23, 2024	Mon	Practice	N/A	8:00 AM	10:00 AM	Laidlaw Gym		
Dec 26, 2024	Thu	Practice	N/A	3:00 PM	6:00 PM	High School Gym		
Dec 28, 2024	Sat	Scrimmage (Scrimmage Tournament)	Vernon-Verona-Sherrill, Rome Free Academy, Catskill, Central Valley Academy, Little Falls, Mount Markham, Chittenango, Oneida, Utica Proctor, Sauquoit Valley, Westmoreland, Voorheesville	9:30 AM		Laidlaw Gym, High School Gym		NL
Jan 6, 2025	Mon	Practice	N/A	5:15 PM	7:30 PM	Laidlaw Gym		
Jan 7, 2025	Tue	Practice	N/A	7:15 PM	9:15 PM	Laidlaw Gym		
Jan 8, 2025	Wed	Practice	N/A	5:15 PM	7:30 PM	Laidlaw Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 9, 2025	Thu	Practice	N/A	7:15 PM	9:15 PM	Laidlaw Gym		
Jan 10, 2025	Fri	Practice	N/A	2:45 PM	4:30 PM	Laidlaw Gym		
Jan 11, 2025	Sat	Regular Season (Oneida Boys Volleyball Tournament)	Vernon-Verona-Sherrill, Central Valley Academy, Little Falls, Utica Proctor, Rome Free Academy, Sauquoit Valley, Mount Markham, Chittenango @ Oneida	9:00 AM	5:00 PM	Fariel Gym		NL
Jan 13, 2025	Mon	Practice	N/A	3:00 PM	4:30 PM	Laidlaw Gym		
Jan 14, 2025	Tue	Regular Season	Utica Proctor	7:00 PM	8:30 PM	Laidlaw Gym		L
Jan 15, 2025	Wed	Practice	N/A	3:00 PM	4:30 PM	Laidlaw Gym		
Jan 16, 2025	Thu	Regular Season 0-3 L	@ Chittenango	7:00 PM	8:30 PM	Bolivar Rd Elem-Gym	Departure Time: 4:15 PM	L
Jan 17, 2025	Fri	Regular Season 0-3 L	@ Vernon-Verona-Sherrill	7:00 PM		VVS MS Gym	Departure Time: 3:45 PM	L
Jan 20, 2025	Mon	Practice	N/A	1:00 PM	3:00 PM	Laidlaw Gym		
Jan 21, 2025	Tue	Practice	N/A	3:00 PM	4:30 PM	Laidlaw Gym		
Jan 22, 2025	Wed	Practice	N/A	3:00 PM	4:30 PM	Laidlaw Gym		
POSTPONED Jan 23, 2025	Thu	Regular Season	Sauquoit Valley	6:30 PM		Laidlaw Gym		NL
Jan 23, 2025	Thu	Regular Season	Central Valley Academy	7:00 PM	8:30 PM	Laidlaw Gym		L
Jan 24, 2025	Fri	Practice	N/A	2:45 PM	4:30 PM	Laidlaw Gym		
Jan 27, 2025	Mon	Practice	N/A	3:00 PM	4:30 PM	Laidlaw Gym		
Jan 29, 2025	Wed	Regular Season	Oneida	5:30 PM	7:00 PM	Laidlaw Gym		L
Jan 30, 2025	Thu	Regular Season 0-3 L	Vernon-Verona-Sherrill	6:30 PM		Laidlaw Gym		L
Jan 31, 2025	Fri	Practice	N/A	7:00 PM	9:00 PM	Laidlaw Gym		
Feb 1, 2025	Sat	Regular Season	@ Little Falls	2:30 PM		HS Gym	Departure Time: 11:30 AM	NL
Feb 3, 2025	Mon	Practice	N/A	7:00 PM	9:00 PM	Laidlaw Gym		
Feb 4, 2025	Tue	Regular Season	@ Mount Markham	7:00 PM		MS Big Gym	Departure Time: 4:15 PM	NL
Feb 5, 2025	Wed	Regular Season	@ Sauquoit Valley	7:00 PM		MS Gym	Departure Time: 4:00 PM	L
Feb 7, 2025	Fri	Regular Season	@ Herkimer	6:00 PM		Elementary School Gym	Departure Time: 4:15 PM	NL
Feb 8, 2025	Sat	Regular Season (Senior Recognition Day)	@ Utica Proctor	12:30 PM		PHS AUX Gym (Volleyball gym)	Departure Time: 9:15 AM	L
Feb 10, 2025	Mon	Regular Season	@ Oneida	7:00 PM	8:30 PM	Fariel Gym	Departure Time: 4:15 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 11, 2025	Tue	Regular Season 0-3 L	Chittenango	7:00 PM	8:30 PM	Laidlaw Gym		L
Feb 12, 2025	Wed	Practice	N/A	7:15 PM	9:00 PM	Laidlaw Gym		
Feb 13, 2025	Thu	Practice	N/A	7:00 PM	9:00 PM	Laidlaw Gym		
Feb 14, 2025	Fri	Practice	N/A	6:30 PM	8:30 PM	Laidlaw Gym		
Feb 19, 2025	Wed	Regular Season	Rome Free Academy	5:15 PM		Laidlaw Gym		L
Feb 20, 2025	Thu	Practice	N/A	2:00 PM	4:00 PM	Laidlaw Gym		
Feb 20, 2025	Thu	Regular Season	@ Central Valley Academy	3:30 PM		Gregory B. Jarvis Middle School gym	Departure Time: 2:00 PM	L
Feb 21, 2025	Fri	Regular Season	@ Rome Free Academy	5:00 PM		Strough M S	Departure Time: 2:00 PM	L
Feb 22, 2025	Sat	Regular Season (Varsity Tournament)	Sauquoit Valley, Central Valley Academy, Rome Free Academy, Little Falls, Chittenango, Oneida, Utica Proctor @ Vernon-Verona-Sherrill	9:00 AM		VVS MS Gym, VVS Main Gym (The Pit), VVS Volleyball Gym	Departure Time: 7:45 AM	NL
Feb 24, 2025	Mon	Practice	N/A	5:15 PM	7:30 PM	Laidlaw Gym		
Feb 24, 2025	Mon	Regular Season	@ Vernon-Verona-Sherrill	6:45 PM		VVS MS Gym		NL
Feb 25, 2025	Tue	Post-Season (Section III Semi-Final)	@ Westmoreland	6:00 PM		HS Gym	Departure Time: 4:45 PM	NL
Feb 26, 2025	Wed	Practice	N/A	3:00 PM	5:15 PM	Laidlaw Gym		
Feb 27, 2025	Thu	Post-Season (@ Westmorland Sectional Final)	@ Sauquoit Valley	7:00 PM		HS Gym	Departure Time: 5:15 PM	L

Date: 2025-12-16