

Coaches:

- Matthew Usher, Head Coach
- Mitch Snyder, Asst Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 13, 2023	Mon	Practice (Tryouts)	N/A	3:00 PM	5:00 PM	SSHS BLUE GYM		
Nov 14, 2023	Tue	Practice (Tryouts)	N/A	3:00 PM	5:00 PM	SSHS BLUE GYM		
Nov 15, 2023	Wed	Practice (Tryouts)	N/A	5:00 PM	7:00 PM	SSHS BLUE GYM		
Nov 16, 2023	Thu	Practice	N/A	5:00 PM	7:00 PM	SSHS BLUE GYM		
Nov 17, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	SSHS BLUE GYM		
Nov 19, 2023	Sun	Practice	N/A	9:00 AM	11:00 AM	SSHS BLUE GYM		
Nov 20, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	SSHS BLUE GYM		
CANCELLED Nov 21, 2023	Tue	Practice	N/A	5:00 PM	7:00 PM	SSHS BLUE GYM		
Nov 24, 2023	Fri	Practice	N/A	5:00 PM	7:00 PM	SSHS BLUE GYM		
Nov 26, 2023	Sun	Practice	N/A	9:00 AM	11:00 AM	SSHS BLUE GYM		
Nov 27, 2023	Mon	Practice	N/A	5:00 PM	7:00 PM	SSHS BLUE GYM		
Nov 29, 2023	Wed	Practice	N/A	2:30 PM	4:30 PM	SSHS BLUE GYM		
Nov 30, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	SSHS BLUE GYM		
Dec 1, 2023	Fri	Practice	N/A	5:00 PM	7:00 PM	SSHS BLUE GYM		
Dec 2, 2023	Sat	Regular Season 54-30 W	Middletown	1:00 PM		Saratoga Springs High School		NL
Dec 3, 2023	Sun	Practice	N/A	9:00 AM		SSHS BLUE GYM		
Dec 4, 2023	Mon	Practice	N/A	5:00 PM	7:00 PM	SSHS BLUE GYM		
Dec 5, 2023	Tue	Regular Season 44-53 L	Niskayuna High School	7:00 PM	8:30 PM	Saratoga Springs High School		L
Dec 6, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	SSHS BLUE GYM		
Dec 7, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	SSHS BLUE GYM		
Dec 8, 2023	Fri	Practice	N/A	2:30 PM	3:30 PM	SSHS BLUE GYM		
Dec 10, 2023	Sun	Practice	N/A	9:00 AM	11:00 AM	SSHS BLUE GYM		
Dec 11, 2023	Mon	Practice	N/A	5:00 PM	7:00 PM	SSHS BLUE GYM		
Dec 12, 2023	Tue	Regular Season 66-75 L	Colonie High School	7:00 PM	8:30 PM	Saratoga Springs High School		L
Dec 13, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	SSHS BLUE GYM		

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Dec 14, 2023	Thu	Practice	N/A	5:00 PM	7:00 PM	SSHS BLUE GYM		
Dec 18, 2023	Mon	Practice	N/A	5:00 PM	7:00 PM	SSHS BLUE GYM		
Dec 19, 2023	Tue	Regular Season 51-46 W	Columbia High School	7:00 PM	8:30 PM	Saratoga Springs High School		L
Dec 20, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	SSHS BLUE GYM		
Dec 21, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	SSHS BLUE GYM		
Dec 22, 2023	Fri	Practice	N/A	3:00 PM	4:30 PM	SSHS BLUE GYM		
Dec 27, 2023	Wed	Practice	N/A	10:00 AM	PM	SSHS BLUE GYM		
Dec 28, 2023	Thu	Practice	N/A	10:00 AM	PM	SSHS BLUE GYM		
Jan 2, 2024	Tue	Practice	N/A	5:00 PM	7:00 PM	SSHS BLUE GYM		
Jan 4, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	SSHS BLUE GYM		
CANCELLED Jan 7, 2024	Sun	Regular Season	New Hartford	5:00 PM		Hamilton College	Departure Point: High School	NL
Jan 8, 2024	Mon	Practice	N/A	5:00 PM	7:00 PM	SSHS BLUE GYM		
Jan 10, 2024	Wed	Practice	N/A	2:30 PM	4:30 PM	SSHS BLUE GYM		
Jan 11, 2024	Thu	Practice	N/A	5:00 PM	7:00 PM	SSHS BLUE GYM		
Jan 17, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	SSHS BLUE GYM		
Jan 18, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	SSHS BLUE GYM		
Jan 19, 2024	Fri	Regular Season 63-65 L	Christian Brothers Academy, Albany	7:00 PM	8:30 PM	Saratoga Springs High School		L
Jan 22, 2024	Mon	Practice	N/A	5:00 PM	7:00 PM	SSHS BLUE GYM		
Jan 22, 2024	Mon	Regular Season 77-54 W	Troy	7:00 PM	8:30 PM	Saratoga Springs High School		L
Jan 23, 2024	Tue	Regular Season 60-46 W	Ballston Spa High School	7:00 PM		Saratoga Springs High School	Departure Point: High School	NL
Jan 25, 2024	Thu	Practice	N/A	2:30 PM	3:45 PM	SSHS BLUE GYM		
Jan 26, 2024	Fri	Regular Season 62-49 W	Guilderland High School	7:00 PM	8:30 PM	Saratoga Springs High School		L
Jan 29, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	SSHS BLUE GYM		
Jan 31, 2024	Wed	Practice	N/A	5:00 PM	7:00 PM	SSHS BLUE GYM		
Feb 1, 2024	Thu	Practice	N/A	5:00 PM	7:00 PM	SSHS BLUE GYM		
⁻ eb 2, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	SSHS BLUE GYM		
-eb 5, 2024	Mon	Practice	N/A	5:00	7:00	SSHS BLUE		

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Feb 7, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	SSHS BLUE GYM		
Feb 8, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	SSHS BLUE GYM		
Feb 9, 2024	Fri	Regular Season 58-49 W	Burnt Hills-Ballston Lake HS	7:00 PM	8:30 PM	Saratoga Springs High School		L
Feb 12, 2024	Mon	Practice	N/A	5:00 PM	7:00 PM	SSHS BLUE GYM		
Feb 13, 2024	Tue	Practice	N/A	2:30 PM	4:00 PM	SSHS BLUE GYM		
Feb 14, 2024	Wed	Scrimmage	Glens Falls	5:00 PM		Saratoga Springs High School		NL
Feb 15, 2024	Thu	Practice	N/A	5:00 PM	7:00 PM	SSHS BLUE GYM		
CANCELLED Feb 16, 2024	Fri	Practice	N/A	5:00 PM	7:00 PM	SSHS BLUE GYM		

Date: 2024-05-07