



Albany High School

(B) V Winter Track

Coaches:

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

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | 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 | | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|--|-----------|------------|----------|---------------------------------|---------------------------|---|---------------------|
| Dec 1, 2023 | Fri | Practice | N/A | 3:40 PM | 5:15 PM | Albany High School 3rd Floor | | | |
| Dec 3, 2023 | Sun | Regular Season (League Meet 1 @ Union College) | @ TBD | 3:00 PM | | Union College | Bus/Driver: First Student | Departure Time: 1:30 PM Return Date: Return Time: 6:30 PM | L |
| 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 10, 2023 | Sun | Regular Season (League Meet 2 @ HVCC) | @ TBD | 3:00 PM | | Hudson Valley Community College | Bus/Driver: First Student | Departure Time: 1:45 PM Return Date: Return Time: 6:30 PM | L |
| 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 | | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|--|-----------|------------|----------|--------------------------------|---|---|---------------------|
| Dec 13, 2023 | Wed | Practice | N/A | 3:40 PM | 5:15 PM | Albany High School 3rd Floor | | | |
| 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 16, 2023 | Sat | Regular Season (League meet 3 @ Union College) | @ TBD | 8:00 AM | | TBD | Bus/Driver: First Student 518-415-6414 (518-445-6372) | Departure Time: 6:30 AM Return Date: Return Time: 12:00 PM | L |
| 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 | | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|----------|-----------|------------|----------|--------------------------------|-----------|----------------|---------------------|
| 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 | | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|---|-----------|------------|----------|--------------------------------|--|---|---------------------|
| 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 | Regular Season (League Meet 4 @ HVCC) | @ TBD | 8:00 AM | | TBD | Bus/Driver: First Student 518-415-6414 (518-445-6372) | Departure Time: 6:45 AM Return Date: Return Time: 12:00 PM | L |
| Dec 28, 2023 | Thu | Practice | N/A | 3:40 PM | 5:15 PM | Albany High School 3rd Floor | | | |
| Dec 28, 2023 | Thu | Practice | N/A | 4:15 PM | 5:15 PM | Albany High School Weight Room | | | |
| Dec 28, 2023 | Thu | Practice | N/A | TBD | | Albany High School Cardio Room | | | |
| Dec 29, 2023 | Fri | Practice | N/A | 3:40 PM | 5:15 PM | Albany High School 3rd Floor | | | |
| Dec 29, 2023 | Fri | Practice | N/A | 4:15 PM | 5:15 PM | Albany High School Weight Room | | | |
| Dec 29, 2023 | Fri | Practice | N/A | TBD | | Albany High School Cardio Room | | | |
| Dec 30, 2023 | Sat | Regular Season (Viking Invitational @ HVCC) | @ TBD | 9:00 AM | | TBD | Bus/Driver: First Student 518-415-6414 (518-445-6372) | Departure Time: 7:45 AM Return Date: Return Time: 1:00 PM | L |
| Jan 1, 2024 | Mon | Practice | N/A | 3:40 PM | 5:15 PM | Albany High School 3rd Floor | | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|-------------|----------|----------|-----------|------------|----------|--------------------------------|-----------|----------------|---------------------|
| Jan 1, 2024 | Mon | Practice | N/A | 4:15 PM | 5:15 PM | Albany High School Weight Room | | | |
| Jan 1, 2024 | Mon | Practice | N/A | TBD | | Albany High School Cardio Room | | | |
| Jan 2, 2024 | Tue | Practice | N/A | 3:40 PM | 5:15 PM | Albany High School 3rd Floor | | | |
| Jan 2, 2024 | Tue | Practice | N/A | 4:15 PM | 5:15 PM | Albany High School Weight Room | | | |
| Jan 2, 2024 | Tue | Practice | N/A | TBD | | Albany High School Cardio Room | | | |
| Jan 3, 2024 | Wed | Practice | N/A | 3:40 PM | 5:15 PM | Albany High School 3rd Floor | | | |
| Jan 3, 2024 | Wed | Practice | N/A | 4:15 PM | 5:15 PM | Albany High School Weight Room | | | |
| Jan 3, 2024 | Wed | Practice | N/A | TBD | | Albany High School Cardio Room | | | |
| Jan 4, 2024 | Thu | Practice | N/A | 3:40 PM | 5:15 PM | Albany High School 3rd Floor | | | |
| Jan 4, 2024 | Thu | Practice | N/A | 4:15 PM | 5:15 PM | Albany High School Weight Room | | | |
| 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 PM | Albany High School 3rd Floor | | | |
| Jan 5, 2024 | Fri | Practice | N/A | 4:15 PM | 5:15 PM | Albany High School Weight Room | | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|----------|-----------|------------|----------|--------------------------------|-----------|----------------|---------------------|
| Jan 5, 2024 | Fri | Practice | N/A | TBD | | Albany High School Cardio Room | | | |
| Jan 8, 2024 | Mon | Practice | N/A | 3:40 PM | 5:15 PM | Albany High School 3rd Floor | | | |
| Jan 8, 2024 | Mon | Practice | N/A | 4:15 PM | 5:15 PM | Albany High School Weight Room | | | |
| Jan 8, 2024 | Mon | Practice | N/A | TBD | | Albany High School Cardio Room | | | |
| Jan 9, 2024 | Tue | Practice | N/A | 3:40 PM | 5:15 PM | Albany High School 3rd Floor | | | |
| Jan 9, 2024 | Tue | Practice | N/A | 4:15 PM | 5:15 PM | 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 | Albany High School 3rd Floor | | | |
| Jan 10, 2024 | Wed | Practice | N/A | 4:15 PM | 5:15 PM | Albany High School Weight Room | | | |
| Jan 10, 2024 | Wed | Practice | N/A | TBD | | Albany High School Cardio Room | | | |
| 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 | | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|---|-----------|------------|----------|--------------------------------|--|--|---------------------|
| 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 13, 2024 | Sat | Regular Season (Track Meet at Utica University) | @ TBD | 11:45 AM | | TBD | Bus/Driver: First Student 518-415-6414 (518-445-6372) | Departure Time: 9:15 AM Return Date: L Return Time: 6:00 PM | |
| 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 | | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|---|-----------|------------|----------|---------------------------------|-------------------------------------|---|---------------------|
| 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 20, 2024 | Sat | Regular Season (League Meet #5) | @ TBD | 8:00 AM | | Union College | Bus/Driver: FIRST STUDENT | Departure Time: 6:45 AM | L |
| Jan 20, 2024 | Sat | Regular Season (Track Meet at the Armory NYC) | @ TBD | 9:00 AM | | TBD | Bus/Driver: Yankee Trails | Departure Time: 5:00 AM Return Date: Return Time: 8:00 PM | NL |
| Jan 21, 2024 | Sun | Regular Season (Freshman Championships at HVCC) | @ TBD | 1:00 PM | | Hudson Valley Community College | Bus/Driver: FIRST STUDENT | Departure Time: 12:15 PM | L |
| 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 | | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|------------------------------------|-----------|------------|----------|---------------------------------|-------------------------------------|-----------------------------------|---------------------|
| 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 | | | |
| 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 27, 2024 | Sat | Regular Season (Sectional at HVCC) | @ TBD | 5:30 PM | 11:00 PM | Hudson Valley Community College | Bus/Driver: FIRST STUDENT | Departure Time: 4:00 PM | L |
| 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 | | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|----------|-----------|------------|----------|--------------------------------|-----------|----------------|---------------------|
| 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 | | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|-------------|----------|---|-----------|------------|----------|--------------------------------|--|-----------------------------------|---------------------|
| Feb 4, 2024 | Sun | Regular Season (Springfield College Meet) | @ TBD | 9:00 AM | 5:30 PM | Springfield College | Bus/Driver: Yankee Trails Erin Shaw 518-286-2400 ext. 218 | Departure Time: 6:15 AM | L |
| 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 | | | |
| 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 | | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|--|-----------|------------|----------|---------------------------------|-------------------------------------|------------------------------------|---------------------|
| 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 10, 2024 | Sat | Regular Season (State Qualifier at HVCC) | @ TBD | 2:00 PM | | Hudson Valley Community College | Bus/Driver: FIRST STUDENT | Departure Time: 12:45 PM | L |
| 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 | | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|---------------------------------------|-----------|------------|----------|--------------------------------|-----------------------------------|--|---------------------|
| 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 | | | |
| Mar 8, 2024 | Fri | Regular Season (Nationals Armory NYC) | @ TBD | 2:00 PM | | TBD | Bus/Driver: Tech Valley | Departure Time: 11:00 AM Return Date: Return Time: 5:00 PM | NL |

Date: 2024-04-27