

## Coaches:

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

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Aug 29, 2023	Tue	Scrimmage	Beacon, Voorheesville, Mechanicville, Ballston Spa High School @ Saratoga Springs High School	11:30 AM	3:45 PM	SSHS Turf Field		L
Sep 1, 2023	Fri	Scrimmage	Chatham	5:00 PM	6:45 PM	Soccer Girls V Field - Columbia H.S.		NL
Sep 5, 2023	Tue	Regular Season 4-0 W	Shenendehowa High School	7:00 PM	8:55 PM	Nicholas Budnowski Field - Columbia H.S.		L
Sep 7, 2023	Thu	Regular Season 5-0 W	Schenectady High School	7:00 PM	8:55 PM	Nicholas Budnowski Field - Columbia H.S.		L
Sep 9, 2023	Sat	Regular Season (NYSSCOGS HOF Tournament) 0-0 T	Garden City	9:45 AM	11:00 AM	Nicholas Budnowski Field - Columbia H.S.		NL
Sep 10, 2023	Sun	Regular Season (NYSSCOGS HOF Tournament) 4-0 W	Nardin Academy	9:15 AM	11:00 AM	Nicholas Budnowski Field - Columbia H.S.		NL
Sep 12, 2023	Tue	Regular Season 1-0 W	@ Saratoga Springs High School	4:15 PM	5:55 PM	SSHS Varsity Soccer		L
Sep 14, 2023	Thu	Regular Season 1-0 W	Averill Park High School	7:00 PM	8:55 PM	Nicholas Budnowski Field - Columbia H.S.		L
Sep 19, 2023	Tue	Regular Season 12-0 W	Troy	7:00 PM	8:55 PM	Nicholas Budnowski Field - Columbia H.S.		NL
Sep 21, 2023	Thu	Regular Season 3-1 W	@ Burnt Hills- Ballston Lake HS	4:15 PM	5:55 PM	BH-BL HS Soccer Field 1		L
Sep 23, 2023	Sat	Regular Season 2-2 T	Ballston Spa High School	11:00 AM	12:40 PM	Soccer Girls V Field - Columbia H.S.		L
Sep 26, 2023	Tue	Regular Season 1-0 W	@ Niskayuna High School	4:15 PM	5:55 PM	Niskayuna High School		L
Sep 28, 2023	Thu	Regular Season 5-0 W	Colonie High School	7:00 PM	8:55 PM	Nicholas Budnowski Field - Columbia H.S.		L
Oct 3, 2023	Tue	Regular Season 4-0 W	@ Albany High School	6:30 PM	8:00 PM	Albany Turf Stadium Field		L
Oct 5, 2023	Thu	Regular Season 2-0 W	@ Guilderland High School	4:15 PM	5:55 PM	Snyder Field - Varsity Soccer & Boys Lacrosse		L
Oct 7, 2023	Sat	Regular Season 4-1 W	@ Fayetteville- Manlius	12:00 PM	2:00 PM	Herkimer County Community College		NL

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 10, 2023	Tue	Regular Season 2-0 W	@ Bethlehem High School	7:00 PM	9:00 PM	Bethlehem Turf Field		L
Oct 12, 2023	Thu	Regular Season 5-0 W	Shaker High School	7:00 PM	8:55 PM	Nicholas Budnowski Field - Columbia H.S.		L
Oct 21, 2023	Sat	Post-Season 1-0 W	Averill Park High School	6:00 PM	8:00 PM	Nicholas Budnowski Field - Columbia H.S.		NL
Oct 25, 2023	Wed	Post-Season (Section 2 Semi- Finals) 3-0 W	Mohonasen	7:00 PM	9:00 PM	Arthur Walker Field- Shaker High School		NL
Oct 30, 2023	Mon	Post-Season (Section 2 Final) 1-0 W	Niskayuna High School	6:00 PM	8:00 PM	Arthur Walker Field- Shaker High School		NL
Nov 4, 2023	Sat	Post-Season (NYS Class AA Regional) 2-0 W	@ West Genesee	6:00 PM		Nottingham Athletic Stadium	1	NL
Nov 11, 2023	Sat	Post-Season (NYSPHSAA Class AA Semifinals)	Smithtown West	12:00 PM	2:00 PM	Tompkins Cortland Community College		NL

Date: 2025-12-05