



# Saratoga Springs High School

## (B) V Soccer

### Coaches:

- Kasey Lemos, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 21, 2023	Mon	Practice	N/A	7:00 AM	9:00 AM	SSHS Turf Field		
Aug 22, 2023	Tue	Practice	N/A	7:00 AM	9:00 AM	SSHS Turf Field		
Aug 23, 2023	Wed	Practice	N/A	7:00 AM	9:00 AM	SSHS Turf Field		
Aug 24, 2023	Thu	Practice	N/A	7:00 AM	9:00 AM	SSHS Turf Field		
Aug 25, 2023	Fri	Practice	N/A	7:00 AM	9:00 AM	SSHS Turf Field		
Aug 27, 2023	Sun	Practice	N/A	9:00 AM	11:00 AM	SSHS Turf Field		
Aug 28, 2023	Mon	Regular Season (Scrimmage Day)	Shaker High School, Ballston Spa High School @ Shenendehowa High School	9:00 AM	12:00 PM	Shen Turf Field 12, Shen Turf Field 13	Departure Time: 7:45 AM	NL
Aug 29, 2023	Tue	Practice	N/A	7:00 AM	9:00 AM	SSHS Turf Field		
Aug 30, 2023	Wed	Practice	N/A	7:00 AM	9:00 AM	SSHS Turf Field		
Aug 31, 2023	Thu	Practice	N/A	7:00 AM	9:00 AM	SSHS Turf Field		
Sep 2, 2023	Sat	Practice	N/A	7:00 AM	9:00 AM	SSHS Turf Field		
Sep 4, 2023	Mon	Practice	N/A	4:00 PM	6:00 PM	SSHS Turf Field		
Sep 5, 2023	Tue	Regular Season 4-1 W	Averill Park High School	7:00 PM	9:00 PM	SSHS Turf Field		L
Sep 12, 2023	Tue	Regular Season 1-1 T	@ Columbia High School	7:00 PM	8:55 PM	Nicholas Budnowski Field - Columbia H.S.	Departure Time: 5:15 PM	L
Sep 14, 2023	Thu	Regular Season 2-1 W	Shenendehowa High School	6:30 PM	8:30 PM	SSHS Turf Field		L
Sep 16, 2023	Sat	Regular Season 3-0 W	@ Christian Brothers Academy, Albany	11:00 AM	12:40 PM	Varsity Soccer Field	Departure Time: 9:30 AM	L
Sep 21, 2023	Thu	Regular Season 4-0 W	@ Colonie High School	4:15 PM	5:55 PM	Colonie HS Varsity Grass (Field #2)	Departure Time: 3:00 PM	L
Sep 23, 2023	Sat	Regular Season 4-0 W	@ Burnt Hills-Ballston Lake HS	11:30 AM		BH-BL HS Centennial Field	Departure Time: 10:15 AM	L
Sep 26, 2023	Tue	Regular Season 1-1 T	Shaker High School	4:15 PM	5:55 PM	SSHS Turf Field		L
Sep 28, 2023	Thu	Regular Season (Senior Night) 4-0 W	Ballston Spa High School	6:30 PM	8:30 PM	SSHS Turf Field		L
Oct 3, 2023	Tue	Regular Season 3-2 W	@ Guilderland High School	7:00 PM	8:45 PM	Guilderland High School Turf Field	Departure Time: 5:25 PM	L
Oct 5, 2023	Thu	Regular Season 9-0 W	Schenectady High School	4:15 PM	5:55 PM	SSHS Turf Field		L
Oct 7, 2023	Sat	Regular Season 4-1 W	Albany High School	2:00 PM	4:00 PM	SSHS Turf Field		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 10, 2023	Tue	Regular Season 3-0 W	@ Niskayuna High School	6:30 PM		Niskayuna High School	<b>Departure Time:</b> 3:00 PM	L
Oct 12, 2023	Thu	Regular Season 4-1 W	Bethlehem High School	4:15 PM	5:55 PM	SSHS Turf Field		L
Oct 20, 2023	Fri	Scrimmage	Glens Falls	4:30 PM		SSHS Varsity Soccer		NL
Oct 24, 2023	Tue	Post-Season (Sectionals)	Christian Brothers Academy, Albany	7:30 PM		guilderland high school	<b>Departure Time:</b> 5:30 PM	L
Oct 30, 2023	Mon	Post-Season (Sectionals @ Queensbury)	Shaker High School	7:30 PM		Queensbury High School	<b>Departure Time:</b> 5:45 PM	L

Date: 2025-12-14