

# Ballston Spa High School

## (G) V Lacrosse

### Coaches:

- Emily Micheller, Head Coach
- Tia Pelmeau, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
CANCELLED Mar 15, 2023	Wed	Practice	N/A	6:00 PM	8:00 PM	Union College	<b>Departure Time:</b> 5:00 PM	
Mar 16, 2023	Thu	Practice	N/A	6:00 PM	8:00 PM	Union College	<b>Departure Time:</b> 5:00 PM	
Mar 17, 2023	Fri	Practice	N/A	4:30 PM	6:30 PM	Union College	<b>Departure Time:</b> 3:30 PM	
Mar 18, 2023	Sat	Practice	N/A	2:00 PM	4:00 PM	Union College	<b>Departure Time:</b> 1:15 PM	
Mar 21, 2023	Tue	Practice	N/A	6:00 PM	8:00 PM	Union College	<b>Departure Time:</b> 5:15 PM	
Mar 23, 2023	Thu	Practice	N/A	6:00 PM	8:00 PM	Union College	<b>Departure Time:</b> 5:15 PM	
Mar 24, 2023	Fri	Practice	N/A	6:00 PM	8:00 PM	Union College	<b>Departure Time:</b> 5:15 PM	
Mar 27, 2023	Mon	Practice	N/A	6:00 PM	8:00 PM	Union College	<b>Departure Time:</b> 5:15 PM	
Apr 4, 2023	Tue	Regular Season 8-14 L	@ Averill Park High School	4:15 PM	5:45 PM	APHS Varsity Lacrosse Field	<b>Departure Time:</b> 2:35 PM	L
Apr 6, 2023	Thu	Regular Season 0-15 L	@ Shenendehowa High School	5:30 PM	7:00 PM	Shen High School East Stadium (Turf Field)	<b>Departure Time:</b> 3:15 PM	L
Apr 11, 2023	Tue	Regular Season	Colonie High School	11:00 AM	12:30 PM	Stadium Field		L
Apr 13, 2023	Thu	Regular Season	@ Johnstown	11:00 AM		Knox Junior Turf & Track	<b>Departure Point:</b> High School <b>Departure Time:</b> 9:15 AM	NL
Apr 14, 2023	Fri	Regular Season	@ Scotia-Glenville	12:00 PM		Scotia Glenville High School	<b>Departure Time:</b> 10:45 AM	L
Apr 17, 2023	Mon	Regular Season	@ Guilderland High School	5:30 PM	7:15 PM	Guilderland High School Turf Field	<b>Departure Time:</b> 3:15 PM	L
Apr 20, 2023	Thu	Regular Season	Albany Academies	4:30 PM		Stadium Field	<b>Departure Point:</b> High School	L
Apr 24, 2023	Mon	Regular Season 3-20 L	@ Shaker High School	6:30 PM		Arthur Walker Field-Shaker High School	<b>Departure Time:</b> 5:00 PM	L
Apr 26, 2023	Wed	Regular Season	@ Academy of Holy Names	4:30 PM		TBD	<b>Departure Point:</b> High School <b>Departure Time:</b> 2:35 PM	L
Apr 27, 2023	Thu	Regular Season 11-13 L	@ Schuylerville	4:30 PM		Schuylerville High School (turf)	<b>Departure Time:</b> 3:00 PM	NL
May 2, 2023	Tue	Regular Season 2-21 L	@ Bethlehem High School	4:45 PM	6:30 PM	Afrims Soccer Complex - Colonie	<b>Departure Time:</b> 2:35 PM	L
May 4, 2023	Thu	Regular Season 15-5 W	Columbia High School	4:15 PM	5:45 PM	Soccer/Lacrosse 6		L
May 6, 2023	Sat	Regular Season 1-21 L	Burnt Hills-Ballston Lake HS	11:00 AM	12:30 PM	Stadium Field		L
May 9, 2023	Tue	Regular Season 15-9 W	Albany High School	7:00 PM		Stadium Field		L
POSTPONED May 10, 2023	Wed	Regular Season (Ballston Spa forfeits.)	Saratoga Springs High School	TBD		Stadium Field		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 11, 2023	Thu	Regular Season (Senior Night) 1-19 L	@ Niskayuna High School	6:30 PM		Schenectady High School	<b>Departure Time:</b> 4:45 PM	L

Date: 2025-12-05