

# 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
Mar 17, 2025	Mon	Practice	N/A	5:45 PM		Union College - Bailey Field	<b>Departure Time:</b> 5:00 PM	
Mar 18, 2025	Tue	Practice	N/A	6:00 PM	8:00 PM	Union College - Bailey Field	<b>Departure Time:</b> 5:15 PM	
Mar 19, 2025	Wed	Practice	N/A	5:00 PM	7:00 PM	Union College - Bailey Field	<b>Departure Time:</b> 4:15 PM	
Mar 20, 2025	Thu	Practice	N/A	5:00 PM	7:00 PM	Union College - Bailey Field	<b>Departure Time:</b> 4:15 PM	
Mar 21, 2025	Fri	Practice	N/A	6:30 PM	8:30 PM	Union College - Bailey Field	<b>Departure Time:</b> 5:45 PM	
Mar 22, 2025	Sat	Practice	N/A	10:00 AM	12:00 PM	Union College - Bailey Field	<b>Departure Time:</b> 9:15 AM	
Mar 24, 2025	Mon	Practice	N/A	5:00 PM	7:00 PM	Union College - Bailey Field	<b>Departure Time:</b> 4:15 PM	
Mar 25, 2025	Tue	Practice	N/A	6:00 PM	8:00 PM	Union College - Bailey Field	<b>Departure Time:</b> 5:15 PM	
Mar 28, 2025	Fri	Practice	N/A	5:00 PM	7:00 PM	Union College - Bailey Field	<b>Departure Time:</b> 4:15 PM	
Mar 31, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	Union College - College Park Field	<b>Departure Time:</b> 2:30 PM	
Apr 1, 2025	Tue	Regular Season 4-22 L	Columbia High School	4:15 PM	5:55 PM	Soccer/Lacrosse #2		NL
Apr 3, 2025	Thu	Regular Season 0-22 L	@ Shenendehowa High School	5:30 PM	7:15 PM	Shen High School East Stadium (Turf Field)	<b>Departure Time:</b> 4:30 PM	L
POSTPONED Apr 8, 2025	Tue	Regular Season	@ Albany High School	4:15 PM	6:15 PM	Albany Turf Stadium Field	<b>Departure Time:</b> 2:45 PM	NL
CANCELLED Apr 12, 2025	Sat	Regular Season	@ Scotia-Glenville	11:00 AM		Scotia Glenville High School	<b>Departure Time:</b> 2:45 PM	L
Apr 14, 2025	Mon	Regular Season 3-18 L	Saratoga Springs High School	11:00 AM	12:40 PM	Soccer/Lacrosse #2		L
Apr 17, 2025	Thu	Regular Season 5-21 L	@ Averill Park High School	11:00 AM	12:40 PM	APHS Varsity Lacrosse Field	<b>Departure Time:</b> 9:00 AM	L
Apr 22, 2025	Tue	Regular Season 1-20 L	Burnt Hills-Ballston Lake HS	4:15 PM	5:55 PM	Soccer/Lacrosse #2		L
Apr 24, 2025	Thu	Regular Season 2-23 L	@ Shaker High School	6:30 PM	8:15 PM	Arthur Walker Field- Shaker High School	<b>Departure Time:</b> 5:00 PM	L
Apr 26, 2025	Sat	Regular Season 3-23 L	Bethlehem High School	2:00 PM		Soccer/Lacrosse #2		L
May 1, 2025	Thu	Regular Season 3-19 L	Niskayuna High School	4:15 PM	5:55 PM	Soccer/Lacrosse #2		L
May 3, 2025	Sat	Regular Season 1-22 L	@ Columbia High School	11:00 AM	12:55 PM	Nicholas Budnowski Field - Columbia H.S.	<b>Departure Time:</b> 9:00 AM	L
May 5, 2025	Mon	Regular Season (Senior Night)	@ South Glens Falls	7:00 PM		SGFHS - Turf Stadium	<b>Departure Time:</b> 5:30 PM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 6, 2025	Tue	Regular Season 4-22 L	Guilderland High School	4:15 PM	5:55 PM	Soccer/Lacrosse #2		L
May 8, 2025	Thu	Regular Season 0-15 L	@ Colonie High School	7:00 PM		Colonie HS Ambrosio (Field #1)	<b>Departure Time:</b> 5:30 PM	L
May 9, 2025	Fri	Regular Season	@ Schuylerville	4:00 PM		Schuylerville High School (turf)	<b>Departure Time:</b> 2:45 PM	NL
May 12, 2025	Mon	Regular Season 10-22 L	Averill Park High School	5:00 PM		Soccer/Lacrosse #2		NL
May 15, 2025	Thu	Regular Season	@ Amsterdam (Amsterdam/Broadalbin-Perth)	7:00 PM		Turf Field - Lynch Middle School	<b>Departure Time:</b> 5:45 PM	NL
May 22, 2025	Thu	Post-Season	@ Bethlehem High School	4:30 PM	6:30 PM	High School Varsity Lacrosse/Soccer	<b>Departure Time:</b> 2:45 PM	L

Date: 2025-12-17