| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | |
|---------------------------|-------------|------------------------------|--------------------------------------|---------------|-------------|--|--------------------------------|--|-------------|
| Dec 6, 2022 | Tue | | Shenendehowa High School | 4:15 PM | | Niskayuna High School | | | LEAGUE L |
| CANCELLED Dec 9, 2022 | Fri | Regular Season | TBD | 4:15 PM | 5:30 PM | Niskayuna High School | | | L |
| Dec 13, 2022 | Tue | | Guilderland High School | 4:15 PM | | Niskayuna High School | | | L |
| Dec 20, 2022 | Tue | Regular Season | Shaker High School | 4:15 PM | 5:30 PM | Niskayuna High School | | | L |
| Dec 22, 2022 | Thu | Regular Season | Columbia High School | 4:15 PM | 5:30 PM | Niskayuna High School | | | L |
| Jan 6, 2023 | Fri | | @ Guilderland High School | 4:00 PM | 5:30 PM | Guilderland High School West (Big) Gym | Class Dismissal: 2:35 PM | Departure Point: HS, VA, Iroq Departure Time: 2:45 PM | L |
| Jan 10, 2023 | Tue | Regular Season | @ Saratoga Springs High School | 4:15 PM | 5:30 PM | Saratoga Springs High School | Class Dismissal: 2:20 PM | Departure Point: HS, VA, Iroq Departure Time: 2:30 PM | L |
| CANCELLED Jan 13, 2023 | Fri | Regular Season | @ TBD | 4:15 PM | | Albany High School Gym A | Class Dismissal: 2:40 PM | Departure Point: HS, VA, Iroq Departure Time: 2:50 PM | L |
| Jan 13, 2023 | Fri | Regular Season | Bethlehem High School | 4:15 PM | | NHS Blatnick Gym | | | NL |
| Jan 17, 2023 | Tue | Regular Season | Bethlehem High School | 4:15 PM | 5:30 PM | Niskayuna High School | | | L |
| POSTPONED Jan 19, 2023 | Thu | Regular Season | @ Shaker High School | 4:15 PM | | Shaker High School- H Gym | Class Dismissal: 2:35 PM | Departure Point: HS, VA, Iroq Departure Time: 2:45 PM | L |
| Jan 20, 2023 | Fri | Regular Season | Colonie High School | 4:15 PM | | Niskayuna High School | | | L |
| Jan 31, 2023 | Tue | Regular Season 31-34 L | @ Ballston Spa High School | 4:15 PM | | Middle School Gym | Class Dismissal: 2:35 PM | Departure Point: HS, VA, Iroq Departure Time: 2:45 PM | L |
| Feb 7, 2023 | Tue | Regular Season 25-35 L | Ballston Spa High School | 4:15 PM | | Niskayuna High School | | | L |
| Feb 10, 2023 | Fri | | @ Bethlehem High School | 4:15 PM | | High School Gym B | Class Dismissal: 2:20 PM | Departure Point: HS, VA, Iroq Departure Time: 2:30 PM | L |
| Feb 14, 2023 | Tue | Regular Season | @ Shaker High School | 4:15 PM | | Shaker High School- H Gym | Class Dismissal: 2:35 PM | Departure Point: HS, VA, Iroq Departure Time: 2:45 PM | L |

Date: 2025-12-05