



# 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 14, 2022	Mon	Practice (Girls Varsity Volleyball Practice)	N/A	7:00 PM	9:00 PM	GBHS Main Gym		
Nov 15, 2022	Tue	Practice (Girls Varsity Volleyball Practice)	N/A	5:00 PM	7:00 PM	GBHS Main Gym		
Nov 16, 2022	Wed	Practice (Girls Varsity Volleyball Practice)	N/A	3:00 PM	5:00 PM	GBHS Main Gym		
Nov 17, 2022	Thu	Practice (Girls Varsity Volleyball Practice)	N/A	2:00 PM	4:00 PM	GBHS Main Gym		
CANCELLED Nov 18, 2022	Fri	Practice (Girls Varsity Volleyball Practice)	N/A	5:00 PM	7:00 PM	GBHS Main Gym		
CANCELLED Nov 19, 2022	Sat	Practice (Girls Varsity Volleyball Practice)	N/A	9:30 AM	11:30 AM	GBHS Main Gym		
CANCELLED Nov 19, 2022	Sat	Practice (Girls Varsity Volleyball Practice)	N/A	1:00 PM	2:30 PM	GBHS Main Gym		
Nov 21, 2022	Mon	Practice (Girls Varsity Volleyball Practice)	N/A	3:00 PM	4:30 PM	GBHS Main Gym		
Nov 22, 2022	Tue	Practice (Girls Varsity Volleyball Practice)	N/A	5:00 PM	7:00 PM	GBHS Main Gym		
Nov 23, 2022	Wed	Practice (Girls Varsity Volleyball Practice)	N/A	1:30 PM	3:00 PM	GBHS Main Gym		
Nov 25, 2022	Fri	Practice (Girls Varsity Volleyball Practice)	N/A	3:00 PM	4:30 PM	GBHS Main Gym		
Nov 26, 2022	Sat	Practice (Girls Varsity Volleyball Practice)	N/A	7:30 AM	9:00 AM	GBHS Main Gym		
Nov 28, 2022	Mon	Regular Season 0-3 L	@ Carthage	7:00 PM		Carthage HS Gym	Departure Time: 4:15 PM	L
Nov 30, 2022	Wed	Practice (Girls Varsity Volleyball Practice)	N/A	6:30 PM	8:00 PM	GBHS Main Gym		
Dec 1, 2022	Thu	Practice (Girls Varsity Volleyball Practice)	N/A	3:00 PM	5:00 PM	GBHS Main Gym		
Dec 2, 2022	Fri	Practice (Girls Varsity Volleyball Practice)	N/A	3:00 PM	5:00 PM	GBHS Main Gym		
Dec 5, 2022	Mon	Practice (Girls Varsity Volleyball Practice)	N/A	3:00 PM	4:30 PM	GBHS Auxiliary Gym		
Dec 6, 2022	Tue	Regular Season	South Jefferson	7:15 PM		GBHS Main Gym		L
Dec 7, 2022	Wed	Regular Season	@ Beaver River	7:30 PM		Beaver River H S	Departure Time: 4:15 PM	L

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Dec 8, 2022	Thu	Practice (Girls Varsity Volleyball Practice)	N/A	3:00 PM	4:30 PM	GBHS Main Gym		
Dec 9, 2022	Fri	Regular Season	Lowville	7:15 PM		GBHS Main Gym		L
Dec 10, 2022	Sat	Regular Season (Tournament)	Whitesboro, South Jefferson, Sandy Creek, New Hartford, Town of Webb UFSD (Varsity Girls Volleyball), Canastota, Mount Markham, Weedsport, Oneida, Indian River, Manlius Pebble Hill @ South Lewis	10:00 AM		South Lewis HS Gymnasium	Departure Time: 8:00 AM	NL
Dec 12, 2022	Mon	Regular Season	@ Sandy Creek	7:30 PM		Sandy Creek MS/HS Gym	Departure Time: 4:45 PM	L
Dec 14, 2022	Wed	Practice (Girls Varsity Volleyball Practice)	N/A	7:00 PM	9:00 PM	GBHS Main Gym		
Dec 15, 2022	Thu	Practice (Girls Varsity Volleyball Practice)	N/A	5:00 PM	7:00 PM	GBHS Main Gym		
Dec 16, 2022	Fri	Practice (Girls Varsity Volleyball Practice)	N/A	3:00 PM	5:00 PM	GBHS Main Gym		
CANCELLED Dec 17, 2022	Sat	Practice (Girls Varsity Volleyball Practice)	N/A	12:30 PM	2:00 PM	GBHS Main Gym		
Dec 19, 2022	Mon	Practice (Girls Varsity Volleyball Practice)	N/A	6:30 PM	8:00 PM	GBHS Main Gym		
Dec 20, 2022	Tue	Practice (Girls Varsity Volleyball Practice)	N/A	4:30 PM	6:00 PM	GBHS Main Gym		
Dec 21, 2022	Wed	Regular Season	@ Indian River	7:15 PM		Indian River High School Main Gym	Departure Time: 4:30 PM	L
CANCELLED Dec 27, 2022	Tue	Practice (Girls Varsity Volleyball Practice)	N/A	8:30 AM	10:00 AM	GBHS Main Gym		
Dec 28, 2022	Wed	Practice (Girls Varsity Volleyball Practice)	N/A	10:30 AM	12:00 PM	GBHS Main Gym		
Dec 29, 2022	Thu	Regular Season	Chittenango, Beaver River, Lowville, Carthage, Thousand Islands, East Syracuse Minoa, Indian River @ Watertown	9:00 AM		Watertown HS, Watertown Case M S	Departure Time: 7:30 AM	L
Jan 2, 2023	Mon	Practice (Girls Varsity Volleyball Practice)	N/A	8:30 AM	10:00 AM	GBHS Main Gym		
Jan 3, 2023	Tue	Practice (Girls Varsity Volleyball Practice)	N/A	3:00 PM	4:30 PM	GBHS Main Gym		
Jan 4, 2023	Wed	Regular Season	South Lewis	7:15 PM		GBHS Main Gym		L

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Jan 5, 2023	Thu	Regular Season	@ Lowville	7:30 PM		Lowville High School Main Gym	Departure Time: 4:30 PM	L
Jan 6, 2023	Fri	Regular Season	Pulaski	7:00 PM		GBHS Main Gym		NL
Jan 9, 2023	Mon	Regular Season	@ Thousand Islands	7:30 PM		Thousand Islands High School Gym	Departure Time: 4:45 PM	NL
Jan 10, 2023	Tue	Practice	N/A	3:00 PM	4:30 PM	GBHS Main Gym		
Jan 11, 2023	Wed	Regular Season	@ South Jefferson	7:15 PM		SJ HS/MS Gym 1 (MS)	Departure Time: 4:30 PM	L
Jan 12, 2023	Thu	Regular Season 0-3 L	Carthage	7:30 PM	7:15 PM	GBHS Main Gym		L
Jan 13, 2023	Fri	Practice	N/A	4:30 PM	6:00 PM	GBHS Auxiliary Gym		
Jan 17, 2023	Tue	Practice (Girls Varsity Volleyball Practice)	N/A	3:00 PM	4:30 PM	GBHS Main Gym		
Jan 18, 2023	Wed	Regular Season	Watertown	7:00 PM		GBHS Main Gym		L
Jan 19, 2023	Thu	Practice (Girls Varsity Volleyball Practice)	N/A	3:00 PM	4:30 PM	GBHS Main Gym		
Jan 20, 2023	Fri	Regular Season	Thousand Islands	7:15 PM		GBHS Main Gym		L
Jan 21, 2023	Sat	Practice	N/A	8:00 AM	9:15 AM	GBHS Main Gym		
Jan 23, 2023	Mon	Regular Season	Indian River	7:00 PM		GBHS Main Gym		L
Jan 24, 2023	Tue	Practice (Girls Varsity Volleyball Practice)	N/A	3:00 PM	4:30 PM	GBHS Main Gym		
Jan 25, 2023	Wed	Practice (Girls Varsity Volleyball Practice)	N/A	4:30 PM	6:00 PM	GBHS Auxiliary Gym		
CANCELLED Jan 25, 2023	Wed	Regular Season	Camden	6:00 PM		GBHS Main Gym		NL
Jan 26, 2023	Thu	Practice (Girls Varsity Volleyball Practice)	N/A	3:00 PM	4:30 PM	GBHS Main Gym		
Jan 27, 2023	Fri	Regular Season	@ Watertown	7:00 PM		Watertown H S, Watertown Case M S	Departure Time: 4:30 PM	L
Jan 30, 2023	Mon	Practice (Girls Varsity Volleyball Practice)	N/A	3:00 PM	4:30 PM	GBHS Auxiliary Gym		
Jan 31, 2023	Tue	Practice (Girls Varsity Volleyball Practice)	N/A	3:00 PM	4:30 PM	GBHS Main Gym		
Feb 1, 2023	Wed	Practice	N/A	4:30 PM	6:00 PM	GBHS Auxiliary Gym		
Feb 2, 2023	Thu	Practice (Girls Varsity Volleyball Practice)	N/A	3:00 PM	4:30 PM	GBHS Main Gym		
Feb 2, 2023	Thu	Regular Season (FL Semi-final)	@ South Jefferson	7:00 PM		SJ HS/MS Gym 1 (MS)	Departure Time: 5:30 PM	NL
Feb 3, 2023	Fri	Practice (Girls Varsity Volleyball Practice)	N/A	4:30 PM	6:00 PM	GBHS Auxiliary Gym		

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Feb 4, 2023	Sat	Regular Season (Frontier League Tournament Final Date Hold )	@ TBD	TBD		TBD		L
Feb 6, 2023	Mon	Practice	N/A	3:00 PM	4:30 PM	GBHS Main Gym		
Feb 7, 2023	Tue	Practice (Girls Varsity Volleyball Practice)	N/A	3:00 PM	4:30 PM	GBHS Main Gym		
Feb 8, 2023	Wed	Post-Season (Section III 1st round)	@ South Jefferson	7:00 PM		SJ HS/MS Gym 1 (MS)	<b>Departure Time:</b> 5:45 PM	NL

Date: 2025-12-29