

## Coaches:

• John Dolny, Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 26, 2022	Sat	Regular Season (CDWOA TOURNAMENT)	Niskayuna High School @ Shenendehowa High School	9:00 AM	7:00 PM	Shen High School East Gym 1 (Main)	<b>Departure Time:</b> 7:30 AM	L
Nov 30, 2022	Wed	Regular Season	Averill Park High School	6:00 PM	8:00 PM	Colonie High School PIT (Secondary Gymnasium)		NL
Dec 3, 2022	Sat	Regular Season (Tournament)	Shenendehowa High School, Warrensburg (Warrensburg/Lake George), Salem (Salem-Cambridge), Saratoga Springs High School @ Burnt Hills-Ballston Lake HS	10:00 AM		BH-BL HS Gym	<b>Departure Time:</b> 6:45 AM	NL
Dec 7, 2022	Wed	Regular Season	@ Columbia High School	6:00 PM	8:00 PM	Columbia H.S.		NL
Dec 14, 2022	Wed	Regular Season	Ballston Spa High School	6:00 PM		Colonie High School PIT (Secondary Gymnasium)		NL
Dec 17, 2022	Sat	Regular Season (JV Tournament)	Shenendehowa High School, Ballston Spa High School, Shaker High School, Salem (Salem-Cambridge), Saratoga Springs High School, Guilderland High School, Scotia- Glenville @ Niskayuna High School	10:00 AM		Niskayuna High School	<b>Departure Time:</b> 7:00 AM	L
Dec 21, 2022	Wed	Regular Season	Niskayuna High School	6:00 PM	8:55 PM	Colonie High School PIT (Secondary Gymnasium)		L
Jan 4, 2023	Wed	Regular Season	@ Shenendehowa High School	6:00 PM	8:55 PM	Shen High School East Gym 1 (Main)		L
Jan 7, 2023	Sat	Regular Season (JV Tournament and Girls Tournament (Girls Team - Niskayuna- Schenectady, Shaker, Guilderland, Sherburne- Earlville))	Shenendehowa High School, Burnt Hills- Ballston Lake HS, Ballston Spa High School, Shaker High School, Niskayuna High School, Schenectady High School (JV Wrestling), Granville (Granville-Whitehall), Guilderland High School, Hadley- Luzerne, Scotia- Glenville, Sherburne- Earlville	7:00 AM	4:00 PM	Colonie High School MUG (Main Gymnasium)		NL

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 7, 2023	Sat	Regular Season	Sherburne-Earlville	TBD	4:00 PM	Colonie High School PIT (Secondary Gymnasium)		L
Jan 11, 2023	Wed	Regular Season	@ Guilderland High School	6:00 PM	8:55 PM	Guilderland High School East Gym		L
Jan 18, 2023	Wed	Regular Season	Saratoga Springs High School	6:00 PM	8:55 PM	Colonie High School PIT (Secondary Gymnasium)		L
Jan 21, 2023	Sat	Regular Season (Tournament)	Shenendehowa High School, Hudson Falls, Burnt Hills- Ballston Lake HS, Saratoga Springs High School, Schenectady High School (JV Wrestling) @ Guilderland High School	9:00 AM	7:00 PM	Guilderland High School East Gym		L
Jan 30, 2023	Mon	Regular Season	Ballston Spa High School, Schenectady High School (JV Wrestling), Columbia High School, Niskayuna High School, Saratoga Springs High School, Albany High School, Averill Park High School, Bethlehem High School, Shenendehowa High School, Guilderland High School	4:00 PM	7:00 PM	Colonie High School MUG (Main Gymnasium)		L
Feb 1, 2023	Wed	Regular Season	@ Shaker High School	6:00 PM	8:55 PM	Colonie Center		L

Date: 2025-12-05