



# General Brown (G) V Volleyball

## Coaches:

- Carrie LaSage, Head Coach
- Melissa Ruscio, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 13, 2023	Mon	Practice	N/A	7:00 PM	9:00 PM	GBHS Main Gym		
Nov 14, 2023	Tue	Practice	N/A	5:00 PM	7:00 PM	GBHS Main Gym		
Nov 15, 2023	Wed	Practice	N/A	5:00 PM	7:00 PM	GBHS Main Gym		
Nov 16, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	GBHS Main Gym		
Nov 17, 2023	Fri	Practice	N/A	5:00 PM	7:00 PM	GBHS Main Gym		
Nov 18, 2023	Sat	Practice	N/A	7:30 AM	9:00 AM	GBHS Main Gym		
Nov 20, 2023	Mon	Practice	N/A	11:00 AM	1:00 PM	GBHS Main Gym		
Nov 21, 2023	Tue	Practice	N/A	5:00 PM	7:00 PM	GBHS Main Gym		
Nov 27, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	GBHS Main Gym		
Nov 27, 2023	Mon	Practice	N/A	3:00 PM	4:00 PM	GBHS Weight Room		
Nov 28, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	GBHS Main Gym		
Nov 30, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	GBHS Main Gym		
Dec 1, 2023	Fri	Regular Season	South Jefferson	7:00 PM		GBHS Main Gym		L
Dec 2, 2023	Sat	Practice	N/A	7:30 AM	8:30 AM	GBHS Weight Room		
Dec 2, 2023	Sat	Practice	N/A	7:30 AM	9:00 AM	GBHS Main Gym		
Dec 5, 2023	Tue	Practice	N/A	5:00 PM	6:00 PM	GBHS Weight Room		
Dec 5, 2023	Tue	Practice	N/A	5:00 PM	7:00 PM	GBHS Main Gym		
Dec 6, 2023	Wed	Practice	N/A	3:00 PM	4:30 PM	GBHS Main Gym		
Dec 7, 2023	Thu	Regular Season	Watertown	7:00 PM		GBHS Main Gym		L
Dec 8, 2023	Fri	Practice	N/A	3:00 PM	4:30 PM	GBHS Main Gym		
Dec 8, 2023	Fri	Practice	N/A	3:00 PM	4:00 PM	GBHS Weight Room		
Dec 12, 2023	Tue	Practice	N/A	7:00 PM	9:00 PM	GBHS Main Gym		
Dec 12, 2023	Tue	Practice	N/A	7:00 PM	8:00 PM	GBHS Weight Room		
Dec 13, 2023	Wed	Practice	N/A	3:00 PM	4:30 PM	GBHS Main Gym		

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Dec 15, 2023	Fri	Regular Season	Beaver River	5:45 PM		GBHS Main Gym		L
Dec 16, 2023	Sat	Practice	N/A	7:30 AM	8:30 AM	GBHS Weight Room		
Dec 16, 2023	Sat	Practice	N/A	7:30 AM	9:00 AM	GBHS Main Gym		
Dec 18, 2023	Mon	Regular Season	Lowville	7:30 PM	9:00 PM	GBHS Main Gym		L
Dec 21, 2023	Thu	Practice	N/A	3:00 PM	4:30 PM	GBHS Auxiliary Gym		
Dec 21, 2023	Thu	Practice	N/A	4:00 PM	5:00 PM	GBHS Weight Room		
Dec 26, 2023	Tue	Practice	N/A	10:00 AM	12:00 PM	GBHS Main Gym		
Dec 26, 2023	Tue	Practice	N/A	11:00 AM	12:00 PM	GBHS Weight Room		
Dec 27, 2023	Wed	Practice	N/A	8:00 AM	9:30 AM	GBHS Main Gym		
Jan 2, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	GBHS Main Gym		
Jan 2, 2024	Tue	Practice	N/A	3:00 PM	4:00 PM	GBHS Weight Room		
Jan 3, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	GBHS Main Gym		
Jan 5, 2024	Fri	Practice	N/A	3:00 PM	4:30 PM	GBHS Auxiliary Gym		
Jan 6, 2024	Sat	Regular Season	Camden	11:00 AM	12:30 PM	GBHS Main Gym		NL
Jan 9, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	GBHS Main Gym		
POSTPONED Jan 10, 2024	Wed	Regular Season	Sandy Creek	7:00 PM		GBHS Main Gym		L
Jan 12, 2024	Fri	Practice	N/A	3:00 PM	4:30 PM	GBHS Auxiliary Gym		
Jan 13, 2024	Sat	Regular Season	Thousand Islands	10:00 AM	11:30 AM	GBHS Main Gym		NL
Jan 15, 2024	Mon	Practice	N/A	10:00 AM	11:30 AM	GBHS Main Gym		
Jan 16, 2024	Tue	Regular Season	Carthage	7:15 PM		GBHS Main Gym		L
Jan 17, 2024	Wed	Practice	N/A	4:30 PM	6:00 PM	GBHS Auxiliary Gym		
Jan 18, 2024	Thu	Practice	N/A	4:30 PM	6:00 PM	GBHS Auxiliary Gym		
POSTPONED Jan 18, 2024	Thu	Regular Season	Sandy Creek	7:00 PM	8:30 PM	GBHS Main Gym		L
Jan 24, 2024	Wed	Practice	N/A	3:00 PM	4:30 PM	GBHS Main Gym		
Jan 26, 2024	Fri	Practice	N/A	3:00 PM	4:30 PM	GBHS Auxiliary Gym		

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Jan 29, 2024	Mon	Regular Season	South Lewis	7:00 PM	8:30 PM	GBHS Main Gym		NL
Jan 30, 2024	Tue	Regular Season	Sandy Creek	7:00 PM	8:30 PM	GBHS Main Gym		L
Feb 2, 2024	Fri	Practice	N/A	3:00 PM	4:30 PM	GBHS Auxiliary Gym		
Feb 5, 2024	Mon	Practice	N/A	4:30 PM	6:00 PM	GBHS Main Gym		
Feb 6, 2024	Tue	Post-Season	Oneida	5:30 PM	7:30 PM	GBHS Main Gym		NL
Mar 4, 2024	Mon	Post-Season ( Volleyball Exceptional Senior Match)	TBD	5:00 PM	7:30 PM	GBHS Main Gym		NL

Date: 2024-05-05