

## 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		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	5:35 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	5:35 PM	Shaker High School- H Gym		L
Oct 7, 2022	Fri	Regular Season	@ Niskayuna High School	4:15 PM	5:35 PM	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
Oct 17, 2022	Mon	Regular Season	@ Columbia High School	4:15 PM	5:35 PM	Columbia H.S.		L

DATE	WEE! DAY	<sup>(</sup> TYPE	OPPONENTS	START TIME	END TIME	T CACALICANI	TRANSPORTATION	LEAGUE / NON- LEAGUE
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: 2024-05-17