

Coaches:

• Ben Russell, Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Apr 17, 2023	Mon	Scrimmage	Ballston Spa High School	4:15 PM	5:45 PM	AMS Girls Lacrosse Field		L
Apr 19, 2023	Wed	Scrimmage	@ Saratoga Springs High School	4:45 PM	6:15 PM	Maple Avenue Middle School	Departure Point: AMS Departure Time: 3:00 PM	L
Apr 28, 2023	Fri	Regular Season	Shenendehowa High School (Green)	4:15 PM	5:45 PM	AMS Girls Lacrosse Field		L
May 1, 2023	Mon	Regular Season	@ Burnt Hills-Ballston Lake HS (Modified)	4:15 PM	5:45 PM	O'Rourke MS Lacrosse Field 2	Departure Point: AMS Departure Time: 2:45 PM	L
May 3, 2023	Wed	Regular Season	@ Albany High School	4:15 PM	5:45 PM	Myers Middle School	Departure Point: AMS Departure Time: 3:00 PM	L
May 4, 2023	Thu	Regular Season	@ Columbia High School	4:15 PM	5:45 PM	Genet Elementary School	Departure Point: AMS Departure Time: 3:00 PM	L
May 8, 2023	Mon	Regular Season	@ Shenendehowa High School (White)	5:45 PM	6:15 PM	Shen Turf Field 12	Departure Point: AMS Departure Time: 4:15 PM	L
May 12, 2023	Fri	Regular Season	Bethlehem High School (Black)	4:15 PM	5:45 PM	AMS Girls Lacrosse Field		L
May 15, 2023	Mon	Regular Season	Bethlehem High School (Orange)	4:15 PM	5:45 PM	AMS Girls Lacrosse Field		L
May 17, 2023	Wed	Regular Season	@ Troy	4:15 PM	5:45 PM	High School - Lower grass field	Departure Point: AMS Departure Time: 3:15 PM	L
May 20, 2023	Sat	Regular Season	Niskayuna High School (Modified)	11:00 AM	12:30 PM	AMS Girls Lacrosse Field		L
May 22, 2023	Mon	Regular Season	Shaker High School	4:15 PM	5:45 PM	AMS Girls Lacrosse Field		L
May 24, 2023	Wed	Regular Season	Guilderland High School (Modified)	4:15 PM	5:45 PM	AMS Girls Lacrosse Field		L
May 30, 2023	Tue	Regular Season	@ Colonie High School	4:15 PM	5:45 PM	Colonie HS JV Field #2	Departure Point: AMS Departure Time: 3:00 PM	L

Date: 2024-05-17