

## Coaches:

- Steven Gallagher, Head Coach
- Pawan Thapalia, Asst Coach
- Elliot Croskey
- Arnoldo Burnett

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 13, 2023	Mon	Practice	N/A	3:40 PM	5:15 PM	Albany High School Cardio Room		
Nov 14, 2023	Tue	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor		
Nov 15, 2023	Wed	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor		
Nov 16, 2023	Thu	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor		
Nov 17, 2023	Fri	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor		
Nov 20, 2023	Mon	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor		
Nov 21, 2023	Tue	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor		
Nov 22, 2023	Wed	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor		
Nov 24, 2023	Fri	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor		
Nov 27, 2023	Mon	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor		
Nov 28, 2023	Tue	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor		
Nov 29, 2023	Wed	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor		
Nov 30, 2023	Thu	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor		
Dec 1, 2023	Fri	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor		
Dec 4, 2023	Mon	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor		
Dec 5, 2023	Tue	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor		
Dec 6, 2023	Wed	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor		
Dec 7, 2023	Thu	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor		
Dec 8, 2023	Fri	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor		
Dec 11, 2023	Mon	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor		
Dec 11, 2023	Mon	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room		
Dec 11, 2023	Mon	Practice	N/A	TBD		Albany High School Cardio Room		
Dec 12, 2023	Tue	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor		
Dec 12, 2023	Tue	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room		
Dec 12, 2023	Tue	Practice	N/A	TBD		Albany High School Cardio Room		
Dec 13, 2023	Wed	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor		

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE / TRANSPORTATION NON- LEAGUE
Dec 13, 2023	Wed	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room	
Dec 13, 2023	Wed	Practice	N/A	TBD		Albany High School Cardio Room	
Dec 14, 2023	Thu	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor	
Dec 14, 2023	Thu	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room	
Dec 14, 2023	Thu	Practice	N/A	TBD		Albany High School Cardio Room	
Dec 15, 2023	Fri	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor	
Dec 15, 2023	Fri	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room	
Dec 15, 2023	Fri	Practice	N/A	TBD		Albany High School Cardio Room	
Dec 18, 2023	Mon	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor	
Dec 18, 2023	Mon	Practice	N/A	TBD		Albany High School Cardio Room	
Dec 19, 2023	Tue	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor	
Dec 19, 2023	Tue	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room	
Dec 19, 2023	Tue	Practice	N/A	TBD		Albany High School Cardio Room	
Dec 20, 2023	Wed	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor	
Dec 20, 2023	Wed	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room	
Dec 20, 2023	Wed	Practice	N/A	TBD		Albany High School Cardio Room	
Dec 21, 2023	Thu	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor	
Dec 21, 2023	Thu	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room	
Dec 21, 2023	Thu	Practice	N/A	TBD		Albany High School Cardio Room	
Dec 22, 2023	Fri	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor	
Dec 22, 2023	Fri	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room	
Dec 22, 2023	Fri	Practice	N/A	TBD		Albany High School Cardio Room	
Dec 26, 2023	Tue	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor	
Dec 26, 2023	Tue	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room	
Dec 26, 2023	Tue	Practice	N/A	TBD		Albany High School Cardio Room	
Dec 27, 2023	Wed	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor	
Dec 27, 2023	Wed	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room	
Dec 27, 2023	Wed	Practice	N/A	TBD		Albany High School Cardio Room	
Dec 28, 2023	Thu	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor	

Dec 28, 2023   Thu	DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE / TRANSPORTATION NON- LEAGUE
Dec 29, 2023	Dec 28, 2023	Thu	Practice	N/A	4:15 PM			
Dec 29, 2023	Dec 28, 2023	Thu	Practice	N/A	TBD			
Dec 29, 2023	Dec 29, 2023	Fri	Practice	N/A	3:40 PM			
Jan 1, 2024 Mon Practice N/A 3:40 PM PM S-15 Albany High School 3rd Floor High School 3rd Floor High School 3rd Floor High School Srd Floor Gardio Room School Srd Floor High School Srd Floor High School Srd Floor High School Srd Floor Srd Floor High School Srd Floor High School Srd Floor High School Srd Floor Srd Floor High School Srd Floor Srd Floor High School Srd Floor High School Srd Floor Srd Floor Srd Floor Srd Floor High School Srd Floor	Dec 29, 2023	Fri	Practice	N/A	4:15 PM			
Jan 1, 2024   Mon	Dec 29, 2023	Fri	Practice	N/A	TBD			
Jan 1, 2024   Mon	Jan 1, 2024	Mon	Practice	N/A	3:40 PM			
Jan 2, 2024   Tue   Practice N/A   3:40 PM   5:15   Albany High School 3rd   Floor	Jan 1, 2024	Mon	Practice	N/A	4:15 PM			
Jan 2, 2024   Tue	Jan 1, 2024	Mon	Practice	N/A	TBD			
Jan 2, 2024   Tue	Jan 2, 2024	Tue	Practice	N/A	3:40 PM			
Jan 3, 2024   Wed   Practice N/A   3:40 PM   Floor	Jan 2, 2024	Tue	Practice	N/A	4:15 PM			
Jan 3, 2024   Wed   Practice N/A   4:15 PM   PM   Floor     Jan 3, 2024   Wed   Practice N/A   4:15 PM   Floor     Jan 3, 2024   Wed   Practice N/A   TBD   Albany High School Cardio Room     Jan 4, 2024   Thu   Practice N/A   4:15 PM   Floor     Jan 4, 2024   Thu   Practice N/A   4:15 PM   Floor     Jan 4, 2024   Thu   Practice N/A   4:15 PM   Floor     Jan 4, 2024   Thu   Practice N/A   TBD   Albany High School Weight Room     Jan 5, 2024   Fri   Practice N/A   3:40 PM   Floor     Jan 5, 2024   Fri   Practice N/A   4:15 PM   Floor     Jan 5, 2024   Fri   Practice N/A   4:15 PM   Floor     Jan 8, 2024   Mon   Practice N/A   3:40 PM   Floor     Jan 8, 2024   Mon   Practice N/A   4:15 PM   Floor     Jan 8, 2024   Mon   Practice N/A   TBD   Albany High School 3rd     Jan 8, 2024   Mon   Practice N/A   4:15 PM   Floor     Jan 9, 2024   Tue   Practice N/A   TBD   Albany High School 3rd     Jan 9, 2024   Tue   Practice N/A   TBD   Albany High School 3rd     Jan 9, 2024   Tue   Practice N/A   TBD   Albany High School 3rd     Jan 9, 2024   Tue   Practice N/A   TBD   Albany High School 3rd     Jan 9, 2024   Tue   Practice N/A   4:15 PM   Floor     Jan 9, 2024   Tue   Practice N/A   4:15 PM   Floor     Jan 9, 2024   Tue   Practice N/A   4:15 PM   Floor     Jan 9, 2024   Tue   Practice N/A   4:15 PM   Floor     Jan 10, 2024   Wed   Practice N/A   3:40 PM   Floor     Jan 10, 2024   Wed   Practice N/A   4:15 PM   Floor     Jan 10, 2024   Wed   Practice N/A   4:15 PM   Floor     Jan 10, 2024   Wed   Practice N/A   4:15 PM   Floor     Jan 10, 2024   Wed   Practice N/A   4:15 PM   Floor     Jan 10, 2024   Wed   Practice N/A   4:15 PM   Floor     Jan 10, 2024   Wed   Practice N/A   4:15 PM   Floor     Jan 10, 2024   Wed   Practice N/A   4:15 PM   Floor     Jan 10, 2024   Wed   Practice N/A   4:15 PM   Floor     Jan 10, 2024   Wed   Practice N/A   4:15 PM   Floor     Jan 10, 2024   Wed   Practice N/A   4:15 PM   Floor     Jan 10, 2024   Wed   Practice N/A   4:15 PM   Floor     Jan 10, 2024   Wed   Practice N/A   4:15 PM   Floo	Jan 2, 2024	Tue	Practice	N/A	TBD			
Jan 3, 2024 Wed Practice N/A TBD Albany High School Cardio Room  Jan 4, 2024 Thu Practice N/A 3:40 PM FINOR	Jan 3, 2024	Wed	Practice	N/A	3:40 PM			
Jan 4, 2024 Thu Practice N/A 3:40 PM 5:15 Albany High School 3rd Floor  Jan 4, 2024 Thu Practice N/A 4:15 PM PM Floor  Jan 4, 2024 Thu Practice N/A TBD Albany High School Weight Room  Jan 4, 2024 Fri Practice N/A 3:40 PM PM Floor  Jan 5, 2024 Fri Practice N/A 4:15 PM PM Weight Room  Jan 5, 2024 Fri Practice N/A TBD Albany High School Cardio Room  Jan 5, 2024 Fri Practice N/A TBD Albany High School Weight Room  Jan 8, 2024 Mon Practice N/A 3:40 PM PM Floor  Jan 8, 2024 Mon Practice N/A 4:15 PM PM Floor  Jan 8, 2024 Mon Practice N/A TBD Albany High School Weight Room  Jan 8, 2024 Mon Practice N/A TBD Albany High School Weight Room  Jan 8, 2024 Mon Practice N/A TBD Albany High School Weight Room  Jan 9, 2024 Tue Practice N/A 3:40 PM Floor  Jan 9, 2024 Tue Practice N/A TBD Albany High School Weight Room  Jan 9, 2024 Tue Practice N/A TBD Albany High School Weight Room  Jan 9, 2024 Tue Practice N/A TBD Albany High School Weight Room  Jan 9, 2024 Tue Practice N/A TBD Albany High School Weight Room  Jan 9, 2024 Tue Practice N/A TBD Albany High School Gardio Room  Jan 9, 2024 Tue Practice N/A TBD Albany High School Gardio Room  Jan 10, 2024 Wed Practice N/A TBD Albany High School Gardio Room  Jan 10, 2024 Wed Practice N/A TBD Albany High School Gardio Room  Jan 10, 2024 Wed Practice N/A 4:15 PM PM Floor  Jan 10, 2024 Wed Practice N/A 4:15 PM PM Weight Room  Jan 10, 2024 Wed Practice N/A 4:15 PM PM Weight Room  Jan 10, 2024 Wed Practice N/A 4:15 PM PM Weight Room  Jan 10, 2024 Wed Practice N/A 4:15 PM PM Weight Room  Jan 10, 2024 Wed Practice N/A 4:15 PM PM Weight Room  Jan 10, 2024 Wed Practice N/A 4:15 PM PM Weight Room  Jan 10, 2024 Wed Practice N/A 4:15 PM PM Weight Room  Jan 10, 2024 Wed Practice N/A 4:15 PM PM Weight Room  Jan 10, 2024 Wed Practice N/A 4:15 PM PM Weight Room	Jan 3, 2024	Wed	Practice	N/A	4:15 PM			
Jan 4, 2024 Thu Practice N/A 4:15 PM PM Floor  Jan 4, 2024 Thu Practice N/A TBD Albany High School Weight Room  Jan 5, 2024 Fri Practice N/A 3:40 PM PM Floor  Jan 5, 2024 Fri Practice N/A TBD Albany High School 3rd Floor  Jan 5, 2024 Fri Practice N/A TBD Albany High School Weight Room  Jan 5, 2024 Fri Practice N/A TBD Albany High School Weight Room  Jan 8, 2024 Mon Practice N/A TBD Albany High School 3rd Floor  Jan 8, 2024 Mon Practice N/A 3:40 PM PM Floor  Jan 8, 2024 Mon Practice N/A TBD Albany High School 3rd Floor  Jan 8, 2024 Mon Practice N/A TBD Albany High School 3rd Floor  Jan 9, 2024 Tue Practice N/A TBD Albany High School Cardio Room  Jan 9, 2024 Tue Practice N/A 4:15 PM 5:15 Albany High School 3rd Floor  Jan 9, 2024 Tue Practice N/A 4:15 PM 5:15 Albany High School 3rd Floor  Jan 9, 2024 Tue Practice N/A 4:15 PM 5:15 Albany High School 3rd Floor  Jan 9, 2024 Tue Practice N/A TBD Albany High School Weight Room  Jan 9, 2024 Tue Practice N/A TBD Albany High School 3rd Floor  Jan 9, 2024 Tue Practice N/A TBD Albany High School Weight Room  Jan 9, 2024 Tue Practice N/A TBD Albany High School Gardio Room  Jan 10, 2024 Wed Practice N/A 3:40 PM 5:15 Albany High School 3rd Floor  Jan 10, 2024 Wed Practice N/A 4:15 PM 5:15 Albany High School 3rd Floor  Jan 10, 2024 Wed Practice N/A 4:15 PM 5:15 Albany High School Meight Room  Jan 10, 2024 Wed Practice N/A 4:15 PM 5:15 Albany High School Meight Room  Jan 10, 2024 Wed Practice N/A 4:15 PM 5:15 Albany High School Meight Room  Jan 10, 2024 Wed Practice N/A 4:15 PM PM Weight Room  Albany High School	Jan 3, 2024	Wed	Practice	N/A	TBD			
Jan 4, 2024 Thu Practice N/A TBD Albany High School Cardio Room  Jan 5, 2024 Fri Practice N/A 3:40 PM 5:15 Albany High School Srd Floor  Jan 5, 2024 Fri Practice N/A 4:15 PM 5:15 Albany High School Weight Room  Jan 5, 2024 Fri Practice N/A TBD Albany High School Weight Room  Jan 8, 2024 Mon Practice N/A 3:40 PM 5:15 Albany High School Gardio Room  Jan 8, 2024 Mon Practice N/A 3:40 PM 5:15 Albany High School Weight Room  Jan 8, 2024 Mon Practice N/A 4:15 PM 5:15 Albany High School Weight Room  Jan 8, 2024 Mon Practice N/A TBD Albany High School Weight Room  Jan 9, 2024 Tue Practice N/A 3:40 PM 5:15 Albany High School Gardio Room  Jan 9, 2024 Tue Practice N/A 4:15 PM 5:15 Albany High School Weight Room  Jan 9, 2024 Tue Practice N/A 4:15 PM 5:15 Albany High School Gardio Room  Jan 9, 2024 Tue Practice N/A 4:15 PM 5:15 Albany High School Weight Room  Jan 9, 2024 Tue Practice N/A 4:15 PM 5:15 Albany High School Gardio Room  Jan 10, 2024 Wed Practice N/A 3:40 PM 5:15 Albany High School Gardio Room  Jan 10, 2024 Wed Practice N/A 3:40 PM 5:15 Albany High School Weight Room  Jan 10, 2024 Wed Practice N/A 4:15 PM 5:15 Albany High School Weight Room  Jan 10, 2024 Wed Practice N/A 4:15 PM 5:15 PM Weight Room  Jan 10, 2024 Wed Practice N/A 4:15 PM 5:15 PM Weight Room  Jan 10, 2024 Wed Practice N/A 4:15 PM 5:15 PM Weight Room  Jan 10, 2024 Wed Practice N/A 4:15 PM 5:15 PM Weight Room  Albany High School	Jan 4, 2024	Thu	Practice	N/A	3:40 PM			
Jan 5, 2024 Fri Practice N/A 3:40 PM 5:15 Albany High School 3rd Floor Weight Room  Jan 5, 2024 Fri Practice N/A 4:15 PM 5:15 Albany High School Weight Room  Jan 5, 2024 Fri Practice N/A TBD Albany High School Cardio Room  Jan 8, 2024 Mon Practice N/A 3:40 PM Floor PM Weight Room  Jan 8, 2024 Mon Practice N/A 4:15 PM 5:15 Albany High School 3rd Floor  Jan 8, 2024 Mon Practice N/A 4:15 PM 5:15 Albany High School Weight Room  Jan 8, 2024 Mon Practice N/A TBD Albany High School Weight Room  Jan 9, 2024 Tue Practice N/A 3:40 PM Floor Floor  Jan 9, 2024 Tue Practice N/A 4:15 PM 5:15 Albany High School 3rd Floor  Jan 9, 2024 Tue Practice N/A 4:15 PM 5:15 Albany High School Weight Room  Jan 9, 2024 Tue Practice N/A 4:15 PM 5:15 Albany High School Weight Room  Jan 9, 2024 Tue Practice N/A 4:15 PM 5:15 Albany High School Cardio Room  Jan 10, 2024 Wed Practice N/A 3:40 PM Floor Floor  Jan 10, 2024 Wed Practice N/A 3:40 PM PM Floor Floor  Jan 10, 2024 Wed Practice N/A 4:15 PM 5:15 Albany High School 3rd Floor  Jan 10, 2024 Wed Practice N/A 3:40 PM Floor School	Jan 4, 2024	Thu	Practice	N/A	4:15 PM			
Jan 5, 2024 Fri Practice N/A 4:15 PM 5:15 Albany High School Weight Room  Jan 8, 2024 Mon Practice N/A TBD Albany High School Gardio Room  Jan 8, 2024 Mon Practice N/A 4:15 PM 5:15 Albany High School Gardio Room  Jan 8, 2024 Mon Practice N/A 4:15 PM 5:15 Albany High School Gardio Room  Jan 8, 2024 Mon Practice N/A TBD Albany High School Weight Room  Jan 8, 2024 Mon Practice N/A TBD Albany High School Gardio Room  Jan 9, 2024 Tue Practice N/A 3:40 PM 5:15 Albany High School Gardio Room  Jan 9, 2024 Tue Practice N/A 3:40 PM 5:15 Albany High School Gardio Room  Jan 9, 2024 Tue Practice N/A 4:15 PM 5:15 Albany High School Weight Room  Jan 9, 2024 Tue Practice N/A TBD Albany High School Weight Room  Jan 10, 2024 Wed Practice N/A 3:40 PM 5:15 Albany High School Gardio Room  Jan 10, 2024 Wed Practice N/A 3:40 PM 5:15 Albany High School Gardio Room  Jan 10, 2024 Wed Practice N/A 4:15 PM 5:15 Albany High School Weight Room  Jan 10, 2024 Wed Practice N/A 4:15 PM 5:15 Albany High School Weight Room  Jan 10, 2024 Wed Practice N/A 4:15 PM Floor  Jan 10, 2024 Wed Practice N/A 4:15 PM Floor  Albany High School Weight Room  Albany High School	Jan 4, 2024	Thu	Practice	N/A	TBD			
Jan 5, 2024 Fri Practice N/A TBD Albany High School Cardio Room  Jan 8, 2024 Mon Practice N/A 3:40 PM PM Floor  Jan 8, 2024 Mon Practice N/A 4:15 PM PM Weight Room  Jan 8, 2024 Mon Practice N/A 4:15 PM PM Weight Room  Jan 8, 2024 Mon Practice N/A TBD Albany High School Weight Room  Jan 9, 2024 Tue Practice N/A 3:40 PM 5:15 Albany High School Gardio Room  Jan 9, 2024 Tue Practice N/A 4:15 PM PM Floor  Jan 9, 2024 Tue Practice N/A TBD Albany High School Weight Room  Jan 9, 2024 Tue Practice N/A 4:15 PM PM Weight Room  Jan 9, 2024 Tue Practice N/A TBD Albany High School Weight Room  Jan 9, 2024 Tue Practice N/A TBD Albany High School Cardio Room  Jan 10, 2024 Wed Practice N/A 3:40 PM PM Floor  Jan 10, 2024 Wed Practice N/A 4:15 PM PM Floor  Jan 10, 2024 Wed Practice N/A 4:15 PM Shany High School Weight Room  Jan 10, 2024 Wed Practice N/A 4:15 PM Shany High School Weight Room  Jan 10, 2024 Wed Practice N/A 4:15 PM Shany High School Weight Room  Albany High School Weight Room  Albany High School Weight Room  Albany High School	Jan 5, 2024	Fri	Practice	N/A	3:40 PM			
Jan 8, 2024 Mon Practice N/A 3:40 PM 5:15 PM Floor  Jan 8, 2024 Mon Practice N/A 4:15 PM 5:15 PM Floor  Jan 8, 2024 Mon Practice N/A 4:15 PM 5:15 PM Floor  Jan 8, 2024 Mon Practice N/A TBD Albany High School Weight Room  Jan 9, 2024 Tue Practice N/A 3:40 PM 5:15 PM Floor  Jan 9, 2024 Tue Practice N/A 4:15 PM 5:15 PM Floor  Jan 9, 2024 Tue Practice N/A TBD Albany High School Weight Room  Jan 9, 2024 Tue Practice N/A TBD Albany High School Weight Room  Jan 9, 2024 Tue Practice N/A TBD Albany High School Cardio Room  Jan 10, 2024 Wed Practice N/A 3:40 PM 5:15 PM Floor  Jan 10, 2024 Wed Practice N/A 4:15 PM 5:15 PM Floor  Jan 10, 2024 Wed Practice N/A TBD Albany High School Weight Room  Jan 10, 2024 Wed Practice N/A 4:15 PM 5:15 PM Floor  Albany High School Weight Room  Albany High School	Jan 5, 2024	Fri	Practice	N/A	4:15 PM			
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Jan 8, 2024 Mon Practice N/A TBD Albany High School Cardio Room  Jan 9, 2024 Tue Practice N/A 3:40 PM PM Floor  Jan 9, 2024 Tue Practice N/A 4:15 PM PM Floor  Jan 9, 2024 Tue Practice N/A 4:15 PM PM Floor  Jan 9, 2024 Tue Practice N/A TBD Albany High School Weight Room  Jan 9, 2024 Tue Practice N/A TBD Albany High School Cardio Room  Jan 10, 2024 Wed Practice N/A 3:40 PM PM Floor  Jan 10, 2024 Wed Practice N/A 4:15 PM PM Floor  Jan 10, 2024 Wed Practice N/A 4:15 PM PM PM Floor  Jan 10, 2024 Wed Practice N/A 4:15 PM PM PM PM Floor  Jan 10, 2024 Wed Practice N/A 4:15 PM	Jan 8, 2024	Mon	Practice	N/A	3:40 PM			
Jan 9, 2024  Tue Practice N/A  TBD  Albany High School Weight Room  Albany High School Cardio Room  Albany High School Cardio Room  Jan 10, 2024  Wed Practice N/A  Jan 10, 2024  Jan 10, 2024  Wed Practice N/A  Jan 10, 2024	Jan 8, 2024	Mon	Practice	N/A	4:15 PM			
Jan 9, 2024  Tue Practice N/A  Jan 9, 2024  Tue Practice N/A  Tue	Jan 8, 2024	Mon	Practice	N/A	TBD			
Jan 9, 2024  Tue Practice N/A  TBD Albany High School Cardio Room  Jan 10, 2024 Wed Practice N/A	Jan 9, 2024	Tue	Practice	N/A	3:40 PM			
Jan 10, 2024 Wed Practice N/A 3:40 PM 5:15 Albany High School 3rd Floor  Jan 10, 2024 Wed Practice N/A 4:15 PM 5:15 Albany High School Weight Room  Jan 10, 2024 Wed Practice N/A 4:15 PM 5:15 Albany High School  Jan 10, 2024 Wed Practice N/A TRD Albany High School	Jan 9, 2024	Tue	Practice	N/A	4:15 PM			
Jan 10, 2024 Wed Practice N/A S.40 PM PM Floor  Jan 10, 2024 Wed Practice N/A 4:15 PM 5:15 Albany High School Weight Room  Jan 10, 2024 Wed Practice N/A TRD Albany High School	Jan 9, 2024	Tue	Practice	N/A	TBD			
Jan 10, 2024 Wed Practice N/A 4.15 PW PM Weight Room  Jan 10, 2024 Wed Practice N/A TRD Albany High School	Jan 10, 2024	Wed	Practice	N/A	3:40 PM			
	Jan 10, 2024	Wed	Practice	N/A	4:15 PM			
	Jan 10, 2024	Wed	Practice	N/A	TBD			

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE / TRANSPORTATION NON- LEAGUE
Jan 11, 2024	Thu	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor	
Jan 11, 2024	Thu	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room	
Jan 11, 2024	Thu	Practice	N/A	TBD		Albany High School Cardio Room	
Jan 12, 2024	Fri	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor	
Jan 12, 2024	Fri	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room	
Jan 12, 2024	Fri	Practice	N/A	TBD		Albany High School Cardio Room	
Jan 15, 2024	Mon	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor	
Jan 15, 2024	Mon	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room	
Jan 15, 2024	Mon	Practice	N/A	TBD		Albany High School Cardio Room	
Jan 16, 2024	Tue	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor	
Jan 16, 2024	Tue	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room	
Jan 16, 2024	Tue	Practice	N/A	TBD		Albany High School Cardio Room	
Jan 17, 2024	Wed	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor	
Jan 17, 2024	Wed	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room	
Jan 17, 2024	Wed	Practice	N/A	TBD		Albany High School Cardio Room	
Jan 18, 2024	Thu	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor	
Jan 18, 2024	Thu	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room	
Jan 18, 2024	Thu	Practice	N/A	TBD		Albany High School Cardio Room	
Jan 19, 2024	Fri	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor	
Jan 19, 2024	Fri	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room	
Jan 19, 2024	Fri	Practice	N/A	TBD		Albany High School Cardio Room	
Jan 22, 2024	Mon	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor	
Jan 22, 2024	Mon	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room	
Jan 22, 2024	Mon	Practice	N/A	TBD		Albany High School Cardio Room	
Jan 23, 2024	Tue	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor	
Jan 23, 2024	Tue	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room	
Jan 23, 2024	Tue	Practice	N/A	TBD		Albany High School Cardio Room	
Jan 24, 2024	Wed	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor	
Jan 24, 2024	Wed	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room	

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE / TRANSPORTATION NON- LEAGUE
Jan 24, 2024	Wed	Practice	N/A	TBD		Albany High School Cardio Room	
Jan 25, 2024	Thu	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor	
Jan 25, 2024	Thu	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room	
Jan 25, 2024	Thu	Practice	N/A	TBD		Albany High School Cardio Room	
Jan 26, 2024	Fri	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor	
Jan 26, 2024	Fri	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room	
Jan 26, 2024	Fri	Practice	N/A	TBD		Albany High School Cardio Room	
Jan 29, 2024	Mon	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor	
Jan 29, 2024	Mon	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room	
Jan 29, 2024	Mon	Practice	N/A	TBD		Albany High School Cardio Room	
Jan 30, 2024	Tue	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor	
Jan 30, 2024	Tue	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room	
Jan 30, 2024	Tue	Practice	N/A	TBD		Albany High School Cardio Room	
Jan 31, 2024	Wed	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor	
Jan 31, 2024	Wed	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room	
Jan 31, 2024	Wed	Practice	N/A	TBD		Albany High School Cardio Room	
Feb 1, 2024	Thu	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor	
Feb 1, 2024	Thu	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room	
Feb 1, 2024	Thu	Practice	N/A	TBD		Albany High School Cardio Room	
Feb 2, 2024	Fri	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor	
Feb 2, 2024	Fri	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room	
Feb 2, 2024	Fri	Practice	N/A	TBD		Albany High School Cardio Room	
Feb 5, 2024	Mon	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor	
Feb 5, 2024	Mon	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room	
Feb 5, 2024	Mon	Practice	N/A	TBD		Albany High School Cardio Room	
Feb 6, 2024	Tue	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor	
Feb 6, 2024	Tue	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room	
Feb 6, 2024	Tue	Practice	N/A	TBD		Albany High School Cardio Room	
Feb 7, 2024	Wed	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor	

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Feb 7, 2024	Wed	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room		
Feb 7, 2024	Wed	Practice	N/A	TBD		Albany High School Cardio Room		
Feb 8, 2024	Thu	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor		
Feb 8, 2024	Thu	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room		
Feb 8, 2024	Thu	Practice	N/A	TBD		Albany High School Cardio Room		
Feb 9, 2024	Fri	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor		
Feb 9, 2024	Fri	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room		
Feb 9, 2024	Fri	Practice	N/A	TBD		Albany High School Cardio Room		
Feb 12, 2024	Mon	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor		
Feb 12, 2024	Mon	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room		
Feb 12, 2024	Mon	Practice	N/A	TBD		Albany High School Cardio Room		
Feb 13, 2024	Tue	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor		
Feb 13, 2024	Tue	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room		
Feb 13, 2024	Tue	Practice	N/A	TBD		Albany High School Cardio Room		
Feb 14, 2024	Wed	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor		
Feb 14, 2024	Wed	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room		
Feb 14, 2024	Wed	Practice	N/A	TBD		Albany High School Cardio Room		
Feb 15, 2024	Thu	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor		
Feb 15, 2024	Thu	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room		
Feb 15, 2024	Thu	Practice	N/A	TBD		Albany High School Cardio Room		
Feb 16, 2024	Fri	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor		
Feb 16, 2024	Fri	Practice	N/A	TBD		Albany High School Cardio Room		

Date: 2024-05-19