

## Coaches:

- Darren Watson, Head Coach
- Dave Osinski

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 5, 2024	Thu	Practice (7th Grade Tryouts)	N/A	3:00 PM	4:30 PM	Vestal Middle School Field		
Sep 6, 2024	Fri	Practice (8th Grade Tryouts)	N/A	3:00 PM	4:30 PM	Vestal Middle School Field		
Sep 9, 2024	Mon	Practice (7th Grade Tryouts)	N/A	3:00 PM	4:30 PM	Vestal Middle School Field		
Sep 10, 2024	Tue	Practice (8th Grade Tryouts)	N/A	3:00 PM	4:30 PM	Vestal Middle School Field		
Sep 11, 2024	Wed	Practice (Green and Gold Practice)	N/A	3:00 PM	4:30 PM	Vestal Middle School Field		
Sep 12, 2024	Thu	Practice (Green and Gold Practice)	N/A	3:00 PM	4:30 PM	Vestal Middle School Field		
Sep 13, 2024	Fri	Practice (Green and Gold Practice)	N/A	3:00 PM	4:30 PM	Vestal Middle School Field		
Sep 16, 2024	Mon	Practice (Green and Gold Practice)	N/A	3:00 PM	4:30 PM	Vestal Middle School Field		

Date: 2024-07-18