

| DATE | WEEK DAY | ТҮРЕ | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON- LEAGUE |
|---------------------------|-------------|--------------------------------|--------------------------------|---------------|-------------|------------------------|----------------|----------------------------|
| Aug 22, 2022 | Mon | Practice | N/A | 8:00 AM | 9:00 AM | MHS Track | | |
| Aug 22, 2022 | Mon | Practice | N/A | 9:00 AM | 11:00 AM | Palmer Gym | | |
| Aug 23, 2022 | Tue | Practice | N/A | 8:00 AM | 9:00 AM | MHS Track | | |
| Aug 23, 2022 | Tue | Practice | N/A | 9:00 AM | 11:00 AM | Palmer Gym | | |
| Aug 24, 2022 | Wed | Practice | N/A | 8:00 AM | 9:00 AM | MHS Track | | |
| Aug 24, 2022 | Wed | Practice | N/A | 9:00 AM | 11:00 AM | Palmer Gym | | |
| Aug 25, 2022 | Thu | Practice | N/A | 8:00 AM | 12:00 PM | Palmer Gym | | |
| Aug 26, 2022 | Fri | Practice | N/A | 8:00 AM | 12:00 PM | Palmer Gym | | |
| Aug 27, 2022 | Sat | Practice | N/A | 8:00 AM | 11:00 AM | Palmer Gym | | |
| Aug 29, 2022 | Mon | Practice | N/A | 8:00 AM | 12:00 PM | Palmer Gym | | |
| Aug 30, 2022 | Tue | Practice | N/A | 8:00 AM | 12:00 PM | Palmer Gym | | |
| Aug 30, 2022 | Tue | Regular Season (Scrimmage) | Harrison | 10:00 AM | 8:00 PM | Palmer Gym | | NL |
| Aug 31, 2022 | Wed | Regular Season | @ Pelham | 4:00 PM | | Pelham HS | | L |
| Sep 1, 2022 | Thu | Practice | N/A | 8:00 AM | 12:00 PM | Palmer Gym | | |
| Sep 2, 2022 | Fri | Practice | N/A | 8:00 AM | 12:00 PM | Palmer Gym | | |
| Sep 6, 2022 | Tue | Practice | N/A | 3:00 PM | 6:00 PM | Palmer Gym | | |
| Sep 7, 2022 | Wed | Practice | N/A | 3:30 PM | 6:00 PM | Palmer Gym | | |
| Sep 8, 2022 | Thu | Practice | N/A | 3:00 PM | 6:00 PM | Palmer Gym | | |
| Sep 9, 2022 | Fri | Regular Season | @ Arlington | 7:00 PM | 8:30 PM | Arlington HS | | L |
| CANCELLED Sep 10, 2022 | Sat | Practice | N/A | 9:00 AM | 11:00 AM | Palmer Gym | | |
| Sep 12, 2022 | Mon | Regular Season | @ Ardsley | 6:30 PM | 8:00 PM | Ardsley HS | | L |
| Sep 13, 2022 | Tue | Regular Season | Mahopac | 6:00 PM | 8:00 PM | Palmer Gym | | L |
| Sep 14, 2022 | Wed | Practice | N/A | 3:00 PM | 6:00 PM | Palmer Gym | | |
| Sep 15, 2022 | Thu | Regular Season | @ John Jay HS/ Van Wyck JHS | 6:30 PM | 8:00 PM | JJ Main Gymnasium | | NL |
| Sep 16, 2022 | Fri | Practice | N/A | 3:00 PM | 6:00 PM | Palmer Gym | | |
| Sep 17, 2022 | Sat | Regular Season (Tournament) | @ Clarkstown South | 9:00 AM | | Clarkstown South HS | | L |
| | | | | | | | | |

| DATE | WEEK DAY | ТҮРЕ | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION / | LEAGUE 'NON- LEAGUE |
|---------------------------|-------------|----------------|-----------------------|---------------|-------------|------------------------|------------------|---------------------------|
| Sep 19, 2022 | Mon | Regular Season | North Rockland | 6:00 PM | 8:00 PM | Palmer Gym | L | L |
| Sep 20, 2022 | Tue | Practice | N/A | 3:00 PM | 6:00 PM | Palmer Gym | | |
| Sep 21, 2022 | Wed | Regular Season | White Plains | 6:00 PM | 8:00 PM | Palmer Gym | L | L |
| Sep 22, 2022 | Thu | Practice | N/A | 3:00 PM | 6:00 PM | Palmer Gym | | |
| POSTPONED Sep 23, 2022 | | Regular Season | @ Fox Lane | 6:00 PM | 8:00 PM | TBD | L | L |
| CANCELLED Sep 24, 2022 | Sat | Practice | N/A | 8:00 AM | 10:00 AM | Palmer Gym | | |
| CANCELLED Sep 26, 2022 | Mon | Practice | N/A | 8:00 AM | 10:00 AM | Palmer Gym | | |
| CANCELLED Sep 27, 2022 | Tue | Practice | N/A | 9:00 AM | 11:00 AM | Palmer Gym | | |
| Sep 28, 2022 | Wed | Regular Season | @ Lincoln HS1 | 6:30 PM | 8:00 PM | Lincoln HS, Yonkers | L | L |
| Sep 29, 2022 | Thu | Regular Season | @ Scarsdale | 6:30 PM | 8:00 PM | TBD | L | L |
| Sep 30, 2022 | Fri | Practice | N/A | 3:00 PM | 6:00 PM | Palmer Gym | | |
| Oct 1, 2022 | Sat | Regular Season | @ Suffern | 11:00 AM | 12:30 PM | Suffern HS | L | L |
| Oct 3, 2022 | Mon | Regular Season | Mount Vernon | 6:00 PM | 8:00 PM | Palmer Gym | L | L |
| Oct 4, 2022 | Tue | Practice | N/A | 3:00 PM | 5:00 PM | Palmer Gym | | |
| Oct 5, 2022 | Wed | Practice | N/A | 8:00 AM | 10:00 AM | Palmer Gym | | |
| Oct 6, 2022 | Thu | Practice | N/A | 3:00 PM | 6:00 PM | Palmer Gym | | |
| Oct 7, 2022 | Fri | Regular Season | @ Ursuline School | 6:00 PM | 8:00 PM | Ursuline HS | L | L |
| Oct 8, 2022 | Sat | Practice | N/A | 8:00 AM | 10:00 AM | Palmer Gym | | |
| Oct 11, 2022 | Tue | Regular Season | New Rochelle | 4:30 PM | 6:00 PM | Palmer Gym | L | L |
| Oct 12, 2022 | Wed | Practice | N/A | 3:00 PM | 6:00 PM | Palmer Gym | | |
| Oct 13, 2022 | Thu | Regular Season | Scarsdale | 6:00 PM | 8:00 PM | Palmer Gym | L | L |
| Oct 14, 2022 | Fri | Practice | N/A | 3:00 PM | 6:00 PM | Palmer Gym | | |
| Oct 15, 2022 | Sat | Regular Season | Lincoln HS1 | 1:00 PM | 3:00 PM | Palmer Gym | L | L |
| Oct 17, 2022 | Mon | Regular Season | @ Mount Vernon | 6:30 PM | 8:00 PM | TBD | L | L |
| Oct 18, 2022 | Tue | Practice | N/A | 3:00 PM | 6:00 PM | Palmer Gym | | |
| Oct 19, 2022 | Wed | Regular Season | Ursuline School | 6:00 PM | 8:00 PM | Palmer Gym | L | L |
| Oct 20, 2022 | Thu | Regular Season | @ New Rochelle | 4:30 PM | 6:00 PM | NRHS Gym | L | L |
| Oct 21, 2022 | Fri | Practice | N/A | 3:00 PM | 6:00 PM | Palmer Gym | | |
| Oct 22, 2022 | Sat | Regular Season | @ Clarkstown South | 12:30 PM | 2:00 PM | Clarkstown South HS | L | L |

Date: 2024-05-01