

Coaches:

- Jon Zappala, Head CoachLindsey Reilly

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jul 11, 2024	Thu	Practice (Practice)	N/A	3:00 PM	5:00 PM	HS Turf Field		
Jul 16, 2024	Tue	Practice (Practice)	N/A	6:00 PM	7:00 PM	HS Turf Field		
Jul 16, 2024	Tue	Practice (Practice)	N/A	6:00 PM	7:00 PM	HS Big Gym		
Jul 18, 2024	Thu	Practice (Practice)	N/A	5:30 PM	6:45 PM	LMK Turf Field		
Jul 23, 2024	Tue	Practice (Practice)	N/A	6:00 PM	7:00 PM	HS Turf Field		
Jul 27, 2024	Sat	Practice (Practice)	N/A	3:00 PM	5:00 PM	HS Grass Field		
Jul 30, 2024	Tue	Practice (Practice)	N/A	6:00 PM	7:00 PM	HS Turf Field		
Aug 6, 2024	Tue	Practice (Practice)	N/A	6:00 PM	7:00 PM	HS Turf Field		
Aug 13, 2024	Tue	Practice (Practice)	N/A	6:00 PM	7:00 PM	HS Turf Field		
Aug 20, 2024	Tue	Practice (Practice)	N/A	6:00 PM	7:00 PM	HS Turf Field		
Aug 26, 2024	Mon	Practice (Practice)	N/A	7:30 AM	9:30 AM	HS Turf Field		
Aug 26, 2024	Mon	Practice (Practice)	N/A	4:00 PM	6:00 PM	LMK Turf Field		
Aug 27, 2024	Tue	Practice (Practice)	N/A	7:30 AM	9:30 AM	HS Turf Field		
Aug 27, 2024	Tue	Practice (Practice)	N/A	4:00 PM	6:00 PM	LMK Turf Field		
Aug 28, 2024	Wed	Practice (Practice)	N/A	7:30 AM	9:30 AM	HS Turf Field		
Aug 29, 2024	Thu	Practice (Practice)	N/A	8:00 AM	10:30 AM	HS Turf Field		
Aug 30, 2024	Fri	Practice (Practice)	N/A	7:30 AM	9:30 AM	HS Turf Field		
Aug 31, 2024	Sat	Practice (Practice)	N/A	8:00 AM	10:00 AM	LMK Turf Field		
Sep 2, 2024	Mon	Practice (Practice)	N/A	8:00 AM	9:30 AM	LMK Turf Field		
Sep 3, 2024	Tue	Practice (Scrimmage)	N/A	3:00 PM	5:00 PM	HS Lower Grass Field		
Sep 5, 2024	Thu	Regular Season	John Jay Cross River	4:30 PM		LMK Turf Field		NL
Sep 6, 2024	Fri	Practice (Practice)	N/A	3:00 PM	5:00 PM	HS Grass Field		
Sep 7, 2024	Sat	Practice (Practice)	N/A	7:00 PM	10:30 PM	Suny Purchase		
Sep 9, 2024	Mon	Practice (Practice)	N/A	2:45 PM		HS Turf Field		
Sep 12, 2024	Thu	Practice (Practice)	N/A	3:00 PM	4:45 PM	HS Turf Field		
Sep 13, 2024	Fri	Practice (Practice)	N/A	2:45 PM	4:00 PM	HS Turf Field		

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DAIL	DAY		OI I OILLINIO	TIME	TIME	LOCATION	manor om anon	LEAGUE
Sep 17, 2024	Tue	Practice (Practice)	N/A	3:00 PM	5:00 PM	HS Grass Field		
Sep 18, 2024	Wed	Regular Season	Tappan Zee HS	4:30 PM		HS Turf Field		NL
Sep 19, 2024	Thu	Practice (Practice)	N/A	3:00 PM	5:00 PM	HS Turf Field		
Sep 20, 2024	Fri	Regular Season	Pelham	4:30 PM		LMK Turf Field		L
Sep 23, 2024	Mon	Regular Season	Ursuline School	4:30 PM		HS Turf Field		L
Sep 24, 2024	Tue	Practice (Practice)	N/A	4:30 PM	5:30 PM	HS Grass Field		
Sep 28, 2024	Sat	Practice (Practice)	N/A	9:00 AM	10:30 AM	LMK Turf Field		
Sep 29, 2024	Sun	Practice (Practice)	N/A	5:00 PM	6:30 PM	HS Turf Field		
Sep 30, 2024	Mon	Regular Season	Byram Hills	4:30 PM		HS Turf Field		L
Oct 1, 2024	Tue	Practice (Practice)	N/A	2:50 PM	4:50 PM	HS Turf Field		
Oct 3, 2024	Thu	Practice (Practice)	N/A	10:00 AM	12:00 PM	HS Turf Field		
Oct 4, 2024	Fri	Practice (Practice)	N/A	10:00 AM	12:00 PM	LMK Turf Field		
Oct 5, 2024	Sat	Regular Season	Hendrick Hudson	3:00 PM		HS Turf Field		NL
Oct 10, 2024	Thu	Practice (Practice)	N/A	3:00 PM	5:00 PM	HS Grass Field		
Oct 11, 2024	Fri	Practice (Practice)	N/A	3:00 PM	5:00 PM	HS Grass Field		
Oct 14, 2024	Mon	Practice (Practice)	N/A	5:00 PM	7:00 PM	LMK Turf Field		
Oct 15, 2024	Tue	Practice (Practice)	N/A	3:00 PM	6:00 PM	HS Grass Field		
Oct 16, 2024	Wed	Regular Season	Rye	4:30 PM		HS Turf Field		L
Oct 17, 2024	Thu	Practice (Practice)	N/A	3:00 PM	4:30 PM	HS Grass Field		
Oct 21, 2024	Mon	Regular Season	Eastchester	4:30 PM		HS Turf Field		L
TBD		Practice (Practice)	N/A	8:00 AM	10:00 AM	HS Turf Field		
TBD		Practice (Practice)	N/A	3:00 PM	5:00 PM	HS Turf Field		
TBD		Practice (Practice)	N/A	TBD		HS Grass Field		

Date: 2024-07-21