

Coaches:

- Scott LaMora, Head Coach
- Melanie Boomhower, Asst Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGU / NON- LEAGU
Sep 2, 2022	Fri	Scrimmage	Guilderland High School @ Liverpool	10:00 AM	1:00 PM	Liverpool HS Field 4, Liverpool HS Field 2		NL
Sep 2, 2022	Fri	Scrimmage (Liverpool Scrimmage Fest)	@ Baldwinsville	10:30 AM	11:30 AM	Liverpool HS Field 2		NL
Sep 6, 2022	Tue	Regular Season 7-0 W	Cohoes	6:30 PM	8:15 PM	Nicholas Budnowski Field - Columbia H.S.		NL
Sep 9, 2022	Fri	Regular Season 10-0 W	LaSalle Institute	4:00 PM	6:15 PM	Soccer Girls V Field - Columbia H.S.		NL
Sep 13, 2022	Tue	Regular Season 9-0 W	@ Albany High School	4:15 PM	6:30 PM	Albany Turf Stadium Field		L
Sep 15, 2022	Thu	Regular Season 1-1 T	@ Niskayuna High School	4:15 PM	5:55 PM	Niskayuna High School		L
Sep 17, 2022	Sat	Regular Season 3-0 W	Burnt Hills- Ballston Lake HS	11:00 AM	12:40 PM	Nicholas Budnowski Field - Columbia H.S.		L
Sep 20, 2022	Tue	Regular Season 1-0 W	Colonie High School	7:00 PM	8:30 PM	Nicholas Budnowski Field - Columbia H.S.		L
Sep 22, 2022	Thu	Regular Season 2-1 W	@ Shaker High School	6:30 PM		Shaker High School- Lower Maloy Field		L
Sep 24, 2022	Sat	Regular Season 8-0 W	Scotia-Glenville	1:00 PM	3:00 PM	Nicholas Budnowski Field - Columbia H.S.		NL
Sep 27, 2022	Tue	Regular Season 3-0 W	Saratoga Springs High School	6:30 PM	8:15 PM	Nicholas Budnowski Field - Columbia H.S.		L
Sep 29, 2022	Thu	Regular Season 4-0 W	Averill Park High School	7:00 PM	8:55 PM	Nicholas Budnowski Field - Columbia H.S.		L
Oct 1, 2022	Sat	Regular Season 1-3 L	@ Shenendehowa High School	3:00 PM	4:40 PM	Shen Turf Field 12		L
Oct 6, 2022	Thu	Regular Season 5-0 W	@ Ballston Spa High School	4:15 PM	5:55 PM	Soccer/Lacrosse 6		L
Oct 8, 2022	Sat	Regular Season 9-0 W	Troy	11:00 AM	12:40 PM	Nicholas Budnowski Field - Columbia H.S.		NL
Oct 11, 2022	Tue	Regular Season 1-0 W	@ Bethlehem High School	7:00 PM	8:55 PM	Bethlehem High School Stadium Field		L
Oct 13, 2022	Thu	Regular Season 4-1 W	Guilderland High School	7:00 PM	8:55 PM	Nicholas Budnowski Field - Columbia H.S.		L
Oct 15, 2022	Sat	Regular Season 10-0 W	@ Schenectady High School	10:00 AM	12:40 PM	Larry Mulvaney Field		L
Oct 18, 2022	Tue	Scrimmage	@ Shenendehowa High School	4:00 PM		Shen Turf Field 12		L
Oct 21, 2022	Fri	Post-Season 5-0 W	Troy	1:00 PM	3:00 PM	Nicholas Budnowski Field - Columbia H.S.		L

DATE	WEEK	ТҮРЕ	OPPONENTS	START TIME		LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 24, 2022	Mon	Post-Season (Section 2 Class A Semifinal) 5-0 W	Averill Park High School	7:00 PM		Mechanicville HS		NL
Oct 28, 2022	Fri	Post-Season 1-0 W	Burnt Hills- Ballston Lake HS	7:00 PM	9:00 PM	Stillwater HS		L

Date: 2025-12-19