



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: 2024-05-19