

| DATE | WEEK DAY | ТҮРЕ | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON- LEAGUE |
|-----------------------|-------------|------------------------------|------------------------------------|---------------|-------------|--------------------------|----------------|----------------------------|
| Nov 12, 2019 | Tue | Practice | N/A | 3:00 PM | 5:00 PM | Post Gym | | |
| Nov 13, 2019 | Wed | Practice | N/A | 3:00 PM | 5:00 PM | Post Gym | | |
| Nov 14, 2019 | Thu | Practice | N/A | 3:00 PM | 5:00 PM | Post Gym | | |
| Nov 15, 2019 | Fri | Practice | N/A | 3:00 PM | 5:00 PM | Post Gym | | |
| Nov 16, 2019 | Sat | Practice | N/A | 10:00 AM | 12:00 PM | Post Gym | | |
| Nov 18, 2019 | Mon | Practice | N/A | 3:45 PM | 5:15 PM | Palmer Gym | | |
| Nov 19, 2019 | Tue | Practice | N/A | 3:00 PM | 5:00 PM | Post Gym | | |
| Nov 20, 2019 | Wed | Practice | N/A | 3:00 PM | 5:00 PM | Post Gym | | |
| Nov 21, 2019 | Thu | Practice | N/A | 5:00 PM | 6:30 PM | Hommocks MS Gym | | |
| Nov 22, 2019 | Fri | Practice | N/A | 3:00 PM | 5:00 PM | Post Gym | | |
| Nov 23, 2019 | Sat | Scrimmage | Tappan Zee HS | 11:00 AM | | Post Gym | | NL |
| Nov 25, 2019 | Mon | Practice | N/A | 3:00 PM | 5:00 PM | Post Gym | | |
| Nov 26, 2019 | Tue | Scrimmage | @ Spring Valley | 4:30 PM | | Spring Valley HS | | L |
| Nov 27, 2019 | Wed | Practice | N/A | 9:30 AM | 11:30 AM | Post Gym | | |
| Nov 29, 2019 | Fri | Scrimmage | @ Uniondale | 11:00 AM | | Uniondale High School | | NL |
| Nov 30, 2019 | Sat | Practice | N/A | 10:00 AM | 12:00 PM | Post Gym | | |
| CANCELLED Dec 2, 2019 | Mon | Practice | N/A | 3:00 PM | 5:00 PM | Post Gym | | |
| Dec 3, 2019 | Tue | Practice | N/A | 6:00 PM | 7:30 PM | Palmer Gym | | |
| Dec 4, 2019 | Wed | Practice | N/A | 3:00 PM | 5:00 PM | Post Gym | | |
| Dec 5, 2019 | Thu | Scrimmage | @ Ossining | 4:30 PM | | Ossining HS | | NL |
| Dec 6, 2019 | Fri | Practice (Travel w/ varsity) | N/A | TBD | | TBD | | |
| Dec 7, 2019 | Sat | Practice | N/A | 10:00 AM | 12:00 PM | Palmer Gym | | |
| Dec 9, 2019 | Mon | Practice | N/A | 3:00 PM | 5:00 PM | Post Gym | | |
| Dec 10, 2019 | Tue | Regular Season | @ Roy C Ketcham/ Wappingers JHS | 4:30 PM | | RCK Gymnasium | | NL |
| Dec 11, 2019 | Wed | Practice | N/A | 6:00 PM | 7:30 PM | Palmer Gym | | |
| Dec 12, 2019 | Thu | Practice | N/A | 3:45 PM | 5:15 PM | Palmer Gym | | |

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| Dec 13, 2019 | Fri | Regular Season | Fox Lane | 5:15 PM | | Palmer Gym | | L |
| Dec 14, 2019 | Sat | Regular Season | @ Clarkstown South | 12:00 PM | | Clarkstown South HS | | L |
| Dec 16, 2019 | Mon | Regular Season | Port Chester | 6:00 PM | | Palmer Gym | | L |
| Dec 18, 2019 | Wed | Practice | N/A | 3:00 PM | 5:00 PM | Post Gym | | |
| Dec 19, 2019 | Thu | Practice | N/A | 3:00 PM | 5:00 PM | Post Gym | | |
| Dec 20, 2019 | Fri | Regular Season | @ North Rockland | 4:15 PM | | North Rockland HS | | L |
| Dec 21, 2019 | Sat | Practice | N/A | 10:00 AM | 12:00 PM | Post Gym | | |
| Dec 23, 2019 | Mon | Practice | N/A | 10:00 AM | 12:00 PM | Post Gym | | |
| Dec 27, 2019 | Fri | Practice | N/A | 9:00 AM | 11:00 AM | Post Gym | | |
| Dec 28, 2019 | Sat | Practice | N/A | 9:00 AM | 11:00 AM | Post Gym | | |
| Dec 30, 2019 | Mon | Practice | N/A | 9:00 AM | 11:00 AM | Post Gym | | |
| Jan 2, 2020 | Thu | Practice | N/A | 8:00 AM | 10:00 AM | Post Gym | | |
| Jan 3, 2020 | Fri | Practice | N/A | 8:00 AM | 10:00 AM | Palmer Gym | | |
| Jan 4, 2020 | Sat | Practice | N/A | 10:00 AM | 12:00 PM | Post Gym | | |
| Jan 6, 2020 | Mon | Practice | N/A | 3:00 PM | 5:00 PM | Post Gym | | |
| Jan 7, 2020 | Tue | Regular Season | @ Mount Vernon | 5:45 PM | | Mount Vernon HS | | L |
| Jan 8, 2020 | Wed | Practice | N/A | 6:00 PM | 7:30 PM | Palmer Gym | | |
| Jan 9, 2020 | Thu | Regular Season | Blind Brook | 5:30 PM | | Palmer Gym | | L |
| Jan 10, 2020 | Fri | Practice | N/A | 3:00 PM | 5:00 PM | Post Gym | | |
| Jan 11, 2020 | Sat | Practice | N/A | 8:00 AM | 10:00 AM | Post Gym | | |
| Jan 13, 2020 | Mon | Regular Season | @ Hackley School | 4:30 PM | | Hackley School | | L |
| Jan 14, 2020 | Tue | Practice | N/A | 3:00 PM | 5:00 PM | Post Gym | | |
| Jan 15, 2020 | Wed | Regular Season | @ New Rochelle | 4:30 PM | | NRHS Gym | | L |
| Jan 16, 2020 | Thu | Practice | N/A | 4:00 PM | 6:00 PM | Central ES Gym | | |
| Jan 17, 2020 | Fri | Practice | N/A | 3:00 PM | 5:00 PM | Post Gym | | |
| Jan 18, 2020 | Sat | Regular Season | White Plains | 11:00 AM | | Palmer Gym | | L |
| Jan 20, 2020 | Mon | Practice | N/A | 10:00 AM | 12:00 PM | Post Gym | | |
| Jan 21, 2020 | Tue | Regular Season | @ Hendrick Hudson | 5:00 PM | | Hendrick Hudson HS | | L |
| Jan 22, 2020 | Wed | Regular Season | Rye | 6:00 PM | | Palmer Gym | | L |

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| Jan 24, 2020 | Fri | Practice | N/A | 3:00 PM | 5:00 PM | Post Gym | | |
| Jan 25, 2020 | Sat | Practice | N/A | 8:00 AM | 10:00 AM | Post Gym | | |
| Jan 27, 2020 | Mon | Practice | N/A | 6:00 PM | 7:30 PM | Palmer Gym | | |
| Jan 28, 2020 | Tue | Practice | N/A | 3:00 PM | 5:00 PM | Post Gym | | |
| Jan 29, 2020 | Wed | Regular Season | Scarsdale | 6:15 PM | | Palmer Gym | | L |
| Jan 30, 2020 | Thu | Practice | N/A | 3:45 PM | 5:15 PM | Palmer Gym | | |
| Jan 31, 2020 | Fri | Regular Season | Mount Vernon | 4:15 PM | | Palmer Gym | | L |
| Feb 1, 2020 | Sat | Practice | N/A | 8:00 AM | 10:00 AM | Post Gym | | |
| Feb 3, 2020 | Mon | Regular Season | Albertus Magnus | 6:15 PM | | Palmer Gym | | L |
| Feb 4, 2020 | Tue | Practice | N/A | 5:00 PM | 6:30 PM | Hommocks MS Gym | | |
| CANCELLED Feb 5, 2020 | Wed | Practice | N/A | 3:45 PM | 5:15 PM | Palmer Gym | | |
| Feb 6, 2020 | Thu | Practice | N/A | 3:00 PM | 5:00 PM | Post Gym | | |
| Feb 7, 2020 | Fri | Regular Season | New Rochelle | 4:15 PM | | Palmer Gym | | L |
| Feb 8, 2020 | Sat | Practice | N/A | 10:00 AM | 12:00 PM | Post Gym | | |
| Feb 10, 2020 | Mon | Practice | N/A | 5:00 PM | 6:30 PM | Hommocks MS Gym | | |
| Feb 11, 2020 | Tue | Practice | N/A | 3:00 PM | 5:00 PM | Post Gym | | |
| Feb 12, 2020 | Wed | Regular Season | @ Scarsdale | 6:00 PM | | Scarsdale HS | | L |

Date: 2024-05-20