



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 18, 2024	Mon	Practice	N/A	7:00 PM	9:00 PM	GBHS Main Gym		
Nov 19, 2024	Tue	Practice	N/A	5:00 PM	7:00 PM	GBHS Main Gym		
Nov 20, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	GBHS Main Gym		
Nov 21, 2024	Thu	Practice	N/A	5:00 PM	7:00 PM	GBHS Main Gym		
Nov 22, 2024	Fri	Practice	N/A	7:00 PM	9:00 PM	GBHS Main Gym		
Nov 23, 2024	Sat	Practice	N/A	7:30 AM	9:00 AM	GBHS Main Gym		
Nov 25, 2024	Mon	Practice	N/A	11:00 AM	12:00 PM	GBHS Weight Room		
Nov 26, 2024	Tue	Practice	N/A	7:00 PM	9:00 PM	GBHS Main Gym		
CANCELLED Nov 29, 2024	Fri	Practice	N/A	2:00 PM	3:30 PM	GBHS Main Gym		
CANCELLED Nov 30, 2024	Sat	Practice	N/A	7:30 AM	9:00 AM	GBHS Main Gym		
CANCELLED Nov 30, 2024	Sat	Practice	N/A	8:00 AM	9:00 AM	GBHS Weight Room		
Dec 2, 2024	Mon	Practice	N/A	5:00 PM	7:00 PM	GBHS Auxiliary Gym		
Dec 3, 2024	Tue	Regular Season	South Jefferson	7:00 PM	7:00 PM	GBHS Main Gym		L
Dec 4, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	GBHS Auxiliary Gym		
Dec 4, 2024	Wed	Practice	N/A	3:30 PM	4:30 PM	GBHS Weight Room		
Dec 5, 2024	Thu	Regular Season 0-3 L	Carthage	7:00 PM	7:00 PM	GBHS Main Gym		L
Dec 6, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	GBHS Auxiliary Gym		
POSTPONED Dec 7, 2024	Sat	Regular Season	Sandy Creek	11:30 AM		GBHS Main Gym		NL
Dec 9, 2024	Mon	Regular Season	@ Watertown	7:00 PM		Watertown HS	Departure Time: 4:30 PM	L
Dec 10, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	GBHS Auxiliary Gym		
Dec 11, 2024	Wed	Regular Season	@ Beaver River	7:30 PM		Beaver River HS	Departure Time: 4:15 PM	L
Dec 12, 2024	Thu	Practice	N/A	3:00 PM	4:30 PM	GBHS Weight Room		
Dec 13, 2024	Fri	Practice	N/A	3:00 PM	4:30 PM	GBHS Main Gym		

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Dec 14, 2024	Sat	Regular Season	@ Camden	11:30 AM		Camden High School Main Gym	Departure Time: 8:00 AM	NL
Dec 16, 2024	Mon	Regular Season	Lowville	7:00 PM	7:00 PM	GBHS Main Gym		L
Dec 17, 2024	Tue	Practice	N/A	3:00 PM	4:30 PM	GBHS Main Gym		
Dec 18, 2024	Wed	Regular Season 0-3 L	@ Carthage	7:00 PM		Carthage HS Gym	Departure Time: 4:15 PM	L
Dec 19, 2024	Thu	Regular Season	Thousand Islands	7:00 PM		GBHS Main Gym	Departure Time: 4:15 PM	L
Dec 20, 2024	Fri	Practice	N/A	3:00 PM	4:30 PM	GBHS Main Gym		
Dec 26, 2024	Thu	Practice	N/A	11:00 AM	1:00 PM	GBHS Main Gym		
Dec 27, 2024	Fri	Regular Season	Sandy Creek	1:00 PM		GBHS Main Gym		L
Dec 28, 2024	Sat	Practice	N/A	7:30 AM	9:00 AM	GBHS Main Gym		
Dec 30, 2024	Mon	Scrimmage (WHS Pink Out)	South Jefferson, Beaver River, Lowville, Carthage @ Watertown	8:00 AM		Watertown Case M S		NL
CANCELLED Jan 2, 2025	Thu	Practice	N/A	3:00 PM	4:00 PM	GBHS Weight Room		
Jan 3, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	GBHS Main Gym		
Jan 4, 2025	Sat	Regular Season	@ South Lewis	11:30 AM		South Lewis HS Gymnasium	Departure Time: 8:00 AM	NL
Jan 6, 2025	Mon	Regular Season	@ South Jefferson	7:00 PM		SJ HS/MS Gym 1 (MS)	Departure Time: 4:15 PM	L
Jan 7, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	GBHS Auxiliary Gym		
Jan 8, 2025	Wed	Regular Season	South Lewis	7:00 PM		GBHS Main Gym		L
Jan 9, 2025	Thu	Practice	N/A	3:00 PM	4:00 PM	GBHS Weight Room		
Jan 10, 2025	Fri	Practice	N/A	6:00 PM	7:30 PM	GBHS Main Gym		
Jan 13, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	GBHS Main Gym		
Jan 14, 2025	Tue	Practice	N/A	3:00 PM	4:00 PM	GBHS Weight Room		
Jan 15, 2025	Wed	Practice	N/A	5:00 PM	6:30 PM	GBHS Main Gym		
Jan 16, 2025	Thu	Practice	N/A	3:00 PM	4:30 PM	GBHS Main Gym		
Jan 17, 2025	Fri	Regular Season	@ Thousand Islands	7:30 PM		Thousand Islands High School	Departure Time: 4:45 PM	NL
Jan 20, 2025	Mon	Regular Season	@ Sandy Creek	10:00 AM		Sandy Creek MS/HS Gym	Departure Time: 8:30 AM	L
Jan 21, 2025	Tue	Practice	N/A	3:00 PM	4:30 PM	GBHS Auxiliary Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 22, 2025	Wed	Practice	N/A	4:30 PM	6:00 PM	GBHS Main Gym		
Jan 23, 2025	Thu	Practice	N/A	3:00 PM	4:30 PM	GBHS Main Gym		
Jan 24, 2025	Fri	Regular Season	Watertown	7:00 PM		GBHS Main Gym		L
Jan 25, 2025	Sat	Practice	N/A	7:30 AM	9:00 AM	GBHS Main Gym		
Jan 27, 2025	Mon	Regular Season	@ Lowville	7:00 PM		TBD	Departure Time: 4:30 PM	L
Jan 28, 2025	Tue	Practice	N/A	3:00 PM	4:30 PM	GBHS Main Gym		
Jan 30, 2025	Thu	Post-Season	Lowville	6:00 PM	8:00 PM	GBHS Main Gym		L
CANCELLED Jan 30, 2025	Thu	Regular Season	Pulaski	7:00 PM		GBHS Main Gym		NL
Jan 31, 2025	Fri	Practice	N/A	3:00 PM	4:30 PM	GBHS Auxiliary Gym		
Feb 1, 2025	Sat	Regular Season ((Hold) Frontier League Tournament)	@ TBD	10:00 AM	11:30 AM	JCC		L
Feb 1, 2025	Sat	Post-Season (Frontier League B Championship)	@ South Jefferson	12:00 PM		JCC		NL
Feb 3, 2025	Mon	Practice	N/A	3:00 PM	4:30 PM	GBHS Main Gym		
Feb 4, 2025	Tue	Practice	N/A	3:00 PM	4:30 PM	GBHS Main Gym		
Feb 5, 2025	Wed	Post-Season (Section 3 Class B Quarterfinals)	@ Chittenango	6:00 PM	8:00 PM	Chittenango HS- Large Gym	Departure Time: 3:30 PM	NL

Date: 2025-12-19