



Saratoga Springs High School

(B) V Soccer

Coaches:

- Kasey Lemos, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 18, 2025	Mon	Practice	N/A	7:00 AM	8:30 PM	SSHS Varsity Soccer			
Aug 19, 2025	Tue	Practice	N/A	7:00 AM	8:30 PM	SSHS Varsity Soccer			
Aug 20, 2025	Wed	Practice	N/A	7:00 AM	8:30 PM	SSHS Varsity Soccer			
Aug 21, 2025	Thu	Practice	N/A	7:00 AM	8:30 AM	SSHS Varsity Soccer			
Aug 22, 2025	Fri	Practice	N/A	7:00 AM	8:30 AM	SSHS Varsity Soccer			
Aug 23, 2025	Sat	Practice	N/A	7:00 AM	8:30 AM	SSHS Varsity Soccer			
Aug 25, 2025	Mon	Scrimmage	Shaker High School, Ballston Spa High School @ Shenendehowa High School	10:00 AM		Shen Turf Field 13, Shen Turf Field 12	Bus/Driver: 27 - bus w storage	Departure Time: 8:30 AM	L
Aug 26, 2025	Tue	Practice	N/A	7:00 AM	8:30 AM	SSHS Varsity Soccer			
Aug 27, 2025	Wed	Practice	N/A	7:00 AM	8:30 AM	SSHS Turf Field			
Aug 28, 2025	Thu	Practice	N/A	7:00 AM	8:30 AM	SSHS Varsity Soccer			
Aug 29, 2025	Fri	Practice	N/A	7:00 AM	8:30 AM	SSHS Varsity Soccer			
Aug 30, 2025	Sat	Practice	N/A	7:00 AM	8:30 AM	SSHS Varsity Soccer			
Sep 1, 2025	Mon	Practice	N/A	3:15 PM	5:15 PM	SSHS Turf Field			
Sep 2, 2025	Tue	Practice	N/A	3:15 PM	5:15 PM	SSHS Turf Field			
Sep 3, 2025	Wed	Practice	N/A	3:15 PM	5:15 PM	SSHS Turf Field			
Sep 4, 2025	Thu	Regular Season 0-0 T	Burnt Hills-Ballston Lake HS	7:00 PM	9:00 PM	SSHS Turf Field			L
Sep 5, 2025	Fri	Practice	N/A	3:15 PM	5:15 PM	SSHS Turf Field			
Sep 6, 2025	Sat	Practice	N/A	10:00 AM	11:00 AM	SSHS Varsity Soccer			
Sep 8, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	SSHS Turf Field			

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Sep 9, 2025	Tue	Regular Season 3-0 W	Averill Park High School	7:00 PM	9:00 PM	SSHS Turf Field			L
Sep 10, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	SSHS Varsity Soccer			
Sep 11, 2025	Thu	Regular Season 3-2 W	@ Christian Brothers Academy, Albany	5:00 PM	6:40 PM	Varsity Soccer Field	Bus/Driver: 27 - bus w storage	Departure Time: 3:15 PM	L
Sep 12, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	SSHS Varsity Soccer			
Sep 13, 2025	Sat	Practice	N/A	3:00 PM	5:00 PM	SSHS Varsity Soccer			
Sep 15, 2025	Mon	Practice	N/A	4:30 PM	6:00 PM	SSHS Turf Field			
Sep 16, 2025	Tue	Regular Season 2-5 L	@ Columbia High School	7:00 PM	8:55 PM	Nicholas Budnowski Field - Columbia H.S.	Bus/Driver: 27 - bus w storage	Departure Time: 5:00 PM	L
Sep 17, 2025	Wed	Practice	N/A	2:30 PM	4:00 PM	SSHS Turf Field			
Sep 18, 2025	Thu	Regular Season 8-2 W	Schenectady High School	7:00 PM	9:00 PM	SSHS Turf Field			NL
Sep 19, 2025	Fri	Practice	N/A	4:30 PM	6:00 PM	SSHS Turf Field			
Sep 22, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	SSHS Varsity Soccer			
Sep 23, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	SSHS Varsity Soccer			
Sep 24, 2025	Wed	Practice	N/A	4:30 PM	6:00 PM	SSHS Turf Field			
Sep 25, 2025	Thu	Regular Season 0-1 L	Colonie High School	7:00 PM	9:00 PM	SSHS Turf Field			L
Sep 26, 2025	Fri	Practice	N/A	2:45 PM	4:00 PM	SSHS Turf Field			
Sep 27, 2025	Sat	Regular Season 2-2 T	@ Albany High School	3:30 PM	5:00 PM	Albany Turf Stadium Field	Bus/Driver: 27 - bus w storage	Departure Time: 1:30 PM	L
Sep 29, 2025	Mon	Practice	N/A	2:45 PM	4:00 PM	SSHS Turf Field			
Sep 30, 2025	Tue	Regular Season 1-0 W	Ballston Spa High School	7:00 PM	9:00 PM	SSHS Turf Field			L
Oct 1, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	SSHS Varsity Soccer			
Oct 3, 2025	Fri	Practice	N/A	4:15 PM	6:00 PM	SSHS Turf Field			
Oct 4, 2025	Sat	Regular Season 4-0 W	@ Niskayuna High School	3:00 PM	4:40 PM	NHS Field #3	Bus/Driver: 27 - bus w storage	Departure Time: 1:15 PM	L
Oct 6, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	SSHS Turf Field			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 7, 2025	Tue	Regular Season 1-0 W	Shenendehowa High School	7:00 PM	9:00 PM	SSHS Turf Field			L
Oct 8, 2025	Wed	Practice	N/A	2:30 PM	3:45 PM	SSHS Turf Field			
Oct 9, 2025	Thu	Regular Season 3-2 W	@ Guilderland High School	4:15 PM	5:55 PM	Snyder Field - Varsity Soccer & Boys Lacrosse	Bus/Driver: 27 - bus w storage	Departure Time: 2:15 PM	L
Oct 10, 2025	Fri	Practice	N/A	4:30 PM	6:00 PM	SSHS Turf Field			
Oct 11, 2025	Sat	Practice	N/A	9:00 AM	10:00 AM	SSHS Turf Field			
Oct 13, 2025	Mon	Practice	N/A	4:30 PM	6:00 PM	SSHS Turf Field			
Oct 14, 2025	Tue	Regular Season 1-1 T	@ Shaker High School	5:00 PM		Shaker High School- Lower Maloy Field	Bus/Driver: 27 - bus w storage	Departure Time: 2:30 PM	L
Oct 15, 2025	Wed	Practice	N/A	4:30 PM	6:00 PM	SSHS Turf Field			
Oct 16, 2025	Thu	Regular Season	Bethlehem High School	7:00 PM	9:00 PM	SSHS Turf Field			L
Oct 17, 2025	Fri	Practice	N/A	3:00 PM	4:30 PM	SSHS Varsity Soccer			
Oct 18, 2025	Sat	Practice	N/A	1:00 PM	2:00 PM	SSHS Turf Field			
Oct 24, 2025	Fri	Post-Season (Sectionals)	Christian Brothers Academy, Albany	5:00 PM	7:00 PM	SSHS Turf Field			L
Oct 27, 2025	Mon	Post-Season	Shenendehowa High School	5:00 PM	7:00 PM	Niskayuna High School			NL

Date: 2025-12-05