

Coaches:

• Christina Coons, Head Coach

| DATE | WEEK DAY | ТҮРЕ | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON- LEAGUE |
|--------------|-------------|---|--|---------------|-------------|---------------------------------------|--------------------------------|--|----------------------------|
| Aug 29, 2023 | Tue | Scrimmage | Hudson Falls | 9:00 AM | | Niskayuna High School | | | L |
| Aug 31, 2023 | Thu | Regular Season 3-0 W | @ Albany High School | 12:30 PM | 2:25 PM | Albany High School Gym A | | Departure Point: HS Departure Time: 9:30 AM | L |
| Sep 5, 2023 | Tue | Regular Season 3-1 W | Colonie High School | 5:45 PM | 7:40 PM | Niskayuna High School | | | L |
| Sep 9, 2023 | Sat | Regular Season (Hall Van Erden Tourney) | @ Burnt Hills- Ballston Lake HS | 8:00 AM | | BH-BL HS Gym | | Departure Point: HS Departure Time: 7:00 AM | NL |
| Sep 12, 2023 | Tue | Regular Season 0-3 L | @ Burnt Hills- Ballston Lake HS | 5:45 PM | 7:40 PM | BH-BL HS Gym | Class Dismissal: 2:50 PM | Departure Point: HS, VA, Iroq Departure Time: 3:00 PM | L |
| Sep 14, 2023 | Thu | Regular Season 2-3 L | @ Ballston Spa High School | 5:45 PM | 7:40 PM | Ballston Spa High School Gym | Class Dismissal: 2:40 PM | Departure Point: HS, VA, Iroq Departure Time: 2:50 PM | L |
| Sep 19, 2023 | Tue | Regular Season 3-2 W | Shaker High School | 5:45 PM | 7:40 PM | Niskayuna High School | | | L |
| Sep 21, 2023 | Thu | Regular Season 3-2 W | Guilderland High School | 5:45 PM | 7:40 PM | Niskayuna High School | | | L |
| Sep 23, 2023 | Sat | Regular Season (Cider Challenge) | Bethlehem High School, Shenendehowa High School, Ballston Spa High School @ Burnt Hills- Ballston Lake HS | 8:00 AM | | BH-BL HS Gym | | Departure Point: HS Departure Time: 7:00 AM | NL |
| Sep 26, 2023 | Tue | Regular Season 3-2 W | Columbia High School | 5:45 PM | 7:40 PM | Niskayuna High School | | | L |
| Sep 28, 2023 | Thu | Regular Season 3-0 W | Schenectady High School | 5:45 PM | 7:40 PM | Niskayuna High School | | | L |
| Oct 3, 2023 | Tue | Regular Season | @ Galway | 6:15 PM | | Galway HS | | Departure Point: HS, Iroq Departure Time: 3:30 PM | NL |
| Oct 5, 2023 | Thu | Regular Season 3-0 W | Troy | 5:45 PM | 7:40 PM | Niskayuna High School | | | L |
| Oct 10, 2023 | Tue | Regular Season 1-3 L | @ Saratoga Springs High School | 5:45 PM | 7:40 PM | Saratoga Springs High School | Class Dismissal: 2:35 PM | Departure Point: HS, VA, Iroq Departure Time: 2:45 PM | L |
| Oct 12, 2023 | Thu | Regular Season 3-0 W | Averill Park High School | 5:45 PM | 7:40 PM | Niskayuna High School | | | L |

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| Oct 14, 2023 | Sat | Regular Season (Tournament) | Burnt Hills- Ballston Lake HS, Our Lady of Lourdes @ Shenendehowa High School | 9:00 AM | | Impact Athletic Center | | Departure Point: HS Departure Time: 7:30 AM | NL |
| Oct 17, 2023 | Tue | Regular Season 2-3 L | @ Bethlehem High School | 5:45 PM | 7:40 PM | High School Gym B | Class Dismissal: 2:35 PM | Departure Point: HS, VA, Iroq Departure Time: 2:45 PM | L |
| Oct 19, 2023 | Thu | Regular Season | @ Shenendehowa High School | 5:45 PM | 7:40 PM | Shen High School East Gym 1 (Main) | Class Dismissal: 2:50 PM | Departure Point: HS, VA, Iroq Departure Time: 3:00 PM | L |
| Oct 21, 2023 | Sat | Regular Season | @ Hudson Falls | 9:00 AM | | Hudson Falls HS | | Departure Point: HS Departure Time: 7:30 AM | NL |
| Oct 30, 2023 | Mon | Scrimmage | Broadalbin- Perth, Queensbury @ Shenendehowa High School | 3:00 PM | 6:00 PM | Shen High School East Gym 2 (New) | | | NL |
| Oct 30, 2023 | Mon | Scrimmage (Scrimmage at Shen) | TBD | 4:15 PM | | TBD | | Departure Point: HS Departure Time: 3:15 PM | NL |
| Nov 1, 2023 | Wed | Post-Season | Guilderland High School | 7:00 PM | | Broadalbin Perth High School | | Departure Point: HS Departure Time: 5:00 PM | L |

Date: 2025-12-05