

Coaches:

- Dan Gibson
- Dennis Lane

| DATE | WEEK | TYPE | OPPONENTS | START | | LOCATION | TRANSPORTATION | LEAGUE |
|--------------|------|--|--|-------------|------------|--|--------------------------------|--------|
| DAIL | DAY | | OFFORENTS | TIME | TIME | LOCATION | THANSFORTATION | LEAGUE |
| Nov 29, 2022 | Tue | Scrimmage | TBD | 7:00 PM | 9:00 PM | Harry Tucker Gymnasium | Departure Time: 7:15 AM | NL |
| Nov 30, 2022 | Wed | Scrimmage | @ Amsterdam (Amsterdam) | 5:00 PM | | Lynch Middle School Gym | | NL |
| Dec 3, 2022 | Sat | Regular Season (Ballston Spa Dual Meet Tournament) | TBD, Tamarac, Whitehall (Granville/Whitehall), Ichabod Crane, Beekmantown, Guilderland High School, Newburgh HS, Maple Hill, Schalmont, Berne-Knox-Westerlo, Christian Brothers Academy, Albany @ Ballston Spa High School | 7:00 AM | | Ballston Spa High School Gym | | NL |
| Dec 8, 2022 | Thu | Regular Season | Berlin (Berlin-New Lebanon) @ Taconic Hills | 6:00 PM | | Frank Jause Memorial Gym -TH HS Gym | | L |
| Dec 10, 2022 | Sat | Meet (Mat Mania) | Vs. Multiple | 9:30 AM | | Glens Falls HS Gym | | NL |
| Dec 22, 2022 | Thu | Regular Season | Maple Hill | 6:00 PM | | Harry Tucker Gymnasium | | L |
| Dec 30, 2022 | Fri | Regular Season | @ Cooperstown (Cooperstown/Milford) | 10:00 AM | | Bursey Gymnasium | | NL |
| Jan 5, 2023 | Thu | Regular Season | @ Rensselaer | 6:00 PM | | High School Main Gym | | L |
| Jan 12, 2023 | Thu | Regular Season | Coxsackie-Athens | 6:00 PM | | Harry Tucker Gymnasium | | L |
| Jan 14, 2023 | Sat | Regular Season | @ Maple Hill | 10:00 AM | | MHHS Gym | | NL |
| Jan 18, 2023 | Wed | Practice (Ballston Spa Dual) | N/A | 6:00 PM | | Ballston Spa HS | | |
| Jan 21, 2023 | Sat | Meet (King Bison Invitational) | Vs. Multiple | 9:00 AM | | Shaker High School- H Gym | | NL |
| Jan 26, 2023 | Thu | Regular Season | @ Greenville | 6:00 PM | | Greenville HS Gym | | L |
| Jan 30, 2023 | Mon | Regular Season 72-0 W | @ Cairo-Durham | 5:00 PM | | High School Gym | | L |
| Feb 4, 2023 | Sat | Regular Season (Class CC Tournament) | @ Ravena-Coeymans | 10:00 AM | | Ravena- Coeymans HS | | L |
| Feb 11, 2023 | Sat | Regular Season (Sectional Tournament) | TBD | 10:00 AM | | Cool Insuring Arena | | NL |
| Feb 24, 2023 | Fri | Regular Season (NYS Championships) | TBD | 10:00 AM | | Cool Insuring Arena | | NL |

Date: 2025-12-07