Coaches:

• Jon Washock, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Aug 31, 2023	Thu	Scrimmage (Preseason Scrimmage Day)	Niskayuna High School, Burnt Hills- Ballston Lake HS @ Shenendehowa High School	1:00 PM		Shen High School East Gym 1 (Main), Shen High School East Gym 2 (New)		L
Sep 8, 2023	Fri	Regular Season	@ Guilderland High School	4:15 PM	5:40 PM	Guilderland High School West (Big) Gym		L
Sep 11, 2023	Mon	Regular Season	@ Colonie High School	4:15 PM	5:40 PM	Colonie High School MUG		L
Sep 18, 2023	Mon	Regular Season	@ Niskayuna High School	4:15 PM	5:40 PM	High School		L
Sep 22, 2023	Fri	Regular Season	@ Columbia High School	4:15 PM	5:40 PM	Columbia H.S.		L
Sep 23, 2023	Sat	Meet (SSC Mid Season Tournament)	Vs. Multiple	9:00 AM	3:55 PM	Shen High School East Gym 2 (New), Shen High School East Gym 1 (Main)	Departure Time: 8:00 AM Return Date: Return Time: 5:00 PM	NL
CANCELLED Oct 2, 2023	Mon	Regular Season	@ Christian Brothers Academy, Albany	4:15 PM	5:40 PM	Ned McGraw Gymnasium		L
Oct 6, 2023	Fri	Regular Season	@ Saratoga Springs High School	4:15 PM	5:40 PM	Saratoga Springs High School		L
Oct 20, 2023	Fri	Regular Season	@ Burnt Hills- Ballston Lake HS	4:15 PM	5:40 PM	BH-BL HS Gym		L
Oct 23, 2023	Mon	Regular Season	@ Bethlehem High School	4:15 PM	5:40 PM	High School Gym B		L
Oct 28, 2023	Sat	Meet (SSC End of Season Tournament)	Vs. Multiple	9:00 AM	3:55 PM	Colonie High School MUG	Departure Time: 8:00 AM Return Date: Return Time: 3:00 PM	NL

Date: 2024-05-17