

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 14, 2022	Mon	Practice	N/A	5:15 PM	7:30 PM	Palmer Gym		
Nov 15, 2022	Tue	Practice	N/A	5:15 PM	7:30 PM	Palmer Gym		
Nov 16, 2022	Wed	Practice	N/A	5:15 PM	7:30 PM	Palmer Gym		
Nov 17, 2022	Thu	Practice	N/A	5:15 PM	7:30 PM	Palmer Gym		
Nov 18, 2022	Fri	Practice	N/A	3:00 PM	5:15 PM	Palmer Gym		
Nov 19, 2022	Sat	Practice	N/A	8:00 AM	AIVI	Palmer Gym		
Nov 19, 2022	Sat	Practice	N/A	1:00 PM	3:00 PM	Palmer Gym		
Nov 21, 2022	Mon	Practice	N/A	5:15 PM	7:30 PM	Palmer Gym		
Nov 22, 2022	Tue	Practice	N/A	3:00 PM	5:15 PM	Palmer Gym		
Nov 23, 2022	Wed	Practice	N/A	12:15 PM	2:15 PM	Palmer Gym		
Nov 25, 2022	Fri	Scrimmage	@ White Plains	10:00 AM		White Plains HS		NL
Nov 26, 2022	Sat	Practice	N/A	9:30 AM	10:30 PM	Palmer Gym		
Nov 26, 2022	Sat	Scrimmage	Clarkstown North	11:00 AM		Palmer Gym		NL
Nov 28, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	Palmer Gym		
Nov 29, 2022	Tue	Practice	N/A	5:15 PM	7:30 PM	Palmer Gym		
Nov 30, 2022	Wed	Scrimmage	@ Fox Lane	5:00 PM	6:30 PM	Fox Lane HS		NL
Dec 1, 2022	Thu	Practice	N/A	3:00 PM	5:15 PM	Palmer Gym		
Dec 2, 2022	Fri	Practice	N/A	3:00 PM	5:15 PM	Palmer Gym		
Dec 3, 2022	Sat	Practice	N/A	9:30 AM	10:30 AM	Palmer Gym		
Dec 3, 2022	Sat	Scrimmage	Peekskill	11:00 AM		Palmer Gym		NL
Dec 5, 2022	Mon	Practice	N/A	5:15 PM	7:30 PM	Palmer Gym		
Dec 6, 2022	Tue	Practice	N/A	3:00 PM	5:15 PM	Palmer Gym		
Dec 7, 2022	Wed	Practice	N/A	3:00 PM	L IAI	Palmer Gym		
Dec 8, 2022	Thu	Practice	N/A	3:00 PM	5:15 PM	Palmer Gym		
Dec 9, 2022	Fri	Practice	N/A	3:00 PM	4:00 PM	Post Gym		
Dec 9, 2022	Fri	Regular Season ("Showcase") 73-54 W	Harrison	7:00 PM	8:30 PM	White Plains High School		L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Dec 9, 2022	Fri	Regular Season (vs Harrison)	@ White Plains	7:00 PM	8:30 PM	White Plains HS		NL
Dec 10, 2022	Sat	Practice	N/A	8:30 AM	10:30 AM	Palmer Gym		
Dec 12, 2022	Mon	Practice	N/A	3:00 PM	5:15 PM	Palmer Gym		
Dec 13, 2022	Tue	Regular Season	Arlington	5:00 PM	6:30 PM	Palmer Gym		NL
Dec 14, 2022	Wed	Practice	N/A	5:15 PM	7:30 PM	Palmer Gym		
Dec 15, 2022	Thu	Practice	N/A	3:00 PM	5:15 PM	Post Gym		
Dec 16, 2022	Fri	Practice	N/A	2:45 PM	3:15 PM	Palmer Gym		
Dec 16, 2022	Fri	Regular Season (Tournament)	TBD	7:00 PM	8:30 PM	Palmer Gym		NL
Dec 17, 2022	Sat	Practice	N/A	11:00 AM	12:00 PM	Post Gym		
Dec 17, 2022	Sat	Regular Season (Tournament)	TBD	6:00 PM		Palmer Gym		NL
Dec 19, 2022	Mon	Practice	N/A	3:00 PM	5:15 PM	Palmer Gym		
Dec 20, 2022	Tue	Practice	N/A	3:00 PM	5:15 PM	Palmer Gym		
Dec 21, 2022	Wed	Regular Season	Ossining	4:30 PM		Palmer Gym		NL
Dec 22, 2022	Thu	Practice	N/A	3:00 PM	5:15 PM	Palmer Gym		
Dec 23, 2022	Fri	Practice	N/A	12:15 PM	2:15 PM	Palmer Gym		
Dec 24, 2022	Sat	Practice	N/A	8:00 AM	10:15 AM	Palmer Gym		
Jan 2, 2023	Mon	Practice	N/A	8:00 AM	10:15 AM	Palmer Gym		
Jan 3, 2023	Tue	Practice	N/A	5:15 PM	7:30 PM	Palmer Gym		
Jan 4, 2023	Wed	Regular Season	Lincoln HS1	4:30 PM		Palmer Gym		L
Jan 5, 2023	Thu	Practice	N/A	3:00 PM	5:15 PM	Palmer Gym		
Jan 6, 2023	Fri	Regular Season	Roosevelt	6:15 PM	7:45 PM	Palmer Gym		L
Jan 7, 2023	Sat	Practice	N/A	10:15 AM	12:30 PM	Palmer Gym		
Jan 9, 2023	Mon	Practice	N/A	5:15 PM	7:30 PM	Palmer Gym		
Jan 10, 2023	Tue	Practice	N/A	7:30 PM	9:00 PM	Palmer Gym		
Jan 11, 2023	Wed	Practice	N/A	3:30 PM	5:15 PM	Palmer Gym		
Jan 12, 2023	Thu	Practice	N/A	6:00 PM	8:00 PM	Palmer Gym		
Jan 13, 2023	Fri	Regular Season	Scarsdale	6:15 PM	7:45 PM	Palmer Gym		L
Jan 14, 2023	Sat	Practice	N/A	12:45 PM	2:45 PM	Post Gym		
Jan 16, 2023	Mon	Practice	N/A	8:00 AM	10:15 PM	Palmer Gym		
Jan 17, 2023	Tue	Practice	N/A	3:00 PM	5:15 PM	Palmer Gym		

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 18, 2023	Wed	Regular Season	@ New Rochelle	5:00 PM	6:30 PM	NRHS Gym		L
Jan 19, 2023	Thu	Practice	N/A	3:00 PM	4:30 PM	Palmer Gym		
Jan 21, 2023	Sat	Practice	N/A	10:15 AM	12:45 PM	Palmer Gym		
Jan 23, 2023	Mon	Practice	N/A	3:00 PM	5:15 PM	Palmer Gym		
Jan 24, 2023	Tue	Regular Season	@ Clarkstown South	7:00 PM	8:30 PM	Clarkstown South HS		L
Jan 25, 2023	Wed	Regular Season	@ Lincoln HS1	4:30 PM	6:00 PM	Lincoln HS, Yonkers		L
Jan 26, 2023	Thu	Practice	N/A	3:00 PM	5:15 PM	Palmer Gym		
Jan 27, 2023	Fri	Regular Season	Mount Vernon	7:00 PM	8:30 PM	Palmer Gym		L
Jan 28, 2023	Sat	Practice	N/A	9:00 AM	11:30 AM	Palmer Gym		
Jan 30, 2023	Mon	Practice	N/A	5:15 PM	7:30 PM	Palmer Gym		
Jan 31, 2023	Tue	Practice	N/A	3:00 PM	5:15 PM	Palmer Gym		
Feb 1, 2023	Wed	Regular Season	@ Mount Vernon	4:30 PM		Mount Vernon HS		L
Feb 2, 2023	Thu	Practice	N/A	5:15 PM	7:30 PM	Palmer Gym		
Feb 3, 2023	Fri	Regular Season	Eastchester	7:00 PM	8:30 PM	Palmer Gym		L
Feb 4, 2023	Sat	Practice	N/A	12:15 PM	2:30 PM	Palmer Gym		
Feb 6, 2023	Mon	Practice	N/A	5:15 PM	7:30 PM	Palmer Gym		
Feb 7, 2023	Tue	Regular Season	@ Scarsdale			Scarsdale HS		L
Feb 8, 2023	Wed	Practice	N/A	5:00 PM		Post Gym		
Feb 9, 2023	Thu	Practice	N/A	6:00 PM	8:00 PM	Palmer Gym		
Feb 10, 2023	Fri	Regular Season	New Rochelle	6:15 PM		Palmer Gym		L
Feb 11, 2023	Sat	Practice	N/A	12:15 PM	2:30 PM	Palmer Gym		
Feb 13, 2023	Mon	Scrimmage	Fox Lane	5:15 PM	6:45 PM	Palmer Gym		L
Feb 14, 2023	Tue	Practice	N/A	5:15 PM	7:30 PM	Palmer Gym		
Feb 15, 2023	Wed	Practice	N/A	3:00 PM	5:15 PM	Palmer Gym		
Feb 16, 2023	Thu	Practice	N/A	3:00 PM	5:15 PM	Palmer Gym		
Feb 17, 2023	Fri	Practice	N/A	2:45 PM	3:15 PM	Palmer Gym		
Feb 17, 2023	Fri	Post-Season (First Round)	Port Chester	6:00 PM	7:30 PM	Palmer Gym		L
Feb 18, 2023	Sat	Practice	N/A	10:00 AM	12:30 PM	Palmer Gym		
Feb 21, 2023	Tue	Practice	N/A	10:00 AM	12:30 PM	Palmer Gym		

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Feb 22, 2023	Wed	Practice	N/A	10:00 AM	12:30 PM	Palmer Gym		
Feb 23, 2023	Thu	Practice	N/A	10:00 AM	12:30 PM	Palmer Gym		
Feb 24, 2023	Fri	Practice	N/A	10:00 AM	11:30 AM	Palmer Gym		
Feb 24, 2023	Fri	Post-Season (Second Round)	TBD	6:00 PM	7:30 PM	Palmer Gym		NL
Feb 25, 2023	Sat	Practice	N/A	10:00 AM	12:30 PM	Palmer Gym		

Date: 2025-12-18