

## Coaches:

• Jay Hays, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 8, 2024	Mon	Practice	N/A	3:30 PM	5:15 PM	FM HS House 1 Gym		
Jan 9, 2024	Tue	Practice	N/A	3:30 PM	4:45 PM	FM HS House 1 Gym		
Jan 10, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	FM HS House 1 Gym		
Jan 11, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	FM HS House 1 Gym		
Jan 12, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	FM HS House 1 Gym		
Jan 16, 2024	Tue	Practice	N/A	5:00 PM	6:30 PM	FM - Wellwood MS - Gym		
Jan 17, 2024	Wed	Practice	N/A	5:00 PM	6:30 PM	FM - Wellwood MS - Gym		
Jan 18, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	FM - Wellwood MS - Gym		
Jan 19, 2024	Fri	Practice	N/A	4:30 PM	6:00 PM	FM - Wellwood MS - Gym		
Jan 22, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	FM - Wellwood MS - Gym		
Jan 24, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	FM - Wellwood MS - Gym		
Jan 25, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	FM - Wellwood MS - Gym		
Jan 26, 2024	Fri	Regular Season	Solvay	5:00 PM	6:30 PM	FM - Wellwood MS - Gym		L
Jan 29, 2024	Mon	Practice	N/A	3:30 PM	4:15 PM	FM - Wellwood MS - Gym		
Jan 30, 2024	Tue	Practice	N/A	5:00 PM	6:30 PM	FM - Wellwood MS - Gym		
Jan 31, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	FM - Wellwood MS - Gym		
Feb 1, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	FM - Wellwood MS - Gym		
Feb 5, 2024	Mon	Regular Season	Henninger (Huntington)	5:00 PM	6:30 PM	FM - Wellwood MS - Gym		L
Feb 6, 2024	Tue	Practice	N/A	5:00 PM	6:30 PM	FM - Wellwood MS - Gym		
Feb 7, 2024	Wed	Regular Season	@ Jamesville-Dewitt (RED)	5:00 PM	7:00 PM	JD MS Main Gym	Departure Point: House 1 Departure Time: 3:45 PM	L
Feb 8, 2024	Thu	Practice	N/A	3:30 PM	4:15 PM	FM - Wellwood MS - Gym		
Feb 9, 2024	Fri	Practice	N/A	4:30 PM	6:00 PM	FM - Wellwood MS - Gym		
Feb 12, 2024	Mon	Regular Season	Corcoran (Corcoran MOD B VB)	5:00 PM	6:30 PM	FM - Wellwood MS - Gym		L
Feb 13, 2024	Tue	Regular Season	@ Cicero-North Syracuse (CNS 7/8 White)	4:30 PM	6:30 PM	Roxboro Middle School Gym	Departure Point: House 1 Departure Time: 3:30 PM	L

								LEAGUE /
DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	TIME	LOCATION	TRANSPORTATION	
Feb 14, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	FM - Wellwood MS - Gym		
POSTPONED Feb 15, 2024	Thu	Regular Season	East Syracuse Minoa (Blue)	5:00 PM	6:30 PM	FM - Wellwood MS - Gym		L
Feb 16, 2024	Fri	Practice	N/A	3:30 PM	4:15 PM	FM - Wellwood MS - Gym		
Feb 26, 2024	Mon	Practice	N/A	5:00 PM	6:30 PM	FM - Wellwood MS - Gym		
Feb 27, 2024	Tue	Practice	N/A	3:30 PM	4:15 PM	FM - Wellwood MS - Gym		
Feb 28, 2024	Wed	Regular Season	@ Vernon-Verona- Sherrill	5:00 PM	7:00 PM	VVS MS Gym	Departure Point: House 1 Departure Time: 3:45 PM	NL
POSTPONED Feb 29, 2024	Thu	Regular Season	@ Liverpool (Orange)	5:00 PM		LIVERPOOL Chestnut Hill M S Gym	Departure Point: House 1 Departure Time: 3:30 PM	L
Mar 1, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	FM - Wellwood MS - Gym		
Mar 4, 2024	Mon	Regular Season 1-2 L	Oswego (Blue)	5:00 PM	6:00 PM	FM HS House 1 Gym		L
Mar 5, 2024	Tue	Regular Season	Baldwinsville (RED)	5:00 PM	6:30 PM	FM - Wellwood MS - Gym		L
Mar 6, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	FM - Wellwood MS - Gym		
Mar 7, 2024	Thu	Regular Season	Cicero-North Syracuse (CNS 7/8 White)	5:00 PM	6:30 PM	FM - Wellwood MS - Gym		L
Mar 8, 2024	Fri	Regular Season	@ Solvay	5:00 PM	7:00 PM	Solvay MS Gym	Departure Point: House 1 Departure Time: 3:30 PM	L
CANCELLED Mar 11, 2024	Mon	Regular Season	@ Oswego (Blue)	5:00 PM		Oswego HS-New Gym	Departure Point: House 1 Departure Time: 3:15 PM	L

Date: 2025-12-19