



Utica Proctor

(B) V Cross Country

Coaches:

- David Caruso

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 26, 2024	Mon	Practice (Try out)	N/A	5:00 PM	6:30 PM	Parkway Recreation Center (Tennis Courts)			
Aug 27, 2024	Tue	Practice (Try out)	N/A	5:00 PM	6:30 PM	Parkway Recreation Center (Tennis Courts)			
Aug 28, 2024	Wed	Practice (Try out)	N/A	5:00 PM	6:30 PM	Parkway Recreation Center (Tennis Courts)			
Aug 29, 2024	Thu	Practice	N/A	5:00 PM	6:30 PM	Parkway Recreation Center (Tennis Courts)			
Aug 30, 2024	Fri	Practice	N/A	5:00 PM	6:30 PM	Parkway Recreation Center (Tennis Courts)			
Sep 3, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 4, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 5, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Weight Room			
Sep 6, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 9, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 10, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 11, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 12, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Weight Room			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 13, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Sep 16, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Sep 17, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Sep 18, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Sep 19, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Weight Room		
Sep 20, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Sep 23, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Sep 24, 2024	Tue	Regular Season	New Hartford, Vernon-Verona-Sherrill	4:00 PM		Proctor Park	Bus/Driver: Durham	Departure Point: Proctor Cafeteria Departure Time: 2:35 PM L
Sep 25, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Sep 26, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Weight Room		
Sep 27, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Sep 28, 2024	Sat	Regular Season (EJ Herrmann Invitational)	Whitesboro	9:00 AM		Proctor Park		NL
Sep 28, 2024	Sat	Regular Season (EJ Herrmann Invitational)	Cooperstown (Cooperstown/Milford)	9:00 AM		Proctor Park		NL
Sep 28, 2024	Sat	Regular Season (EJ Herrmann Invitational)	Remsen (Remsen/Town of Webb)	9:30 AM		Proctor Park		NL
Sep 28, 2024	Sat	Regular Season (EJ Herrmann Invitational)	Mount Markham	9:30 AM		Proctor Park		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 28, 2024	Sat	Regular Season (EJ Hermann Utica Invite)	Tully	9:30 AM		Proctor Park		NL
Sep 28, 2024	Sat	Regular Season (EJ Hermann Invitational)	Clinton	9:30 PM		Proctor Park		NL
Sep 30, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Oct 2, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Oct 3, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Weight Room		
Oct 4, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Oct 5, 2024	Sat	Practice	N/A	10:00 AM	11:30 AM	PHS AUX Gym (Volleyball gym)		
Oct 7, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Oct 9, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	(OCC) Onondaga Community College, PHS AUX Gym (Volleyball gym)		
Oct 10, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Weight Room		
Oct 11, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	(OCC) Onondaga Community College, PHS AUX Gym (Volleyball gym)		
Oct 15, 2024	Tue	Regular Season	Whitesboro, Rome Free Academy, Holland Patent	4:00 PM		Proctor Park		L
Oct 16, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Oct 17, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Weight Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE
Oct 18, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Oct 21, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	(OCC) Onondaga Community College, PHS AUX Gym (Volleyball gym)		
Oct 22, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	(OCC) Onondaga Community College, PHS AUX Gym (Volleyball gym)		
Oct 23, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Oct 24, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Weight Room		
Oct 25, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Oct 28, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	(OCC) Onondaga Community College, PHS AUX Gym (Volleyball gym)		
Oct 29, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	(OCC) Onondaga Community College, PHS AUX Gym (Volleyball gym)		
Oct 30, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	(OCC) Onondaga Community College, PHS AUX Gym (Volleyball gym)		
Oct 31, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Weight Room		
Nov 1, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	(OCC) Onondaga Community College, PHS AUX Gym (Volleyball gym)		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 2, 2024	Sat	Practice	N/A	10:00 AM	11:30 AM	PHS AUX Gym (Volleyball gym)			
Nov 4, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	(OCC) Onondaga Community College, PHS AUX Gym (Volleyball gym)			
Nov 5, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	(OCC) Onondaga Community College, PHS AUX Gym (Volleyball gym)			
Nov 6, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	(OCC) Onondaga Community College, PHS AUX Gym (Volleyball gym)			
Nov 7, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Weight Room			
Nov 8, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	(OCC) Onondaga Community College, PHS AUX Gym (Volleyball gym)			

Date: 2024-08-17