

## Coaches:

- Chris Gangloff, Head Coach
- Jay Hays, Asst Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Aug 21, 2023	Mon	Practice	N/A	9:00 AM	11:00 AM	FM HS House 1 Gym		
Aug 22, 2023	Tue	Practice	N/A	9:00 AM	11:00 AM	FM HS House 1 Gym		
Aug 23, 2023	Wed	Practice	N/A	9:00 AM	11:00 AM	FM HS House 1 Gym		
Aug 24, 2023	Thu	Practice	N/A	9:00 AM	11:00 AM	FM HS House 1 Gym		
Aug 25, 2023	Fri	Practice	N/A	9:00 AM	11:00 AM	FM HS House 1 Gym		
Aug 29, 2023	Tue	Practice	N/A	1:30 PM	3:30 PM	FM HS House 1 Gym		
Aug 30, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	FM HS House 2 Gym		
Aug 31, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	FM HS House 1 Gym		
Sep 2, 2023	Sat	Practice	N/A	9:00 AM	11:00 AM	FM HS House 1 Gym		
Sep 4, 2023	Mon	Practice	N/A	5:00 PM	7:00 PM	FM HS House 1 Gym		
Sep 6, 2023	Wed	Practice	N/A	3:15 PM	4:45 PM	FM HS House 1 Gym		
Sep 7, 2023	Thu	Practice	N/A	3:15 PM	4:45 PM	FM HS House 1 Gym		
Sep 8, 2023	Fri	Regular Season	Cicero-North Syracuse	7:00 PM		FM HS House 1 Gym		L
Sep 11, 2023	Mon	Practice	N/A	3:15 PM	4:45 PM	FM HS House 2 Gym		
Sep 13, 2023	Wed	Practice	N/A	3:15 PM	4:45 PM	FM HS House 1 Gym		
Sep 14, 2023	Thu	Practice	N/A	3:15 PM	4:45 PM	FM HS House 1 Gym		
Sep 15, 2023	Fri	Practice	N/A	3:15 PM	4:45 PM	FM HS House 1 Gym		
Sep 16, 2023	Sat	Practice	N/A	7:00 PM	9:00 PM	FM HS House 1 Gym		

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 18, 2023	Mon	Regular Season	Living Word Academy	6:30 PM		FM HS House 1 Gym		L
Sep 20, 2023	Wed	Practice	N/A	3:15 PM	4:45 PM	FM HS House 2 Gym		
Sep 21, 2023	Thu	Regular Season	Jamesville- Dewitt	5:00 PM		FM HS House 1 Gym		L
Sep 22, 2023	Fri	Practice	N/A	3:15 PM	4:45 PM	FM HS House 1 Gym		
Sep 23, 2023	Sat	Regular Season	McQuaid Jesuit	9:30 AM		CNS HS- Main Gym	Departure Point: House 1 Departure Time: 8:00 AM	NL
Sep 25, 2023	Mon	Practice	N/A	7:00 PM	9:00 PM	FM HS House 1 Gym		
Sep 26, 2023	Tue	Regular Season	Baldwinsville	6:30 PM	8:00 PM	FM HS House 1 Gym		L
Sep 27, 2023	Wed	Practice	N/A	3:15 PM	4:45 PM	FM HS House 1 Gym		
Sep 28, 2023	Thu	Practice	N/A	3:15 PM	4:45 PM	FM HS House 2 Gym		
Sep 29, 2023	Fri	Regular Season 3-0 W	Oswego	6:30 PM		FM HS House 1 Gym		L
Oct 2, 2023	Mon	Regular Season	East Syracuse Minoa	6:30 PM		FM HS House 1 Gym		L
Oct 4, 2023	Wed	Regular Season (Teacher Appreciation Night)	Syracuse City (Syracuse City)	6:00 PM		FM HS House 1 Gym		L
Oct 5, 2023	Thu	Practice	N/A	3:15 PM	4:45 PM	FM HS House 1 Gym		
Oct 6, 2023	Fri	Practice	N/A	3:15 PM	4:45 PM	FM HS House 1 Gym		
Oct 10, 2023	Tue	Practice	N/A	3:15 PM	4:45 PM	FM HS House 1 Gym		
Oct 11, 2023	Wed	Practice	N/A	3:15 PM	4:30 PM	FM HS House 1 Gym		
Oct 12, 2023	Thu	Regular Season (Senior Night)	Liverpool	6:30 PM		FM HS House 1 Gym		L
Oct 13, 2023	Fri	Practice	N/A	3:15 PM	4:45 PM	FM HS House 2 Gym		
Oct 17, 2023	Tue	Practice	N/A	3:15 PM	4:45 PM	FM HS House 1 Gym		
Oct 18, 2023	Wed	Practice	N/A	3:15 PM	4:45 PM	FM HS House 1 Gym		

DATE	WEE! DAY	<sup>&lt;</sup> TYPE	OPPONENTS	STAR1 TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 19, 2023	Thu	Practice	N/A	3:15 PM	4:45 PM	FM HS House 1 Gym		
Oct 24, 2023	Tue	Practice	N/A	3:15 PM	4:45 PM	FM HS House 1 Gym		
Oct 25, 2023	Wed	Practice	N/A	3:15 PM	4:45 PM	FM HS House 1 Gym		
Oct 26, 2023	Thu	Practice	N/A	3:15 PM	4:45 PM	FM HS House 1 Gym		
Oct 27, 2023	Fri	Practice	N/A	3:15 PM	4:45 PM	FM HS House 1 Gym		
Nov 2, 2023	Thu	Post-Season (Sectional Semifinals)	Baldwinsville	6:00 PM	8:00 PM	FM HS House 1 Gym		NL

Date: 2024-05-05