

Coaches:

- Jon Zappala, Head CoachLindsey Reilly

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION LEAGUE / NON-LEAGUE
Jul 11, 2023	Tue	Practice (OPEN TURF)	N/A	6:00 PM	7:00 PM	HS Turf Field	
Jul 18, 2023	Tue	Practice (OPEN TURF)	N/A	6:00 PM	7:00 PM	HS Turf Field	
Jul 25, 2023	Tue	Practice (OPEN TURF)	N/A	6:00 PM	7:00 PM	HS Turf Field	
Aug 1, 2023	Tue	Practice (OPEN TURF)	N/A	6:00 PM	7:00 PM	HS Turf Field	
Aug 8, 2023	Tue	Practice (OPEN TURF)	N/A	6:00 PM	7:00 PM	HS Turf Field	
Aug 15, 2023	Tue	Practice (OPEN TURF)	N/A	6:00 PM	7:00 PM	HS Turf Field	
Aug 21, 2023	Mon	Practice (Practice)	N/A	7:30 AM	9:30 AM	HS Turf Field	
Aug 21, 2023	Mon	Practice (PRACTICE)	N/A	4:00 PM	6:00 PM	HS Turf Field	
Aug 22, 2023	Tue	Practice (PRACTICE)	N/A	9:30 AM	12:00 PM	LMK Turf Field	
Aug 23, 2023	Wed	Practice (Practice)	N/A	7:30 AM	9:30 AM	LMK Turf Field	
Aug 23, 2023	Wed	Practice (PRACTICE)	N/A	4:00 PM	6:00 PM	LMK Turf Field	
Aug 24, 2023	Thu	Practice (PRACTICE)	N/A	10:00 AM	12:00 PM	LMK Turf Field	
Aug 25, 2023	Fri	Practice (Practice)	N/A	8:00 AM		HS Small Gym	
Aug 25, 2023	Fri	Practice (PRACTICE)	N/A	8:00 AM	10:00 AM	HS Turf Field	
Aug 26, 2023	Sat	Practice (Practice)	N/A	7:30 AM	9:00 AM	HS Turf Field	
Aug 26, 2023	Sat	Practice (Practice)	N/A	1:00 PM	2:30 PM	HS Big Gym	
Aug 28, 2023	Mon	Practice (Practice)	N/A	8:30 AM	10:30 AM	HS Turf Field	
Aug 29, 2023	Tue	Regular Season 6-0 W	Port Chester	11:00 AM		HS Turf Field	NL
Aug 30, 2023	Wed	Practice (PRACTICE)	N/A	8:00 AM	10:00 AM	HS Turf Field	
Sep 1, 2023	Fri	Practice (Practice)	N/A	8:00 AM	10:00 AM	HS Turf Field	
Sep 4, 2023	Mon	Practice (PRACTICE)	N/A	5:00 PM	6:30 PM	HS Turf Field	
Sep 5, 2023	Tue	Practice (PRACTICE)	N/A	7:00 AM	8:15 AM	HS Turf Field	
Sep 6, 2023	Wed	Regular Season 3-1 W	Clarkstown South	5:30 PM		LMK Turf Field	NL
Sep 7, 2023	Thu	Practice (PRACTICE)	N/A	3:00 PM	4:30 PM	HS Turf Field	
Sep 8, 2023	Fri	Practice (Practice)	N/A	3:00 PM	4:30 PM	HS Turf Field	
Sep 11, 2023	Mon	Practice (Practice)	N/A	3:00 PM	6:30 PM	HS Turf Field	
Sep 12, 2023	Tue	Regular Season 1-2 L	Mahopac	4:30 PM		HS Turf Field	NL

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Sep 13, 2023	Wed	Practice (Practice)	N/A	3:00 PM	4:30 PM	HS Turf Field		
Sep 15, 2023	Fri	Practice (Practice)	N/A	2:45 PM	4:45 PM	HS Grass Field		
Sep 18, 2023	Mon	Practice (Practice)	N/A	3:10 PM	4:30 PM	HS Turf Field		
Sep 19, 2023	Tue	Practice (Practice)	N/A	3:30 PM	6:30 PM	HS Grass Field		
Sep 21, 2023	Thu	Practice (Practice)	N/A	2:45 PM	3:30 PM	HS Fitness Center		
Sep 21, 2023	Thu	Practice (Practice)	N/A	3:40 PM	5:00 PM	HS Turf Field		
Sep 22, 2023	Fri	Regular Season 8-0 W	Mount Vernon	4:30 PM		HS Turf Field		L
Sep 23, 2023	Sat	Regular Season 6-1 W	Nyack	9:00 AM	8:30 PM	HS Turf Field		L
Sep 27, 2023	Wed	Practice (Practice)	N/A	2:45 PM	4:00 PM	HS Turf Field		
Sep 28, 2023	Thu	Practice (Practice)	N/A	3:45 PM	5:00 PM	HS Grass Field		
Sep 29, 2023	Fri	Practice (Practice)	N/A	2:45 PM	4:30 PM	HS Turf Field		
Sep 29, 2023	Fri	Practice (Practice)	N/A	2:45 PM	4:15 PM	HS Big Gym		
Sep 30, 2023	Sat	Regular Season 4-1 W	Mamaroneck	5:00 PM		HS Turf Field		L
Oct 3, 2023	Tue	Practice (Practice)	N/A	3:30 PM	5:30 PM	HS Grass Field		
Oct 4, 2023	Wed	Regular Season 5-2 W	Ursuline School	6:00 PM		HS Turf Field		L
Oct 5, 2023	Thu	Practice (Practice)	N/A	3:45 PM	4:45 PM	HS Turf Field		
Oct 9, 2023	Mon	Practice (Practice)	N/A	5:00 PM	6:30 PM	HS Turf Field		
Oct 10, 2023	Tue	Regular Season 2-1 W	Scarsdale	4:30 PM		HS Turf Field		L
Oct 12, 2023	Thu	Practice (Practice)	N/A	3:30 PM	5:30 PM	HS Turf Field		
Oct 12, 2023	Thu	Practice (Practice)	N/A	3:30 PM	5:30 PM	HS Grass Field		
Oct 13, 2023	Fri	Practice (Practice)	N/A	3:00 PM	4:30 PM	HS Turf Field		
Oct 16, 2023	Mon	Regular Season 2-1 W	New Rochelle	4:30 PM	8:30 PM	HS Turf Field		L
Oct 18, 2023	Wed	Practice (Practice)	N/A	3:15 PM	5:10 PM	HS Turf Field		
Oct 19, 2023	Thu	Practice (Practice)	N/A	3:30 PM	5:00 PM	HS Turf Field		
Oct 20, 2023	Fri	Practice (Practice)	N/A	2:45 PM	4:00 PM	HS Big Gym		
Oct 21, 2023	Sat	Post-Season 5-0 W	Carmel	11:00 AM		HS Turf Field		L
Oct 24, 2023	Tue	Post-Season 3-1 W	Mahopac	5:30 PM		HS Turf Field		L
Nov 22, 2023	Wed	Practice (Practice)	N/A	11:00 AM	1:00 PM	HS Turf Field		
Jun 10, 2024	Mon	Practice (Practice)	N/A	3:15 PM	5:00 PM	HS Turf Field		
Jun 11, 2024	Tue	Practice (Practice)	N/A	3:15 PM	5:00 PM	HS Turf Field		

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Jun 12, 2024	Wed	Practice (Practice)	N/A	3:15 PM	5:00 PM	HS Turf Field		
Jun 20, 2024	Thu	Practice (OPEN TURF)	N/A	6:30 PM	7:30 PM	HS Turf Field		
TBD		Practice (PRACTICE)	N/A	7:30 AM	9:30 AM	HS Turf Field		
TBD		Practice (PRACTICE)	N/A	7:30 AM	9:30 AM	LMK Turf Field		
TBD		Practice (Practice)	N/A	TBD		HS Turf Field		

Date: 2024-05-12