

## Coaches:

• Nicole Kelly, Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 18, 2019	Mon	Practice (Practice)	N/A	3:15 PM	5:15 PM	FM HS House 1 Gym		
Nov 19, 2019	Tue	Practice (Practice)	N/A	3:15 PM	5:15 PM	FM HS House 1 Gym		
Nov 20, 2019	Wed	Practice (Practice)	N/A	3:15 PM	5:15 PM	FM HS House 1 Gym		
Nov 21, 2019	Thu	Practice (Practice)	N/A	3:15 PM	5:15 PM	FM HS House 1 Gym		
Nov 22, 2019	Fri	Practice (Practice)	N/A	3:15 PM	5:15 PM	FM HS House 1 Gym		
Nov 23, 2019	Sat	Practice (Practice)	N/A	12:00 PM	2:00 PM	FM HS House 2 Gym		
Nov 25, 2019	Mon	Scrimmage	@ Westhill	3:30 PM		Cherry Road School	Departure Point: FMHS HS 1 Departure Time: 2:30 PM	NL
Nov 26, 2019	Tue	Practice (Practice)	N/A	3:15 PM	5:15 PM	FM HS House 1 Gym		
Nov 27, 2019	Wed	Practice (Practice)	N/A	8:00 AM	10:00 AM	FM HS House 1 Gym		
Nov 29, 2019	Fri	Practice (Practice)	N/A	2:00 PM	4:00 PM	FM HS House 2 Gym		
Nov 30, 2019	Sat	Scrimmage	@ Bishop Grimes	11:00 AM	1:00 PM	Bishop Grimes Sheehan Gym	Departure Point: FMHS HS 1 Departure Time: 10:15 AM	L
Dec 2, 2019	Mon	Practice (Practice)	N/A	3:15 PM	5:15 PM	FM HS House 1 Gym		
Dec 3, 2019	Tue	Regular Season	Henninger	5:30 PM		FM HS House 1 Gym		L
Dec 4, 2019	Wed	Practice (Practice)	N/A	3:15 PM	5:15 PM	FM HS House 1 Gym		
Dec 5, 2019	Thu	Regular Season	Rome Free Academy	5:30 PM		FM HS House 1 Gym		L
Dec 6, 2019	Fri	Practice (Practice)	N/A	3:00 PM	4:30 PM	FM HS House 1 Gym		
Dec 7, 2019	Sat	Practice (Practice)	N/A	10:00 AM	12:00 PM	FM HS House 1 Gym		
Dec 9, 2019	Mon	Practice (Practice)	N/A	3:15 PM	5:15 PM	FM HS House 1 Gym		
Dec 10, 2019	Tue	Regular Season	@ Utica Proctor	5:30 PM	6:55 PM	PHS Main Gym	Departure Point: FMHS HS 1 Departure Time: 3:30 PM	NL
Dec 11, 2019	Wed	Practice (Practice)	N/A	3:00 PM	4:30 PM	FM HS House 1 Gym		
Dec 12, 2019	Thu	Practice (Practice)	N/A	3:15 PM	4:30 PM	FM HS House 1 Gym		
Dec 14, 2019	Sat	Practice (Practice)	N/A	10:00 AM	12:00 PM	FM HS House 1 Gym		
Dec 16, 2019	Mon	Practice (Practice)	N/A	3:15 PM	5:15 PM	FM HS House 1 Gym		
Dec 18, 2019	Wed	Practice (Practice)	N/A	3:15 PM	5:15 PM	FM HS House 1 Gym		

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Dec 19, 2019	Thu	Regular Season	Liverpool	5:30 PM		FM HS House 1 Gym		L
Dec 20, 2019	Fri	Practice (Practice)	N/A	3:15 PM	5:15 PM	FM HS House 1 Gym		
Dec 23, 2019	Mon	Practice (Practice)	N/A	8:00 AM	10:00 AM	FM HS House 1 Gym		
Dec 26, 2019	Thu	Practice (Practice)	N/A	4:00 PM	6:00 PM	FM HS House 1 Gym		
Dec 27, 2019	Fri	Practice (Practice)	N/A	8:00 AM	10:00 AM	FM HS House 1 Gym		
Dec 28, 2019	Sat	Regular Season (More than a Game Foundation Tournament) 29-26 W	Ithaca	11:00 AM		FM HS House 2 Gym		NL
Dec 29, 2019	Sun	Regular Season (More than a Game Foundation Tournament)	TBD	6:00 PM		SRC Arena at OCC Campus	Departure Point: FMHS HS 1 Departure Time: 4:30 PM	NL
Dec 30, 2019	Mon	Practice (Practice)	N/A	8:00 AM	AM	FM HS House 1 Gym		
Dec 31, 2019	Tue	Practice (Practice)	N/A	8:00 AM	10:00 AM	FM HS House 1 Gym		
Jan 2, 2020	Thu	Regular Season	@ Baldwinsville	12:00 PM	1:30 PM	Bville - Baker Gym 1&2	Departure Point: FMHS HS 1 Departure Time: 3:30 PM	L
Jan 2, 2020	Thu	Practice (Practice)	N/A	4:00 PM	6:00 PM	FM HS House 1 Gym		
Jan 3, 2020	Fri	Practice (Practice)	N/A	8:00 AM	10:00 AM	FM HS House 1 Gym		
Jan 4, 2020	Sat	Practice (Practice)	N/A	8:00 AM	10:00 AM	FM HS House 1 Gym		
Jan 6, 2020	Mon	Practice (Practice)	N/A	5:15 PM	7:15 PM	FM HS House 1 Gym		
Jan 7, 2020	Tue	Regular Season	Cicero-North Syracuse	5:30 PM		FM HS House 1 Gym		L
Jan 8, 2020	Wed	Practice (Practice)	N/A	5:15 PM	7:15 PM	FM HS House 1 Gym		
Jan 9, 2020	Thu	Practice (Practice)	N/A	5:15 PM	7:15 PM	FM HS House 1 Gym		
Jan 10, 2020	Fri	Practice (Practice)	N/A	3:15 PM	5:15 PM	FM HS House 2 Gym		
Jan 11, 2020	Sat	Regular Season	@ West Genesee	11:00 AM	12:30 PM	WG-HS Lower Gym	Departure Point: FMHS HS 1 Departure Time: 9:45 AM	L
Jan 13, 2020	Mon	Practice (Practice)	N/A	5:15 PM	7:15 PM	FM HS House 1 Gym		
Jan 14, 2020	Tue	Regular Season	@ Nottingham	5:30 PM	7:50 PM	Nottingham High School (Gym)	Departure Point: FMHS HS 1 Departure Time: 4:15 PM	L
Jan 15, 2020	Wed	Practice (Practice)	N/A	3:15 PM	5:15 PM	FM HS House 1 Gym		
Jan 16, 2020	Thu	Practice (Practice)	N/A	3:15 PM	5:15 PM	FM HS House 1 Gym		
Jan 17, 2020	Fri	Regular Season	@ Henninger	5:00 PM		Henninger H S	Departure Point: FMHS HS 1 Departure Time: 3:30 PM	L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 20, 2020	Mon	Practice (Practice)	N/A	10:00 AM	12:00 PM	FM HS House 1 Gym		
Jan 21, 2020	Tue	Regular Season	@ TBD	5:30 PM		Corcoran HS Reinman Rd. Entrance	Departure Point: FMHS HS 1 Departure Time: 3:45 PM	L
Jan 22, 2020	Wed	Practice (Practice)	N/A	3:15 PM	5:15 PM	FM HS House 1 Gym		
Jan 23, 2020	Thu	Practice (Practice)	N/A	3:15 PM	5:15 PM	FM HS House 1 Gym		
Jan 24, 2020	Fri	Regular Season	Baldwinsville	5:30 PM		FM HS House 1 Gym		L
Jan 25, 2020	Sat	Practice (Practice)	N/A	8:00 AM	10:00 AM	FM HS House 1 Gym		
Jan 25, 2020	Sat	Practice (Practice)	N/A	8:00 AM	10:00 AM	FM HS House 1 Gym		
Jan 27, 2020	Mon	Practice (Practice)	N/A	5:15 PM	7:15 PM	FM HS House 1 Gym		
Jan 28, 2020	Tue	Regular Season	@ Liverpool	4:30 PM		LIVERPOOL MS GYM	Departure Point: FMHS HS 1, EH Departure Time: 2:45 PM	L
Jan 29, 2020	Wed	Practice (Practice)	N/A	3:15 PM	5:15 PM	FM HS House 2 Gym		
Jan 30, 2020	Thu	Practice (Practice)	N/A	3:15 PM	5:15 PM	FM HS House 1 Gym		
Jan 31, 2020	Fri	Regular Season	TBD	5:30 PM		FM HS House 1 Gym		L
Feb 1, 2020	Sat	Practice (Practice)	N/A	8:00 AM	9:30 AM	FM HS House 1 Gym		
Feb 3, 2020	Mon	Practice (Practice)	N/A	5:15 PM	7:15 PM	FM HS House 1 Gym		
Feb 4, 2020	Tue	Regular Season	@ Cicero- North Syracuse	5:00 PM	6:20 PM	CNS HS-Main Gym	Departure Point: FMHS HS 1 Departure Time: 3:30 PM	L
Feb 5, 2020	Wed	Practice (Practice)	N/A	5:15 PM	7:15 PM	FM HS House 1 Gym		
Feb 6, 2020	Thu	Regular Season	West Genesee	5:30 PM		FM HS House 1 Gym		L
Feb 10, 2020	Mon	Practice (Practice)	N/A	5:15 PM	7:15 PM	FM HS House 1 Gym		
Feb 11, 2020	Tue	Regular Season	Nottingham	5:30 PM		FM HS House 1 Gym		L
Feb 12, 2020	Wed	Practice (Practice)	N/A	7:15 PM	9:15 PM	FM HS House 1 Gym		
Feb 13, 2020	Thu	Regular Season	@ Chittenango	5:00 PM	6:15 PM	Chittenango HS- Large Gym	Departure Point: FMHS HS 1 Departure Time: 3:45 PM	NL

Date: 2025-12-06