

## Coaches:

• Alyse Vogt, Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 12, 2023	Tue	Regular Season	Shenendehowa High School	4:15 PM	5:40 PM	AMS Main Gymnasium		L
Sep 14, 2023	Thu	Regular Season	@ Columbia High School	4:15 PM	5:40 PM	Goff Middle School	Departure Point: AMS Departure Time: 3:15 PM	L
Sep 19, 2023	Tue	Regular Season	Albany High School (White)	4:15 PM	5:40 PM	AMS Main Gymnasium		L
Sep 21, 2023	Thu	Regular Season	Ballston Spa High School	4:15 PM	5:40 PM	APHS Main Gymnasium		L
Sep 26, 2023	Tue	Regular Season	Bethlehem High School	4:15 PM	5:40 PM	AMS Main Gymnasium		L
Oct 3, 2023	Tue	Regular Season	@ Schenectady High School (Modifed)	4:15 PM	5:40 PM	Mont Pleasant Middle School Field	Departure Point: AMS Departure Time: 3:00 PM	L
Oct 5, 2023	Thu	Regular Season	Albany High School (Blue)	4:15 PM	5:40 PM	AMS Main Gymnasium		L
Oct 10, 2023	Tue	Regular Season	@ Shaker High School	5:45 PM		Shaker Middle School- new gym	Departure Point: AMS Departure Time: 4:30 PM	L
Oct 12, 2023	Thu	Regular Season	@ Niskayuna High School (Modified)	4:15 PM	5:40 PM	Iroquois Middle School	Departure Point: AMS Departure Time: 3:00 PM	L
Oct 17, 2023	Tue	Regular Season	@ Troy	4:15 PM	5:40 PM	Middle School	Departure Point: AMS Departure Time: 3:15 PM	L
Oct 23, 2023	Mon	Regular Season	Burnt Hills-Ballston Lake HS (Modified)	4:15 PM	5:40 PM	AMS Main Gymnasium		L
Oct 24, 2023	Tue	Regular Season	@ Colonie High School	4:15 PM	5:40 PM	Sand Creek Middle School	Departure Point: AMS Departure Time: 3:00 PM	L
Oct 26, 2023	Thu	Regular Season	Saratoga Springs High School	4:15 PM	5:40 PM	AMS Main Gymnasium		L
Oct 30, 2023	Mon	Regular Season	@ Guilderland High School (Modified)	4:15 PM	5:40 PM	Farnsworth Middle School Main Gym	Departure Point: AMS Departure Time: 3:00 PM	L

Date: 2024-05-18