

Coaches:

• William Aris, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-
	DAI			8:00		FM HS House		LEAGUE
Nov 6, 2018	Tue	Practice (Practice)	N/A	AM	AM	2 Gym		
Nov 10, 2018	Sat	Practice (Practice)	N/A	8:00 AM	10:00 AM	FM HS House 2 Gym		
Nov 21, 2018	Wed	Practice (Practice)	N/A	8:00 AM	10:00 AM	FM HS House 2 Gym		
Dec 4, 2018	Tue	Practice (Practice)	N/A	3:15 PM	4:15 PM	FM HS House 2 Gym		
Dec 5, 2018	Wed	Practice (Practice)	N/A	5:15 PM	7:15 PM	FM HS House 2 Gym		
Dec 6, 2018	Thu	Practice (Practice)	N/A	3:15 PM	4:15 PM	FM HS House 2 Gym		
Dec 7, 2018	Fri	Regular Season (Mohawk Valley Team Relays)	TBD	4:30 PM	10:00 PM	Utica College	Departure Point: FMHS 1 Departure Time: 2:30 PM	L
Dec 10, 2018	Mon	Practice (Practice)	N/A	3:15 PM	5:15 PM	FM HS House 2 Gym		
Dec 14, 2018	Fri	Practice (Practice)	N/A	3:15 PM	4:30 PM	FM HS House 2 Gym		
Dec 15, 2018	Sat	Regular Season (Oscar B Jensen Relays)	TBD	9:00 AM	2:00 PM	SRC Arena at OCC Campus		L
Dec 17, 2018	Mon	Practice (Practice)	N/A	3:15 PM	5:15 PM	FM HS House 2 Gym		
Dec 18, 2018	Tue	Practice (Practice)	N/A	3:15 PM	4:30 PM	FM HS House 2 Gym		
Dec 20, 2018	Thu	Practice (Practice)	N/A	3:15 PM	5:15 PM	FM HS House 2 Gym		
Dec 21, 2018	Fri	Practice (Practice)	N/A	3:15 PM	5:15 PM	FM HS House 2 Gym		
Dec 22, 2018	Sat	Regular Season (George Constantino Memorial)	TBD	3:00 PM	7:00 PM	SRC Arena at OCC Campus		L
Jan 3, 2019	Thu	Practice (Practice)	N/A	3:15 PM	5:15 PM	FM HS House 2 Gym		
Jan 5, 2019	Sat	Regular Season (John Arcaro Memorial)	TBD	9:00 AM	2:00 PM	SRC Arena at OCC Campus	Departure Point: FMHS 1 Departure Time: 7:00 AM	L
Jan 8, 2019	Tue	Practice (Practice)	N/A	3:15 PM	5:15 PM	FM HS House 2 Gym		
Jan 11, 2019	Fri	Practice (Practice)	N/A	3:00 PM	4:30 PM	FM HS House 2 Gym		
Jan 12, 2019	Sat	Regular Season (Fred Kirschenheiter Memorial)	TBD	3:00 PM	7:00 PM	SRC Arena at OCC Campus		L
Jan 15, 2019	Tue	Practice (Practice)	N/A	3:15 PM	5:15 PM	FM HS House 2 Gym		
Jan 17, 2019	Thu	Practice (Practice)	N/A	3:15 PM	5:15 PM	FM HS House 2 Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 18, 2019	Fri	Practice (Practice)	N/A	3:15 PM	5:15 PM	FM HS House 2 Gym		
Jan 19, 2019	Sat	Regular Season (Bob Grieve Memorial)	TBD	9:00 AM	2:00 PM	SRC Arena at OCC Campus	Departure Point: FMHS 1 Departure Time: 7:00 AM	L
Jan 25, 2019	Fri	Practice (Practice)	N/A	3:15 PM	5:15 PM	FM HS House 2 Gym		
Jan 26, 2019	Sat	Practice (Practice)	N/A	8:00 AM	9:30 AM	FM HS House 2 Gym		
CANCELLED Jan 30, 2019	Wed	Practice (Practice)	N/A	3:15 PM	4:30 PM	FM HS House 2 Gym		
POSTPONED Jan 31, 2019	Thu	Regular Season (League Championships)	TBD	4:30 PM	9:30 PM	SRC Arena at OCC Campus	Departure Point: FMHS 1 Departure Time: 2:30 PM	L
Feb 1, 2019	Fri	Practice (Practice)	N/A	3:15 PM	5:15 PM	FM HS House 2 Gym		
Feb 7, 2019	Thu	Regular Season (Sectional Championships)	TBD	4:30 PM	8:30 PM	SRC Arena at OCC Campus	Departure Point: FMHS 1 Departure Time: 2:30 PM	L
Feb 8, 2019	Fri	Practice (Practice)	N/A	3:15 PM	5:15 PM	FM HS House 2 Gym		
Feb 9, 2019	Sat	Practice (Practice)	N/A	8:00 AM	10:00 AM	FM HS House 2 Gym		
Feb 11, 2019	Mon	Practice (Practice)	N/A	3:15 PM	5:15 PM	FM HS House 2 Gym		
Feb 13, 2019	Wed	Regular Season (Section III State Qualifier)	TBD	4:30 PM	8:30 PM	Utica College	Departure Point: FMHS 1 Departure Time: 2:30 PM	L

Date: 2025-12-24