

Coaches:

- Pat Mealy
- Kristie Meyer

| DATE | WEEK DAY | ТҮРЕ | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON- LEAGUE |
|--------------|-------------|----------------------------|------------------------------|---------------|-------------|----------------------|---|----------------------------|
| Nov 26, 2022 | Sat | Regular Season (scrimmage) | Pearl River | 10:00 AM | 11:30 AM | RCK Gymnasium | | L |
| Nov 29, 2022 | Tue | Regular Season (scrimmage) | @ Hyde Park | 5:00 PM | | FDR HS A/B Gym | | L |
| Dec 2, 2022 | Fri | Regular Season | @ Poughkeepsie | 6:00 PM | 7:30 PM | Poughkeepsie HS | Departure Point: 1 bus for Varsity only Departure Time: 5:00 PM Return Date: Return Time: 8:30 PM | L |
| Dec 5, 2022 | Mon | Regular Season | @ Suffern | 6:00 PM | 7:30 PM | Suffern HS | Departure Point: 1 bus for both JV and V Departure Time: 3:30 PM Return Date: Return Time: 9:30 PM | L |
| Dec 7, 2022 | Wed | Regular Season | Clarkstown South | 5:15 PM | 7:00 PM | RCK Gymnasium | | L |
| Dec 17, 2022 | Sat | Regular Season | @ Horace Greeley | 11:00 AM | 12:30 PM | Horace Greeley HS | Departure Point: 1 bus for both JV and V Departure Time: 9:00 AM Return Date: Return Time: 4:30 PM | L |
| Dec 20, 2022 | Tue | Regular Season | North Rockland | 6:15 PM | 7:45 PM | RCK Gymnasium | | L |
| Dec 28, 2022 | Wed | Regular Season | Ursuline School | 12:00 PM | 1:30 PM | RCK Gymnasium | | L |
| Dec 30, 2022 | Fri | Regular Season | @ White Plains | 11:00 AM | 12:30 PM | White Plains HS | Departure Point: 1 bus for both JV and V Departure Time: 7:00 AM Return Date: Return Time: 3:00 PM | L |
| Jan 4, 2023 | Wed | Regular Season | John Jay HS/ Van Wyck JHS | 5:15 PM | 7:00 PM | RCK Gymnasium | | L |
| Jan 6, 2023 | Fri | Regular Season | | 6:00 PM | 7:30 PM | Mahopac HS | Departure Point: 1 bus for both JV and V Departure Time: 3:30 PM Return Date: Return Time: 9:30 PM | L |
| Jan 9, 2023 | Mon | Regular Season | @ Carmel | 6:00 PM | 7:30 PM | CHS Gym | Departure Point: 1 bus for both JV and V Departure Time: 3:30 PM Return Date: Return Time: 9:30 PM | L |
| Jan 12, 2023 | Thu | Regular Season | @ Arlington | 4:45 PM | 6:00 PM | Arlington HS | Departure Point: 1 bus for Varsity only Departure Time: 4:15 PM Return Date: Return Time: 7:30 PM | L |

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| Jan 14, 2023 | Sat | Regular Season | @ Mamaroneck | 12:00 PM | 1:30 PM | Palmer Gym | Departure Point: 1 bus for both JV and V Departure Time: 10:30 AM Return Date: Return Time: 4:30 PM | L |
| Jan 17, 2023 | Tue | Regular Season | Harrison | 5:00 PM | 6:30 PM | RCK Gymnasium | | NL |
| Jan 20, 2023 | Fri | Regular Season (PINK OUT) | @ John Jay HS/ Van Wyck JHS | 5:15 PM | 6:15 PM | JJ Main Gymnasium | Departure Point: One way for both JV and V Departure Time: 3:30 PM | L |
| Jan 26, 2023 | Thu | Regular Season | Albertus Magnus | 5:00 PM | 6:30 PM | RCK Gymnasium | | L |
| Jan 28, 2023 | Sat | Regular Season | New Rochelle | 12:00 PM | 1:30 PM | RCK Gymnasium | | L |
| Jan 31, 2023 | Tue | Regular Season | Mahopac | 6:00 PM | 7:30 PM | RCK Gymnasium | | L |
| Feb 4, 2023 | Sat | Regular Season | Carmel | 12:00 PM | 1:30 PM | RCK Gymnasium | | L |
| Feb 7, 2023 | Tue | Regular Season | Arlington | 5:15 PM | 7:00 PM | RCK Gymnasium | | L |
| Feb 11, 2023 | Sat | Regular Season | Poughkeepsie | 10:30 AM | 12:00 PM | RCK Gymnasium | | L |
| Feb 13, 2023 | Mon | Post-Season (scrimmage) | Putnam Valley | 4:30 PM | 6:30 PM | RCK Gymnasium | | L |
| Feb 15, 2023 | Wed | Post-Season (scrimmage) | Albany High School | 4:30 PM | 6:30 PM | RCK Gymnasium | | L |
| Feb 17, 2023 | Fri | Post-Season (Sectional Game) | Carmel | 5:15 PM | 7:00 PM | RCK Gymnasium | | L |
| Feb 24, 2023 | Fri | Regular Season (Sectional) | Scarsdale | 6:00 PM | 7:30 PM | RCK Gymnasium | | L |
| Mar 3, 2023 | Fri | Post-Season (Semi-Finals) | White Plains | 3:00 PM | 4:30 PM | Westchester County Center | Departure Point: One way Departure Time: 12:30 PM | L |

Date: 2025-12-08