



Norwich (B) V Football

Coaches:

- Mike Chrystie, Head Coach
- Tom Stoddard, Coach
- Donald Lawrence, Coach
- Jeff Parker, Coach
- Garrett Sylstra, Coach
- Ed Holmquist, Coach
- Wes Mills, Volunteer

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jul 2, 2023	Sun	Practice (Off-season workouts)	N/A	6:00 PM	7:30 PM	NHS Turf Field		
Jul 4, 2023	Tue	Practice (Off-season workouts)	N/A	5:45 PM	7:00 PM	NHS Turf Field		
Jul 6, 2023	Thu	Practice (Off-season workouts)	N/A	5:45 PM	7:00 PM	NHS Turf Field		
Jul 9, 2023	Sun	Practice (Off-season workouts)	N/A	6:00 PM	7:30 PM	NHS Turf Field		
Jul 11, 2023	Tue	Practice (Off-season workouts)	N/A	5:45 PM	7:00 PM	NHS Turf Field		
Jul 13, 2023	Thu	Practice (Off-season workouts)	N/A	5:45 PM	7:00 PM	NHS Turf Field		
Jul 16, 2023	Sun	Practice (Off-season workouts)	N/A	6:00 PM	7:30 PM	NHS Turf Field		
Jul 17, 2023	Mon	Practice (Team Camp @ Utica College)	N/A	6:00 PM	9:00 PM	TBD		
Jul 18, 2023	Tue	Practice (Off-season workouts)	N/A	5:45 PM	7:00 PM	NHS Turf Field		
Jul 18, 2023	Tue	Practice (Team Camp @ Utica College)	N/A	6:00 PM	9:00 PM	TBD		
Jul 19, 2023	Wed	Practice (Team Camp @ Utica College)	N/A	6:00 PM	9:00 PM	TBD		
Jul 20, 2023	Thu	Practice (Off-season workouts)	N/A	5:45 PM	7:00 PM	NHS Turf Field		
Jul 23, 2023	Sun	Practice (Off-season workouts)	N/A	6:00 PM	7:30 PM	NHS Turf Field		
Jul 25, 2023	Tue	Practice (Off-season workouts)	N/A	5:45 PM	7:00 PM	NHS Turf Field		
Jul 27, 2023	Thu	Practice (Off-season workouts)	N/A	5:45 PM	7:00 PM	NHS Turf Field		
Jul 30, 2023	Sun	Practice (Off-season workouts)	N/A	6:00 PM	7:30 PM	NHS Turf Field		
Aug 1, 2023	Tue	Practice (Off-season workouts)	N/A	5:45 PM	7:00 PM	NHS Turf Field		
Aug 3, 2023	Thu	Practice (Off-season workouts)	N/A	5:45 PM	7:00 PM	NHS Turf Field		
Aug 6, 2023	Sun	Practice (Off-season workouts)	N/A	6:00 PM	7:30 PM	NHS Turf Field		
Aug 8, 2023	Tue	Practice (Off-season workouts)	N/A	5:45 PM	7:00 PM	NHS Turf Field		
Aug 10, 2023	Thu	Practice (Off-season workouts)	N/A	5:45 PM	7:00 PM	NHS Turf Field		
Aug 13, 2023	Sun	Practice (Off-season workouts)	N/A	6:00 PM	7:30 PM	NHS Turf Field		
Aug 15, 2023	Tue	Practice (Off-season workouts)	N/A	5:45 PM	7:00 PM	NHS Turf Field		
Aug 17, 2023	Thu	Practice (Off-season workouts)	N/A	5:45 PM	7:00 PM	NHS Turf Field		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 19, 2023	Sat	Practice (Day 1)	N/A	9:00 AM	12:00 PM	NHS Turf Field		
Aug 21, 2023	Mon	Practice	N/A	5:00 PM	8:00 PM	NHS Turf Field		
Aug 22, 2023	Tue	Practice	N/A	5:00 PM	8:00 PM	NHS Turf Field		
Aug 23, 2023	Wed	Practice	N/A	5:00 PM	8:00 PM	NHS Turf Field		
Aug 24, 2023	Thu	Practice	N/A	5:00 PM	8:00 PM	NHS Turf Field		
Aug 25, 2023	Fri	Practice	N/A	5:00 PM	8:00 PM	NHS Turf Field		
Aug 26, 2023	Sat	Practice	N/A	9:00 AM	12:00 PM	NHS Turf Field		
Aug 26, 2023	Sat	Practice (NH Practice)	N/A	9:30 AM	12:30 PM	TBD		
Aug 28, 2023	Mon	Practice	N/A	5:00 PM	8:00 PM	NHS Turf Field		
Aug 29, 2023	Tue	Practice	N/A	5:00 PM	8:00 PM	NHS Turf Field		
Aug 30, 2023	Wed	Practice	N/A	5:00 PM	8:00 PM	NHS Turf Field		
Aug 31, 2023	Thu	Practice	N/A	5:00 PM	8:00 PM	NHS Turf Field		
Sep 2, 2023	Sat	Regular Season (@ Colgate University) 30-46 L	Batavia	5:30 PM	8:00 PM	Colgate University	Departure Point: HS Gym Doors Departure Date: Sep 2, 2023 Departure Time: 3:30 PM	NL
Sep 12, 2023	Tue	Practice (Varsity Football Practice)	N/A	3:30 PM	5:45 PM	NHS Turf Field		
Sep 13, 2023	Wed	Practice (Varsity Football Practice)	N/A	3:30 PM	5:45 PM	NHS Turf Field		
Sep 14, 2023	Thu	Practice (Varsity Football Practice)	N/A	3:30 PM	5:30 PM	NHS Grass Practice Field (Football)		
Sep 15, 2023	Fri	Regular Season 56-0 W	Johnson City	7:00 PM	9:00 PM	NHS Turf Field		L
Sep 18, 2023	Mon	Practice (Varsity Football Practice)	N/A	3:30 PM	5:30 PM	NHS Grass Practice Field (Football)		
Sep 19, 2023	Tue	Practice (Varsity Football Practice)	N/A	3:30 PM	5:45 PM	NHS Turf Field		
Sep 20, 2023	Wed	Practice (Varsity Football Practice)	N/A	3:30 PM	5:45 PM	NHS Turf Field		
Sep 21, 2023	Thu	Practice (Varsity Football Practice)	N/A	3:30 PM	5:30 PM	NHS Grass Practice Field (Football)		
Sep 22, 2023	Fri	Regular Season 21-49 L	Horseheads	7:00 PM	9:00 PM	NHS Turf Field		NL
Sep 25, 2023	Mon	Practice (Varsity Football Practice)	N/A	3:30 PM	5:30 PM	NHS Grass Practice Field (Football)		
Sep 26, 2023	Tue	Practice (Varsity Football Practice)	N/A	3:30 PM	5:45 PM	NHS Turf Field		
Sep 27, 2023	Wed	Practice (Varsity Football Practice)	N/A	3:30 PM	5:45 PM	NHS Turf Field		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 28, 2023	Thu	Practice (Varsity Football Practice)	N/A	3:30 PM	5:30 PM	NHS Grass Practice Field (Football)		
Oct 2, 2023	Mon	Practice (Varsity Football Practice)	N/A	3:30 PM	5:30 PM	NHS Grass Practice Field (Football)		
Oct 3, 2023	Tue	Practice (Varsity Football Practice)	N/A	3:30 PM	5:45 PM	NHS Turf Field		
Oct 4, 2023	Wed	Practice (Varsity Football Practice)	N/A	3:30 PM	5:45 PM	NHS Turf Field		
Oct 5, 2023	Thu	Practice (Varsity Football Practice)	N/A	3:30 PM	5:30 PM	NHS Grass Practice Field (Football)		
Oct 6, 2023	Fri	Regular Season (Homecoming) 19-22 L	Owego Apalachin	7:00 PM	9:00 PM	NHS Turf Field		L
Oct 9, 2023	Mon	Practice (Varsity Football Practice)	N/A	3:30 PM	5:30 PM	NHS Grass Practice Field (Football)		
Oct 10, 2023	Tue	Practice (Varsity Football Practice)	N/A	3:30 PM	5:45 PM	NHS Turf Field		
Oct 11, 2023	Wed	Practice (Varsity Football Practice)	N/A	3:30 PM	5:45 PM	NHS Turf Field		
Oct 12, 2023	Thu	Practice (Varsity Football Practice)	N/A	3:30 PM	5:30 PM	NHS Grass Practice Field (Football)		
Oct 16, 2023	Mon	Practice (Varsity Football Practice)	N/A	3:30 PM	5:30 PM	NHS Grass Practice Field (Football)		
Oct 17, 2023	Tue	Practice (Varsity Football Practice)	N/A	3:30 PM	5:45 PM	NHS Turf Field		
Oct 18, 2023	Wed	Practice (Varsity Football Practice)	N/A	3:30 PM	5:45 PM	NHS Turf Field		
Oct 19, 2023	Thu	Practice (Varsity Football Practice)	N/A	3:30 PM	5:30 PM	NHS Grass Practice Field (Football)		
Oct 23, 2023	Mon	Practice (Varsity Football Practice)	N/A	3:30 PM	5:30 PM	NHS Grass Practice Field (Football)		
Oct 24, 2023	Tue	Practice (Varsity Football Practice)	N/A	3:30 PM	5:45 PM	NHS Turf Field		
Oct 25, 2023	Wed	Practice (Varsity Football Practice)	N/A	3:30 PM	5:45 PM	NHS Turf Field		
Oct 26, 2023	Thu	Practice (Varsity Football Practice)	N/A	3:30 PM	5:30 PM	NHS Grass Practice Field (Football)		
Oct 27, 2023	Fri	Regular Season (Senior Night) 20-56 L	Maine-Endwell	7:00 PM	9:00 PM	NHS Turf Field		L
Feb 5, 2024	Mon	Practice (Weight Training)	N/A	3:15 PM	4:15 PM	NHS Fitness Room		
Feb 6, 2024	Tue	Practice (Weight Training)	N/A	3:15 PM	4:15 PM	NHS Fitness Room		
Feb 8, 2024	Thu	Practice (Weight Training)	N/A	3:15 PM	4:15 PM	NHS Fitness Room		
Feb 11, 2024	Sun	Practice (Skill Development)	N/A	12:00 PM	1:00 PM	NHS Gym, NHS Multipurpose Room		
Feb 12, 2024	Mon	Practice (Weight Training)	N/A	3:15 PM	4:15 PM	NHS Fitness Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 12, 2024	Mon	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
Feb 13, 2024	Tue	Practice (Weight Training)	N/A	3:15 PM	4:15 PM	NHS Fitness Room		
Feb 13, 2024	Tue	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
Feb 15, 2024	Thu	Practice (Weight Training)	N/A	3:15 PM	4:15 PM	NHS Fitness Room		
Feb 15, 2024	Thu	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
Feb 18, 2024	Sun	Practice (Skill Development)	N/A	12:00 PM	1:00 PM	NHS Gym, NHS Multipurpose Room		
Feb 19, 2024	Mon	Practice (Weight Training)	N/A	3:15 PM	4:15 PM	NHS Fitness Room		
Feb 19, 2024	Mon	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
Feb 20, 2024	Tue	Practice (Weight Training)	N/A	3:15 PM	4:15 PM	NHS Fitness Room		
Feb 20, 2024	Tue	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
Feb 22, 2024	Thu	Practice (Weight Training)	N/A	3:15 PM	4:15 PM	NHS Fitness Room		
Feb 22, 2024	Thu	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
Feb 25, 2024	Sun	Practice (Skill Development)	N/A	12:00 PM	1:00 PM	NHS Gym, NHS Multipurpose Room		
Feb 26, 2024	Mon	Practice (Weight Training)	N/A	3:15 PM	4:15 PM	NHS Fitness Room		
Feb 26, 2024	Mon	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
Feb 27, 2024	Tue	Practice (Weight Training)	N/A	3:15 PM	4:15 PM	NHS Fitness Room		
Feb 27, 2024	Tue	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
Feb 29, 2024	Thu	Practice (Weight Training)	N/A	3:15 PM	4:15 PM	NHS Fitness Room		
Feb 29, 2024	Thu	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
Mar 3, 2024	Sun	Practice (Skill Development)	N/A	12:00 PM	1:00 PM	NHS Gym, NHS Multipurpose Room		
Mar 4, 2024	Mon	Practice (Weight Training)	N/A	3:15 PM	4:15 PM	NHS Fitness Room		
Mar 4, 2024	Mon	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
Mar 5, 2024	Tue	Practice (Weight Training)	N/A	3:15 PM	4:15 PM	NHS Fitness Room		
Mar 5, 2024	Tue	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
Mar 7, 2024	Thu	Practice (Weight Training)	N/A	3:15 PM	4:15 PM	NHS Fitness Room		
Mar 7, 2024	Thu	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
Mar 10, 2024	Sun	Practice (Skill Development)	N/A	12:00 PM	1:00 PM	NHS Multipurpose Room		
Mar 11, 2024	Mon	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 12, 2024	Tue	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
Mar 14, 2024	Thu	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
Mar 18, 2024	Mon	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
Mar 19, 2024	Tue	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
Mar 21, 2024	Thu	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
Mar 25, 2024	Mon	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
Mar 26, 2024	Tue	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
Mar 28, 2024	Thu	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
Apr 8, 2024	Mon	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
Apr 9, 2024	Tue	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
Apr 11, 2024	Thu	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
Apr 15, 2024	Mon	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
Apr 16, 2024	Tue	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
Apr 18, 2024	Thu	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
Apr 22, 2024	Mon	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
Apr 23, 2024	Tue	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
Apr 25, 2024	Thu	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
Apr 29, 2024	Mon	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
Apr 30, 2024	Tue	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
May 2, 2024	Thu	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
May 6, 2024	Mon	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
May 7, 2024	Tue	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
May 9, 2024	Thu	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
May 13, 2024	Mon	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
May 14, 2024	Tue	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
May 16, 2024	Thu	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
May 20, 2024	Mon	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
May 21, 2024	Tue	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
May 23, 2024	Thu	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 27, 2024	Mon	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
May 28, 2024	Tue	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
May 30, 2024	Thu	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
Jun 3, 2024	Mon	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
Jun 4, 2024	Tue	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
Jun 6, 2024	Thu	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
Jun 10, 2024	Mon	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
Jun 11, 2024	Tue	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
Jun 11, 2024	Tue	Practice (Football Team Camp)	N/A	TBD		TBD		
Jun 12, 2024	Wed	Practice (Football Team Camp)	N/A	TBD		TBD		
Jun 13, 2024	Thu	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
Jun 17, 2024	Mon	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
Jun 18, 2024	Tue	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		
Jun 20, 2024	Thu	Practice (Weight Training)	N/A	5:30 PM	6:30 PM	NHS Fitness Room		

Date: 2024-05-07