

Coaches:

- Ashley Gansle, Head Coach
- Zach Yannone, Asst Coach
- Bridget Bennett, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Apr 10, 2024	Wed	Regular Season	@ Saratoga Springs High School	4:15 PM	6:55 PM	Saratoga Springs High School		L
Apr 16, 2024	Tue	Regular Season	@ Schenectady High School (Girls Varsity Track)	4:15 PM	6:55 PM	Larry Mulvaney Field		L
Apr 23, 2024	Tue	Regular Season	Averill Park High School	4:15 PM	6:45 PM	Columbia H.S.		L
May 1, 2024	Wed	Regular Season	Ballston Spa High School, Burnt Hills- Ballston Lake HS	4:15 PM	6:45 PM	Columbia H.S.		L
May 7, 2024	Tue	Regular Season	Albany High School @ Troy	4:15 PM	6:55 PM	Track		L
May 14, 2024	Tue	Regular Season (Suburban Council Girl's Championships)	Albany High School, Shenendehowa High School, Niskayuna High School, Averill Park High School, Burnt Hills-Ballston Lake HS, Schenectady High School (Girls Varsity Track), Shaker High School, Saratoga Springs High School, Colonie High School, Troy, Bethlehem High School, Ballston Spa High School, Guilderland High School @ TBD	4:15 PM	7:30 PM	APHS Track		L

Date: 2025-12-17