

Coaches:

• Jon Washock, Head Coach

| DATE | WEEK DAY | ТҮРЕ | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON- LEAGUE |
|--------------|-------------|--|---|---------------|-------------|--|---|----------------------------|
| Sep 1, 2022 | Thu | Scrimmage (Preseason Scrimmage Day) | Niskayuna High School, Columbia High School, TBD @ Shenendehowa High School | 2:00 PM | | Gowana Middle School Green Gym, Koda Middle School White Gym | | L |
| Sep 2, 2022 | Fri | Regular Season | Shenendehowa High School | 4:15 PM | | Shaker High School- H Gym | | L |
| Sep 9, 2022 | Fri | Regular Season | Niskayuna High School | 4:15 PM | 5:35 PM | Shaker High School- H Gym | | L |
| Sep 14, 2022 | Wed | Regular Season | Burnt Hills-Ballston Lake HS | 4:15 PM | 5:35 PM | Shaker High School- H Gym | | L |
| Sep 16, 2022 | Fri | Regular Season | @ Bethlehem High School | 4:15 PM | | High School Gym B | | L |
| Sep 17, 2022 | Sat | Regular Season (SSC Meet (Mid Season Tournament)) | Burnt Hills-Ballston Lake HS, Bethlehem High School, Colonie High School, Columbia High School, Guilderland High School, Niskayuna High School, Schenectady High School, Shenendehowa High School, Saratoga Springs High School @ TBD | 9:00 AM | 3:00 PM | Saratoga Springs High School | Departure Time: 7:30 AM Return Date: Return Time: 4:30 PM | L |
| Sep 19, 2022 | Mon | Regular Season | Columbia High School | 4:15 PM | 5:35 PM | Shaker High School- H Gym | | L |
| Sep 21, 2022 | Wed | Regular Season | Guilderland High School | 4:15 PM | 5:35 PM | Shaker High School- H Gym | | L |
| Sep 23, 2022 | Fri | Regular Season | @ Colonie High School | 4:15 PM | 5:35 PM | Colonie High School MUG (Main Gymnasium) | | L |
| Sep 26, 2022 | Mon | Regular Season | @ Schenectady High School | 4:30 PM | 5:35 PM | Pat Riley Sports Center- Main Gym | Departure Time: 3:00 PM Return Date: Return Time: 5:30 PM | L |
| Sep 28, 2022 | Wed | Regular Season | Saratoga Springs High School | 4:15 PM | | Shaker High School- H Gym | | L |
| Sep 30, 2022 | Fri | Regular Season | @ Shenendehowa High School | 4:15 PM | | Shen High School East Gym 1 (Main) | | L |
| Oct 3, 2022 | Mon | Regular Season | Schenectady High School | 4:15 PM | | Shaker High School- H Gym | | L |
| Oct 7, 2022 | Fri | Regular Season | @ Niskayuna High School | 4:15 PM | 5:35 PM | Niskayuna High School | | L |
| Oct 12, 2022 | Wed | Regular Season | @ Burnt Hills- Ballston Lake HS | 4:15 PM | 5:35 PM | BH-BL HS Gym | | L |
| Oct 14, 2022 | Fri | Regular Season | Bethlehem High School | 4:15 PM | 5:35 PM | Shaker High School- H Gym | | L |
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| Oct 17, 2022 | Mon | Regular Season | @ Columbia High School | 4:15 PM | 5:35 PM | Columbia H.S. | | L |
| Oct 22, 2022 | Sat | Meet (SSC End of Season Tournament) | Vs. Multiple | 9:00 AM | 2:55 PM | BH-BL HS Gym | Departure Time: 7:30 AM Return Date: Return Time: 5:00 PM | NL |
| Oct 25, 2022 | Tue | Regular Season | @ Guilderland High School | 4:15 PM | 5:35 PM | Guilderland High School West (Big) Gym | | L |
| Oct 29, 2022 | Sat | Meet (BOYS JV/VARSITY TOURNAMENT) | Vs. Multiple | 8:45 AM | | High School Gym B | | NL |

Date: 2025-12-06