

## Coaches:

- Shaun Horan, Head Coach

- Sydney Chaffee, Coach
  Phil Curley, Coach
  Tom Stoddard, Coach

| DATE         | WEEK<br>DAY | <sup>(</sup> ТҮРЕ              | OPPONENTS | START<br>TIME | END<br>TIME | LOCATION                                                       | LEAGUE<br>DEPARTURE TRANSPORTATION / NON-<br>LEAGUE |
|--------------|-------------|--------------------------------|-----------|---------------|-------------|----------------------------------------------------------------|-----------------------------------------------------|
| Mar 13, 2023 | Mon         | Practice                       | N/A       | 3:30<br>PM    | 4:45<br>PM  | NHS<br>Multipurpose<br>Room                                    |                                                     |
| Mar 14, 2023 | Tue         | Practice                       | N/A       | 3:30<br>PM    | 4:45<br>PM  | NHS<br>Multipurpose<br>Room                                    |                                                     |
| Mar 15, 2023 | Wed         | Practice                       | N/A       | 3:30<br>PM    | 4:45<br>PM  | NHS<br>Multipurpose<br>Room                                    |                                                     |
| Mar 16, 2023 | Thu         | Practice                       | N/A       | 3:30<br>PM    | 4:45<br>PM  | NHS<br>Multipurpose<br>Room                                    |                                                     |
| Mar 17, 2023 | Fri         | Practice                       | N/A       | 3:30<br>PM    | 4:45<br>PM  | NHS<br>Multipurpose<br>Room                                    |                                                     |
| Mar 20, 2023 | Mon         | Practice                       | N/A       | 9:00<br>AM    | 10:30<br>AM | NHS<br>Multipurpose<br>Room                                    |                                                     |
| Mar 21, 2023 | Tue         | Practice                       | N/A       | 3:30<br>PM    | 4:45<br>PM  | NHS<br>Multipurpose<br>Room                                    |                                                     |
| Mar 22, 2023 | Wed         | Practice                       | N/A       | 3:30<br>PM    | 4:45<br>PM  | NHS<br>Multipurpose<br>Room                                    |                                                     |
| Mar 23, 2023 | Thu         | Practice                       | N/A       | 3:30<br>PM    | 4:45<br>PM  | NHS<br>Multipurpose<br>Room                                    |                                                     |
| Mar 24, 2023 | Fri         | Practice                       | N/A       | 3:30<br>PM    | 4:45<br>PM  | NHS<br>Multipurpose<br>Room                                    |                                                     |
| Mar 27, 2023 | Mon         | Practice                       | N/A       | 3:15<br>PM    | 5:00<br>PM  | NHS<br>Stadium<br>(Turf Field)                                 |                                                     |
| Mar 28, 2023 | Tue         | Practice                       | N/A       | 3:15<br>PM    | 5:00<br>PM  | NHS<br>Stadium<br>(Turf Field)                                 |                                                     |
| Mar 29, 2023 | Wed         | Practice                       | N/A       | 3:15<br>PM    | 5:00<br>PM  | NHS<br>Stadium<br>(Turf Field)                                 |                                                     |
| Mar 30, 2023 | Thu         | Practice                       | N/A       | 3:15<br>PM    | 5:00<br>PM  | NHS<br>Stadium<br>(Turf Field)                                 |                                                     |
| Mar 31, 2023 | Fri         | Practice                       | N/A       | 3:15<br>PM    | 5:00<br>PM  | NHS<br>Stadium<br>(Turf Field)                                 |                                                     |
| Apr 3, 2023  | Mon         | Practice (Girls<br>V Practice) | N/A       | 9:00<br>AM    | 10:30<br>AM | NHS<br>Stadium<br>(Turf Field),<br>NHS<br>Multipurpose<br>Room |                                                     |
| Apr 3, 2023  | Mon         | Practice                       | N/A       | 10:00<br>AM   | 11:00<br>AM | NHS Fitness<br>Room                                            |                                                     |
| Apr 4, 2023  | Tue         | Practice                       | N/A       | 10:00<br>AM   | 11:00<br>AM | NHS Fitness<br>Room                                            |                                                     |
| Apr 5, 2023  | Wed         | Practice                       | N/A       | 10:00<br>AM   | 11:00<br>AM | NHS Fitness<br>Room                                            |                                                     |
|              |             |                                |           |               |             |                                                                |                                                     |

| DATE         | WEEK<br>DAY | ТҮРЕ                                                      | OPPONENTS                                                                                                                                                                                                                                                                                                                                                   | START<br>TIME | END<br>TIME | LOCATION                        | DEPARTURE                      | TRANSPORTATION                                                         | LEAGU<br>/ NON-<br>LEAGU |
|--------------|-------------|-----------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|-------------|---------------------------------|--------------------------------|------------------------------------------------------------------------|--------------------------|
| Apr 6, 2023  | Thu         | Regular<br>Season<br>(Rotary Relays<br>Chenango<br>Forks) | @ TBD                                                                                                                                                                                                                                                                                                                                                       | 4:30<br>PM    | 6:30<br>PM  | TBD                             | Class<br>Dismissal:<br>2:45 PM | <b>Departure Time:</b> 3:00 PM                                         | NL                       |
| Apr 7, 2023  | Fri         | Practice                                                  | N/A                                                                                                                                                                                                                                                                                                                                                         | 11:00<br>AM   | 12:00<br>PM | NHS Fitness<br>Room             |                                |                                                                        |                          |
| Apr 11, 2023 | Tue         | Regular<br>Season<br>53-80-17 L                           | Ithaca, Oneonta                                                                                                                                                                                                                                                                                                                                             | 4:30<br>PM    | 6:30<br>PM  | NHS<br>Stadium<br>(Turf Field)  |                                |                                                                        | L                        |
| Apr 18, 2023 | Tue         | Regular<br>Season<br>74-65 W                              | @ Chenango Valley                                                                                                                                                                                                                                                                                                                                           | 4:30<br>PM    | 8:00<br>PM  | CV - HS<br>Warrior<br>Stadium   | Class<br>Dismissal:<br>2:15 PM | <b>Departure Time:</b> 2:30 PM                                         | L                        |
| Apr 22, 2023 | Sat         | Regular<br>Season<br>(Quinney<br>Invite)                  | Harpursville (Afton/Harpur), Whitney Point, Cooperstown, Schenevus (Schenevus/Worcester), Oxford (Greene/Oxford), Unadilla Valley (UV), Deposit (Deposit- Hancock), Bainbridge Guilford, Delaware Academy, Edmeston (Morris/Edmeston), Walton, Chenango Valley, Oneonta, Newark Valley, Unatego, Greene (Greene/Oxford), Laurens (Laurens/Milford) @ Sidney | 10:00<br>AM   |             | Sidney HS<br>Track              |                                | Departure Time:<br>8:30 AM                                             | NL                       |
| Apr 25, 2023 | Tue         | Regular<br>Season<br>88-52 W                              | Oneonta                                                                                                                                                                                                                                                                                                                                                     | 5:00<br>PM    | 6:30<br>PM  | NHS<br>Stadium<br>(Turf Field)  |                                |                                                                        | L                        |
| Apr 27, 2023 | Thu         | Regular<br>Season (Penn<br>Relays @<br>Philadelphia)      | @ TBD                                                                                                                                                                                                                                                                                                                                                       | TBD           |             | TBD                             | Class<br>Dismissal:<br>1:45 PM |                                                                        | NL                       |
| Apr 29, 2023 | Sat         | Meet<br>(Chittenango<br>Invitational)                     | Vs. Multiple                                                                                                                                                                                                                                                                                                                                                | 1:00<br>PM    | 6:00<br>PM  | Chittenango<br>HS- Stadium      |                                | Departure Time:<br>10:45 AM<br>Return Date:<br>Return Time: 7:00<br>PM | NL                       |
| May 2, 2023  | Tue         | Regular<br>Season                                         | Susquehanna Valley                                                                                                                                                                                                                                                                                                                                          | 4:30<br>PM    | 6:30<br>PM  | NHS<br>Stadium<br>(Turf Field)  |                                |                                                                        | L                        |
| May 5, 2023  | Fri         | Regular<br>Season (REK )                                  | Unatego, Oxford<br>(Greene/Oxford),<br>Bainbridge Guilford,<br>DeRuyter, Edmeston<br>(Morris/Edmeston),<br>Sherburne-Earlville,<br>Cincinnatus, Deposit<br>(Deposit-Hancock),<br>Morrisville-Eaton,<br>Unadilla Valley (UV),<br>Sidney                                                                                                                      | 4:00<br>PM    | 9:00<br>PM  | NHS<br>Stadium<br>(Turf Field)  | Class<br>Dismissal:<br>1:45 PM |                                                                        | NL                       |
| May 9, 2023  | Tue         | Regular<br>Season                                         | @ Windsor                                                                                                                                                                                                                                                                                                                                                   | 5:00<br>PM    |             | Windsor<br>High School<br>Track | Class<br>Dismissal:<br>2:15 PM | Departure Time:<br>2:30 PM<br>Return Date:<br>Return Time: 9:00<br>PM  | L                        |

| DATE         | WEEK<br>DAY | ТҮРЕ                                                          | OPPONENTS | START<br>TIME | END<br>TIME | LOCATION            | DEPARTURE                      | TRANSPORTATION                                                        | LEAGUE<br>/ NON-<br>LEAGUE |
|--------------|-------------|---------------------------------------------------------------|-----------|---------------|-------------|---------------------|--------------------------------|-----------------------------------------------------------------------|----------------------------|
| May 12, 2023 | Fri         | Regular<br>Season<br>(Yellowjacket<br>Invite @<br>Oneonta)    | @ TBD     | 4:30<br>PM    |             | TBD                 | Class<br>Dismissal:<br>2:15 PM | Departure Time:<br>2:30 PM<br>Return Date:<br>Return Time: 9:00<br>PM | NL                         |
| May 17, 2023 | Wed         | Regular<br>Season (STAC<br>Championships<br>@ Vestal)         | @ TBD     | 5:00<br>PM    |             | TBD                 | Class<br>Dismissal:<br>1:45 PM | <b>Departure Time:</b> 2:00 PM                                        | L                          |
| May 20, 2023 | Sat         | Regular<br>Season (Need<br>for Speed /<br>STAC Pent @<br>JC)  | @ TBD     | 10:00<br>AM   |             | TBD                 |                                | <b>Departure Time:</b> 8:00 AM                                        | L                          |
| May 23, 2023 | Tue         | Regular<br>Season (Class<br>A/B<br>Championships<br>@ Vestal) | @ TBD     | 5:00<br>PM    |             | TBD                 | Class<br>Dismissal:<br>2:30 PM | <b>Departure Time:</b> 1:00 PM                                        | L                          |
| May 31, 2023 | Wed         | Post-Season<br>(State<br>Qualifiers @<br>Union Endicott)      | @ TBD     | 4:00<br>PM    |             | TBD                 | Class<br>Dismissal:<br>1:45 PM | <b>Departure Time:</b> 2:00 PM                                        | NL                         |
| Jun 1, 2023  | Thu         | Post-Season<br>(State<br>Qualifiers @<br>Union Endicott)      | @ TBD     | 4:00<br>PM    |             | TBD                 | Class<br>Dismissal:<br>1:45 PM | Departure Time:<br>2:00 PM                                            | NL                         |
| Jun 9, 2023  | Fri         | Post-Season<br>(NYS<br>Championships<br>@ Middletown)         | @ TBD     | TBD           |             | TBD                 |                                |                                                                       | NL                         |
| TBD          |             | Practice                                                      | N/A       |               | 11:00<br>AM | NHS Fitness<br>Room |                                |                                                                       |                            |

Date: 2025-12-29