

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|---|------------------------|------------|----------|--|----------------|---------------------|
| Apr 3, 2023 | Mon | Regular Season | @ Belleville Henderson | 4:30 PM | | Belleville Henderson Central School Varsity Softball | | L |
| Apr 17, 2023 | Mon | Regular Season | @ Lyme | 4:30 PM | | Lyme School | | L |
| Apr 19, 2023 | Wed | Regular Season | Sandy Creek (Comets) | 4:30 PM | | SHCS Varsity Softball | | L |
| Apr 21, 2023 | Fri | Regular Season | Beaver River | 5:00 PM | | SHCS Varsity Softball | | L |
| Apr 24, 2023 | Mon | Regular Season | @ Thousand Islands | 4:30 PM | | Thousand Islands High School Softball Field | | L |
| Apr 26, 2023 | Wed | Regular Season | @ Alexandria | 5:00 PM | | Alexandria School | | L |
| Apr 27, 2023 | Thu | Regular Season | LaFargeville | 4:30 PM | | SHCS Varsity Softball | | L |
| May 2, 2023 | Tue | Regular Season | @ South Lewis | 5:00 PM | | Turin Firemen's Softball Field | | L |
| May 5, 2023 | Fri | Regular Season | @ LaFargeville | 4:30 PM | | Lafargeville School | | L |
| May 6, 2023 | Sat | Regular Season (Doubleheader Game #1) 7-1 W | @ Copenhagen | 4:00 PM | | Copenhagen Turf Field | | L |
| May 6, 2023 | Sat | Regular Season (Doubleheader Game #2) 10-0 W | @ Copenhagen | 6:00 PM | | Copenhagen Turf Field | | L |
| May 8, 2023 | Mon | Regular Season | Belleville Henderson | 5:00 PM | | SHCS Varsity Softball | | L |
| May 10, 2023 | Wed | Regular Season 11-14 L | @ Carthage | 4:30 PM | | Carthage Softball Field | | NL |
| May 11, 2023 | Thu | Regular Season | Alexandria | 5:00 PM | | SHCS Varsity Softball | | L |
| May 12, 2023 | Fri | Regular Season | Lyme | 4:30 PM | | SHCS Varsity Softball | | L |
| May 13, 2023 | Sat | Regular Season | @ Watertown | 10:00 AM | 11:30 AM | Indian River Baseball/Softball Aux Field #10 | | NL |
| May 13, 2023 | Sat | Regular Season | @ Indian River | 12:00 PM | 1:30 PM | Indian River Softball Field #6 | | NL |
| May 17, 2023 | Wed | Post-Season (Playoff Semi-Final) | Belleville Henderson | 5:00 PM | | SHCS Varsity Softball | | L |
| May 19, 2023 | Fri | Post-Season (Playoff Final) | Alexandria | 5:00 PM | | Copenhagen Central School | | L |
| May 23, 2023 | Tue | Post-Season (Sectional First Round) | Fabius-Pompey | 5:00 PM | | SHCS Varsity Softball | | NL |
| May 25, 2023 | Thu | Post-Season (Sectional Quarter Final) | Cincinnatus | 5:00 PM | | SHCS Varsity Softball | | NL |
| May 27, 2023 | Sat | Post-Season (Sectional Semi-Final) | Poland | 1:00 PM | | SHCS Varsity Softball | | NL |