

Coaches:

Sean Rowan

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Mar 19, 2024	Tue	Scrimmage (scrimmage)	Valley Central	4:30 PM	6:00 PM	RCK Turf Field / Track		L
Mar 21, 2024	Thu	Scrimmage (scrimmage)	@ Nyack	5:00 PM	6:30 PM	Nyack HS	Departure Point: 1 bus for V only pick up at RCK and JJ Departure Time: 3:30 PM Return Date: Return Time: 7:30 PM	L
Mar 25, 2024	Mon	Regular Season	Clarkstown South	4:45 PM	6:30 PM	RCK Turf Field / Track		L
Mar 27, 2024	Wed	Regular Season	@ White Plains	3:30 PM	5:00 PM	White Plains HS	Departure Point: 1 bus for V only (pick up and drop off at JJ) Departure Time: 1:00 PM Return Date: Return Time: 6:30 PM	L
Mar 30, 2024	Sat	Regular Season	@ John Jay Cross River		11:30 AM	John Jay HS	Departure Point: 1 bus for V pick up at RCK only Departure Time: 8:00 AM Return Date: Return Time: 1:00 PM	
Apr 1, 2024	Mon	Regular Season	Albertus Magnus	4:30 PM	6:00 PM	RCK Turf Field / Track		L
Apr 5, 2024	Fri	Regular Season	@ Lakeland	4:30 PM	6:00 PM	Lakeland High School	Departure Point: 1 bus for V only (pick up at JJ and RCK) Departure Time: 3:30 PM	L
Apr 9, 2024	Tue	Regular Season	@ Clarkstown North	4:45 PM	6:15 PM	Clarkstown North HS	Departure Point: 1 bus for V only(pick up at both high schools) Departure Time: 3:00 PM Return Date: Return Time: 9:00 PM	L
Apr 11, 2024	Thu	Regular Season	Mahopac	5:00 PM	6:30 PM	RCK Turf Field / Track		L
Apr 13, 2024	Sat	Regular Season	@ Mamaroneck	3:00 PM	4:30 PM	Memorial Field	Departure Point: 1 bus for V only pick up at RCK only Departure Time: 1:00 PM Return Date: Return Time: 7:00 PM	
Apr 18, 2024	Thu	Regular Season	Carmel	4:30 PM	6:30 PM	RCK Turf Field / Track		NL
Apr 25, 2024	Thu	Regular Season	Tappan Zee HS	4:30 PM	6:00 PM	RCK Turf Field / Track		L
Apr 27, 2024	Sat	Regular Season	@ Arlington	1:30 PM	3:00 PM	Arlington HS	Departure Point: 1 bus for both JV and V (pick up at RCK) Departure Time: 12:15 PM Return Date: Return Time: 4:00 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Apr 29, 2024	Mon	Regular Season	@ North Salem	4:30 PM	6:00 PM	North Salem HS	Departure Point: 1 bus for both JV and V (pick up at RCK 3:15pm and JJ at 3:30pm) Departure Time: 3:15 PM Return Date: Return Time: 9:00 PM	L
May 4, 2024	Sat	Regular Season (Senior Night)	Scarsdale	5:00 PM	6:30 PM	JJ Turf Field	Departure Point: No bus needed for Varsity	L
May 7, 2024	Tue	Regular Season (Senior Night)	Pawling	7:00 PM	8:30 PM	RCK Turf Field / Track		L
May 9, 2024	Thu	Regular Season	@ Brewster	5:00 PM	6:30 PM	Brewster HS	Departure Point: 1 bus for V only(pick up at JJ and RCK) Departure Time: 3:30 PM Return Date: Return Time: 9:00 PM	L
May 11, 2024	Sat	Regular Season	@ Queensbury	11:00 AM	12:30 PM	Queensbury High School Turf Field	Departure Point: Self transporting. No bus needed	NL
May 18, 2024	Sat	Regular Season (Sectionals)	Ossining	11:00 AM		Roy C. Ketcham HS	Departure Point: No bus needed for Varsity	L
May 21, 2024	Tue	Post-Season (Sectional Game)	North Rockland	4:30 PM		Roy C. Ketcham HS		L.
May 24, 2024	Fri	Post-Season (Sectional Game)	@ Suffern	4:00 PM	6:00 PM	TBD	Departure Point: 1 bus for V leaving and returning to RCK Departure Time: 2:00 PM Return Date: Return Time: 7:00 PM	

Date: 2024-06-01