

Canastota
(G) V Winter Track

Coaches:
• John Copp, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 17, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	Hallways, High School Gym, Playroom Gym, Tunnel		
Nov 18, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	Hallways, High School Gym, Playroom Gym, Tunnel		
Nov 19, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	Hallways, Playroom Gym, Tunnel		
Nov 20, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	Hallways, High School Gym, Playroom Gym, Tunnel		
Nov 21, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	Hallways, High School Gym, Playroom Gym, Tunnel		
Nov 24, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	Hallways, High School Gym, Playroom Gym, Tunnel		
Nov 25, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	Hallways, High School Gym, Playroom Gym, Tunnel		
Dec 1, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	Hallways, Playroom Gym		
Dec 2, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	Hallways, Playroom Gym		
Dec 3, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	Hallways, Playroom Gym		
POSTPONED Dec 4, 2025	Thu	Regular Season (at Utica University Dome)	@ TBD	7:30 PM	10:00 PM	Utica College	Departure Time: 6:15 PM	NL
Dec 5, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	Hallways, Playroom Gym		
Dec 6, 2025	Sat	Practice	N/A	9:00 AM	11:00 AM	Fitness Center		
Dec 8, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	Hallways, Playroom Gym		
Dec 9, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	Hallways, Playroom Gym		
Dec 10, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	Hallways		
Dec 12, 2025	Fri	Regular Season (at Utica University Dome)	@ TBD	4:00 PM	6:30 PM	Utica College	Departure Time: 2:30 PM	NL
Dec 13, 2025	Sat	Practice	N/A	9:00 AM	11:00 AM	Fitness Center		
Dec 15, 2025	Mon	Regular Season (at Hamilton College)	@ TBD	4:00 PM	10:30 PM	Hamilton College	Departure Time: 2:30 PM	NL
Dec 16, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	Hallways		
Dec 17, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	Hallways, Playroom Gym		
Dec 18, 2025	Thu	Regular Season (at Utica College Dome)	@ TBD	4:00 PM	6:30 PM	Utica College	Departure Time: 2:30 PM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 19, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	Hallways, Playroom Gym		
Dec 22, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	Hallways, Playroom Gym		
Dec 23, 2025	Tue	Practice	N/A	9:00 AM	11:00 AM	Hallways, Playroom Gym		
Dec 26, 2025	Fri	Practice	N/A	9:00 AM	11:00 AM	Hallways, Playroom Gym		
Dec 27, 2025	Sat	Regular Season (CNY Holiday Classic)	@ TBD	4:30 PM		Utica College	Departure Time: 3:00 PM	NL
Dec 29, 2025	Mon	Practice	N/A	9:00 AM	11:00 AM	Hallways, Playroom Gym		
Dec 30, 2025	Tue	Practice	N/A	9:00 AM	11:00 AM	Hallways, Playroom Gym		
Dec 31, 2025	Wed	Practice	N/A	9:00 AM	11:00 AM	Hallways, Playroom Gym		
Jan 2, 2026	Fri	Regular Season (at Colgate College)	@ TBD	4:00 PM	6:30 PM	Colgate University	Departure Time: 2:30 PM	NL
Jan 5, 2026	Mon	Practice	N/A	3:00 PM	5:00 PM	Hallways		
Jan 6, 2026	Tue	Practice	N/A	3:00 PM	5:00 PM	Hallways		
Jan 7, 2026	Wed	Practice	N/A	3:00 PM	5:00 PM	Hallways		
Jan 8, 2026	Thu	Practice	N/A	3:00 PM	5:00 PM	Hallways		
Jan 9, 2026	Fri	Practice	N/A	2:45 PM	4:45 PM	Hallways		
Jan 10, 2026	Sat	Regular Season (at Utica College Dome)	@ TBD	10:00 AM		Utica College	Departure Time: 8:30 AM	NL
Jan 12, 2026	Mon	Practice	N/A	3:00 PM	5:00 PM	Hallways, Playroom Gym		
Jan 13, 2026	Tue	Practice	N/A	3:00 PM	5:00 PM	Hallways, Playroom Gym		
Jan 14, 2026	Wed	Practice	N/A	3:00 PM	5:00 PM	Hallways		
Jan 15, 2026	Thu	Practice	N/A	3:00 PM	5:00 PM	Hallways		
Jan 16, 2026	Fri	Practice	N/A	2:45 PM	4:45 PM	Hallways		
Jan 17, 2026	Sat	Regular Season (at OCC)	@ TBD	3:00 PM	8:00 PM	SRC Arena	Departure Time: 1:15 PM	NL
Jan 20, 2026	Tue	Practice	N/A	3:00 PM	5:00 PM	Hallways, Playroom Gym		
Jan 21, 2026	Wed	Practice	N/A	3:00 PM	5:00 PM	Hallways, Playroom Gym		
Jan 22, 2026	Thu	Regular Season (CSC Championships at Utica College)	@ TBD	4:00 PM	6:30 PM	Utica College	Departure Time: 2:30 PM	L
Jan 23, 2026	Fri	Practice	N/A	2:45 PM	4:45 PM	Hallways		
Jan 24, 2026	Sat	Practice	N/A	9:00 AM	11:00 AM	Fitness Center		
Jan 26, 2026	Mon	Practice	N/A	3:00 PM	5:00 PM	Hallways, Playroom Gym		
Jan 27, 2026	Tue	Practice	N/A	3:00 PM	5:00 PM	Hallways		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 28, 2026	Wed	Practice	N/A	3:00 PM	5:00 PM	Hallways, Playroom Gym		
Jan 29, 2026	Thu	Practice	N/A	3:00 PM	5:00 PM	Hallways		
Jan 30, 2026	Fri	Practice	N/A	2:45 PM	4:45 PM	Hallways		
Jan 31, 2026	Sat	Practice	N/A	9:00 AM	11:00 AM	Fitness Center		
Feb 2, 2026	Mon	Practice	N/A	3:00 PM	5:00 PM	Hallways, Playroom Gym		
Feb 3, 2026	Tue	Practice	N/A	3:00 PM	5:00 PM	Hallways		
Feb 4, 2026	Wed	Practice	N/A	3:00 PM	5:00 PM	Hallways, Playroom Gym		
Feb 7, 2026	Sat	Regular Season (Section 3 Championships at OCC)	@ TBD	9:00 AM	2:00 PM	Utica College	Departure Time: 7:15 AM	NL
Feb 11, 2026	Wed	Post-Season (State Qualifiers at OCC)	@ TBD	4:30 PM		SRC Arena	Departure Time: 2:45 PM	NL
Feb 24, 2026	Tue	Post-Season (Supplemental Meet at OCC)	@ TBD	TBD		SRC Arena		NL
Mar 6, 2026	Fri	Post-Season (NYS Championships at Ocean Breeze)	@ TBD	TBD		TBD		NL
Mar 7, 2026	Sat	Post-Season (NYS Championships at Ocean Breeze)	@ TBD	TBD		TBD		NL

Date: 2026-01-02