

Canastota  
(B) V Volleyball

Coaches:

- Shay Sgroi

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 1, 2025	Mon	Practice	N/A	5:00 PM	7:00 PM	Laidlaw Gym		
Dec 2, 2025	Tue	Practice	N/A	3:00 PM	3:45 PM	Laidlaw Gym		
Dec 3, 2025	Wed	Practice	N/A	3:00 PM	5:15 PM	Laidlaw Gym		
Dec 4, 2025	Thu	Practice	N/A	3:00 PM	4:30 PM	Laidlaw Gym		
Dec 5, 2025	Fri	Practice	N/A	2:45 PM	5:00 PM	Laidlaw Gym		
Dec 6, 2025	Sat	Practice	N/A	7:30 AM	9:00 PM	Laidlaw Gym		
Dec 8, 2025	Mon	Practice	N/A	5:00 PM	7:00 PM	Laidlaw Gym		
Dec 9, 2025	Tue	Practice	N/A	3:00 PM	3:45 PM	Laidlaw Gym		
Dec 10, 2025	Wed	Practice	N/A	3:00 PM	4:30 PM	Laidlaw Gym		
Dec 11, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	High School Gym		
Dec 12, 2025	Fri	Practice	N/A	5:00 PM	7:15 PM	Laidlaw Gym		
Dec 13, 2025	Sat	Practice	N/A	7:30 AM	9:00 PM	Laidlaw Gym		
Dec 15, 2025	Mon	Practice	N/A	3:00 PM	4:30 PM	Laidlaw Gym		
Dec 16, 2025	Tue	Practice	N/A	3:00 PM	4:30 PM	Laidlaw Gym		
Dec 18, 2025	Thu	Regular Season	Oneida	6:30 PM		Laidlaw Gym		NL
Dec 19, 2025	Fri	Practice	N/A	3:00 PM	5:15 PM	Laidlaw Gym		
Dec 20, 2025	Sat	Scrimmage (Canastota Boys Volleyball Pre-Season Scrimmage)	Central Valley Academy, Oneida, Catskill, Chittenango, Little Falls, Rome Free Academy, Vernon-Verona-Sherrill, Sauquoit Valley, Utica Proctor, Voorheesville, Westmoreland	9:15 AM		Laidlaw Gym		NL
Dec 22, 2025	Mon	Practice	N/A	1:00 PM	3:30 PM	Laidlaw Gym		
Dec 23, 2025	Tue	Practice	N/A	1:00 PM	3:30 PM	Laidlaw Gym		
Dec 29, 2025	Mon	Practice	N/A	1:00 PM	3:30 PM	Laidlaw Gym		
Dec 30, 2025	Tue	Practice	N/A	1:00 PM	3:30 PM	Laidlaw Gym		
Jan 2, 2026	Fri	Practice	N/A	12:30 PM	2:30 PM	Laidlaw Gym		
Jan 5, 2026	Mon	Practice	N/A	3:00 PM	4:30 PM	Laidlaw Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 6, 2026	Tue	Regular Season	@ Chittenango	7:00 PM	8:30 PM	Chittenango HS- Large Gym	<b>Departure Time:</b> 4:15 PM	NL
Jan 7, 2026	Wed	Practice	N/A	4:45 PM	7:00 PM	Laidlaw Gym		
Jan 8, 2026	Thu	Practice	N/A	3:00 PM	4:30 PM	Laidlaw Gym		
Jan 9, 2026	Fri	Regular Season	Herkimer	6:00 PM	7:30 PM	Laidlaw Gym		L
Jan 10, 2026	Sat	Regular Season	Vernon-Verona-Sherrill	4:00 PM		Laidlaw Gym		L
Jan 12, 2026	Mon	Practice	N/A	4:45 PM	7:00 PM	Laidlaw Gym		
Jan 13, 2026	Tue	Regular Season	@ Sauquoit Valley	6:45 PM	8:15 PM	MS Gym	<b>Departure Time:</b> 4:30 PM	L
Jan 14, 2026	Wed	Practice	N/A	5:00 PM	7:15 PM	Laidlaw Gym		
Jan 15, 2026	Thu	Regular Season	@ Little Falls	5:30 PM		MS Gym	<b>Departure Time:</b> 3:30 PM	L
Jan 16, 2026	Fri	Practice	N/A	2:45 PM	4:30 PM	Laidlaw Gym		
Jan 17, 2026	Sat	Practice	N/A	8:00 AM	10:00 AM	Laidlaw Gym		
Jan 20, 2026	Tue	Regular Season	Westmoreland	6:45 PM	8:15 PM	Laidlaw Gym		L
Jan 23, 2026	Fri	Practice	N/A	7:00 PM	9:00 PM	Laidlaw Gym		
Jan 24, 2026	Sat	Regular Season	Central Valley Academy	1:00 PM		Laidlaw Gym		NL
Jan 26, 2026	Mon	Practice	N/A	5:00 PM	7:00 PM	Laidlaw Gym		
Jan 27, 2026	Tue	Regular Season	@ Rome Free Academy	7:00 PM		Buddy Evans Gym (Strough MS)	<b>Departure Time:</b> 4:00 PM	NL
Jan 28, 2026	Wed	Practice	N/A	5:00 PM	7:00 PM	Laidlaw Gym		
Jan 29, 2026	Thu	Regular Season	Utica Proctor	6:30 PM		Laidlaw Gym		NL
Jan 30, 2026	Fri	Practice	N/A	2:45 PM	4:30 PM	Laidlaw Gym		
Feb 2, 2026	Mon	Practice	N/A	7:00 PM	8:00 PM	Laidlaw Gym		
Feb 3, 2026	Tue	Regular Season	@ Herkimer	6:00 PM	8:15 PM	Elementary School Gym	<b>Departure Time:</b> 4:15 PM	L
Feb 4, 2026	Wed	Practice	N/A	3:00 PM	5:15 PM	Laidlaw Gym		
Feb 5, 2026	Thu	Regular Season	Sauquoit Valley	6:45 PM	8:15 PM	Laidlaw Gym		L
Feb 7, 2026	Sat	Regular Season	@ Vernon-Verona-Sherrill	12:30 PM		VVS MS Gym	<b>Departure Time:</b> 9:45 AM	L
Feb 9, 2026	Mon	Regular Season	Little Falls	5:30 PM	7:00 PM	Laidlaw Gym		L
Feb 11, 2026	Wed	Regular Season	@ Westmoreland	6:45 PM	8:15 PM	Westmoreland H S	<b>Departure Time:</b> 4:15 PM	L
TBD		Practice	N/A	3:00 PM	3:45 PM	Laidlaw Gym		