

Coaches:

• Zach Walser, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 1, 2022	Tue	Practice	N/A	5:00 PM	7:00 PM	FM HS House 1 Gym		
Nov 2, 2022	Wed	Practice	N/A	3:30 PM	5:15 PM	FM - Eagle Hill MS - Gym		
Nov 3, 2022	Thu	Practice	N/A	5:00 PM	7:00 PM	FM HS House 2 Gym		
Nov 4, 2022	Fri	Practice	N/A	5:00 PM	7:00 PM	FM HS House 1 Gym		
Nov 5, 2022	Sat	Practice	N/A	10:30 AM	12:00 PM	FM - Wellwood MS - Gym		
Nov 7, 2022	Mon	Practice	N/A	3:15 PM	5:15 PM	FM HS House 1 Gym		
Nov 8, 2022	Tue	Practice	N/A	6:30 PM	8:00 PM	FM HS House 2 Gym		
Nov 9, 2022	Wed	Practice	N/A	5:00 PM	7:00 PM	FM HS House 2 Gym		
Nov 10, 2022	Thu	Practice	N/A	3:15 PM	5:15 PM	FM HS House 2 Gym		
Nov 12, 2022	Sat	Practice	N/A	8:00 AM	10:00 AM	FM HS House 2 Gym		
Nov 14, 2022	Mon	Practice	N/A	3:15 PM	5:00 PM	FM HS House 1 Gym		
Nov 15, 2022	Tue	Regular Season	@ Bishop Grimes (JV B)	5:00 PM	6:30 PM	TBD	Departure Point: House 1 Departure Time: 3:45 PM	L
Nov 16, 2022	Wed	Practice	N/A	3:15 PM	5:00 PM	FM HS House 1 Gym		
Nov 17, 2022	Thu	Regular Season	Cicero-North Syracuse	5:00 PM	6:30 PM	FM HS House 2 Gym		L
Nov 18, 2022	Fri	Practice	N/A	3:15 PM	4:30 PM	FM HS House 2 Gym		
Nov 19, 2022	Sat	Regular Season	Baldwinsville	9:00 AM	10:30 AM	FM HS House 2 Gym		L
Nov 21, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	FM HS House 2 Gym		
Nov 22, 2022	Tue	Practice	N/A	3:15 PM	5:15 PM	FM HS House 1 Gym		
Nov 23, 2022	Wed	Practice	N/A	12:00 PM	2:00 PM	FM HS House 1 Gym		
Nov 28, 2022	Mon	Practice	N/A	3:15 PM	5:00 PM	FM HS House 1 Gym		
Nov 29, 2022	Tue	Practice	N/A	3:15 PM	4:45 PM	FM HS House 1 Gym		
Nov 30, 2022	Wed	Practice	N/A	3:15 PM	4:45 PM	FM HS House 1 Gym		
Dec 1, 2022	Thu	Regular Season	Rome Free Academy	5:00 PM	6:30 PM	FM HS House 2 Gym		L
Dec 2, 2022	Fri	Practice	N/A	3:15 PM	5:00 PM	FM HS House 1 Gym		

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Dec 3, 2022	Sat	Regular Season	@ TBD	9:00 AM	10:30 AM	MHE Gym	Departure Point: House 1 Departure Time: 7:45 AM	L
Dec 5, 2022	Mon	Regular Season	@ Henninger	5:00 PM	6:30 PM	Lincoln MS	Departure Point: House 1 Departure Time: 4:15 PM	L
Dec 6, 2022	Tue	Practice	N/A	3:15 PM	5:00 PM	FM HS House 1 Gym		
Dec 7, 2022	Wed	Practice	N/A	3:15 PM	5:00 PM	FM HS House 1 Gym		
Dec 8, 2022	Thu	Regular Season	Corcoran	5:00 PM	6:30 PM	FM HS House 1 Gym		L
Dec 10, 2022	Sat	Practice	N/A	8:00 AM	10:00 AM	FM HS House 1 Gym		
Dec 10, 2022	Sat	Practice	N/A	12:00 PM	2:00 PM	FM HS House 1 Gym		
Dec 12, 2022	Mon	Regular Season	TBD	5:00 PM	6:30 PM	FM HS House 2 Gym		L
Dec 13, 2022	Tue	Practice	N/A	3:15 PM	4:45 PM	FM HS House 1 Gym		
Dec 14, 2022	Wed	Practice (Half Gym)	N/A	3:15 PM	5:00 PM	FM HS House 1 Gym		
POSTPONED Dec	Fri	Practice	N/A	3:15 PM	4:45 PM	FM HS House 1 Gym		
Dec 19, 2022	Mon	Regular Season	@ TBD	6:00 PM	7:30 PM	JD HS West Gym	Departure Point: House 1 Departure Time: 5:15 PM	L
Dec 20, 2022	Tue	Practice	N/A	3:15 PM	4:45 PM	FM HS House 1 Gym		
Dec 21, 2022	Wed	Regular Season	@ Christian Brothers Academy, Dewitt	5:00 PM	6:30 PM	John F. Lynch Gym	Departure Point: House 1 Departure Time: 4:15 PM	L
Dec 22, 2022	Thu	Practice	N/A	3:15 PM	4:45 PM	FM HS House 1 Gym		
POSTPONED Dec 23, 2022	Fri	Practice (Half Gym)	N/A	3:15 PM	4:30 PM	FM HS House 1 Gym		
Dec 26, 2022	Mon	Practice	N/A	8:00 AM	10:00 AM	FM HS House 1 Gym		
Dec 27, 2022	Tue	Practice	N/A	10:00 AM	12:00 PM	FM HS House 1 Gym		
Dec 28, 2022	Wed	Practice	N/A	10:00 AM	12:00 PM	FM HS House 1 Gym		
Dec 29, 2022	Thu	Practice	N/A	12:00 PM	2:00 PM	FM HS House 1 Gym		
Dec 30, 2022	Fri	Practice	N/A	10:00 AM	12:00 PM	FM HS House 1 Gym		
Jan 3, 2023	Tue	Regular Season	Fulton	5:00 PM	6:30 PM	FM HS House 2 Gym		L
Jan 4, 2023	Wed	Regular Season	West Genesee	5:00 PM	6:30 PM	FM - Eagle Hill MS - Gym		L
Jan 6, 2023	Fri	Scrimmage	@ Liverpool (Black)	5:00 PM		Liverpool Morgan Road Middle Gym	Departure Point: House 1 Departure Time: 4:15 PM	L

DATE	WEE! DAY	^K TYPE	OPPONENTS	START TIME	T END TIME LOCATION	LEAGUE / TRANSPORTATION NON- LEAGUE
Jan 7, 2023	Sat	Regular Season	@ Nottingham	9:00 AM	10:30 H.W. Smith Middle AM School (Gym)	Departure Point: House 1 Departure Time: 8:15 AM

Date: 2025-12-05