

| DATE | WEEK DAY | ТҮРЕ | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON- LEAGUE |
|--------------------------|-------------|------------------------------|--------------------|---------------|-------------|-----------------------------------|----------------|----------------------------|
| Aug 23, 2024 | Fri | Practice (Optional Open Gym) | N/A | 9:00 AM | 12:00 PM | John F. Lynch Gym | | |
| Aug 26, 2024 | Mon | Practice | N/A | 9:00 AM | 12:00 PM | John F. Lynch Gym | | |
| Aug 27, 2024 | Tue | Practice | N/A | 9:00 AM | 12:00 PM | John F. Lynch Gym | | |
| Aug 28, 2024 | Wed | Practice | N/A | 9:00 AM | 12:00 PM | John F. Lynch Gym | | |
| Aug 29, 2024 | Thu | Practice | N/A | 9:00 AM | 12:00 PM | John F. Lynch Gym | | |
| Sep 3, 2024 | Tue | Practice | N/A | 2:00 PM | 5:00 PM | Callahan Gym | | |
| Sep 4, 2024 | Wed | Practice | N/A | 2:00 PM | 5:00 PM | Callahan Gym | | |
| Sep 5, 2024 | Thu | Practice | N/A | 2:00 PM | 5:00 PM | Callahan Gym | | |
| Sep 28, 2024 | Sat | Regular Season | @ Utica Proctor | 9:30 AM | | PHS Stadium (Turf Field/Track) | | L |
| Oct 26, 2024 | Sat | Regular Season | Elmira (Fall) | 10:00 AM | | Alibrandi Stadium | | L |
| Nov 18, 2024 | Mon | Practice | N/A | 3:30 PM | 5:00 PM | John F. Lynch Gym | | |
| Nov 20, 2024 | Wed | Practice | N/A | 3:00 PM | 4:30 PM | John F. Lynch Gym | | |
| Nov 21, 2024 | Thu | Practice | N/A | 3:00 PM | 4:30 PM | John F. Lynch Gym | | |
| Nov 25, 2024 | Mon | Practice | N/A | 3:30 PM | 4:30 PM | John F. Lynch Gym | | |
| Nov 26, 2024 | Tue | Practice | N/A | 3:30 PM | 5:00 PM | John F. Lynch Gym | | |
| POSTPONED Dec 5, 2024 | Thu | Practice | N/A | TBD | | Off | | |
| Jan 15, 2025 | Wed | Practice | N/A | 3:00 PM | 4:30 PM | John F. Lynch Gym | | |
| Feb 5, 2025 | Wed | Practice | N/A | 3:00 PM | 5:00 PM | John F. Lynch Gym | | |

Date: 2025-12-13