

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 31, 2026	Tue	Regular Season	Niskayuna High School	4:15 PM		Soccer/Lacrosse #2		L
Apr 7, 2026	Tue	Regular Season	@ Colonie High School	11:00 AM	12:40 PM	Colonie HS Ambrosio (Field #1)		L
Apr 14, 2026	Tue	Regular Season	@ Shenendehowa High School	4:15 PM	5:55 PM	Shen High School East Stadium (Turf Field)		L
Apr 16, 2026	Thu	Regular Season	@ Averill Park High School	4:15 PM	5:55 PM	APHS Varsity Lacrosse Field		L
Apr 28, 2026	Tue	Regular Season	@ Bethlehem High School	4:15 PM	5:55 PM	High School Varsity Lacrosse/Soccer		L
Apr 30, 2026	Thu	Regular Season	Saratoga Springs High School	4:15 PM	5:55 PM	Soccer/Lacrosse #2		L
May 1, 2026	Fri	Regular Season	South Glens Falls	4:15 PM	6:00 PM	Soccer/Lacrosse #2		NL
May 7, 2026	Thu	Regular Season	@ Burnt Hills-Ballston Lake HS	7:00 PM	8:55 PM	BH-BL HS Centennial Field		L

Date: 2025-12-05