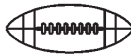


VESTAL J.V. Football

Coach: Ted Hardenstine



| Date | Opponent | Location | Time |
|----------|-------------------|-------------------|-------|
| 9/5/09 | Horseheads | Horseheads H.S. | 10 AM |
| 9/12/09 | CHENANGO VALLEY | H. S. STADIUM | 10 AM |
| 9/19/09 | Corning West | Corning West H.S. | 10 AM |
| 9/26/09 | HORNELL | H. S. STADIUM | 10 AM |
| 10/3/09 | Corning East | Corning East H.S. | 10 AM |
| 10/10/09 | ELMIRA SOUTHSIDE | H. S. STADIUM | 10 AM |
| 10/17/09 | ELMIRA FREE ACAD. | H. S. STADIUM | 10 AM |
| 10/24/09 | Union Endicott | U-E High School | 10 AM |

VESTAL Vars/JV/Mod. Cross Country

Coaches: Gary Fancher (Girls), Mike Olson (Boys)



| Date | Opponent | Location | Time |
|----------|----------------------------|-------------------------|---------|
| 9/12/09 | Windsor Invitational | Windsor H. S. | TBA |
| 9/12/09 | Montrose Invitational | Montrose H. S. | TBA |
| 9/19/09 | Maine Endwell Invitational | Maine Memorial | TBA |
| 9/19/09 | Scranton | McDade | TBA |
| 9/22/09 | Ithaca | Ithaca College | 4:30 PM |
| 9/26/09 | Mod-Hickories | Hickories Park | 9 AM |
| 9/29/09 | UNION ENDICOTT | ARNOLD PARK | 4:30 PM |
| 10/3/09 | McQuaid | | TBA |
| 10/6/09 | BINGHAMTON | ARNOLD PARK | 4:30 PM |
| 10/10/09 | Stock/Conwicke | McGuinness Elem. | 9 AM |
| 10/17/09 | Greenman Invitational | Ely Park | 9 AM |
| 10/17/09 | Newark Valley Invitational | Newark Valley H. S. | 9 AM |
| 10/20/09 | Whitney Point Invitational | Adams Elementary | TBA |
| 10/24/09 | Marathon | Appleby Elementary | 9 AM |
| 10/31/09 | STAC Championships | Owego Hickories Park | 11 AM |
| 11/5/09 | Sect. IV Championships | Chen. Valley State Park | 12 PM |
| 11/14/09 | NYS Championships | Plattsburgh University | TBA |
| 11/21/09 | Federation Meet | Bowdion Park | TBA |

VESTAL J.V. Field Hockey

Coach: Stephanie Collins



| Date | Opponent | Location | Time |
|----------|---------------|---------------------|----------|
| 8/31/09 | SIDNEY | VESTAL MIDDLE | 4 PM |
| 9/3/09 | TOURNAMENT | H. S. STADIUM | 8 AM |
| 9/4/09 | TOURNAMENT | H. S. STADIUM | 8 AM |
| 9/8/09 | Maine Endwell | Maine Memorial | 4:15 PM |
| 9/10/09 | WINDSOR | VESTAL MIDDLE | 4:15 PM |
| 9/17/09 | Greene | Greene Primary | 6 PM |
| 9/22/09 | AFTON | VESTAL MIDDLE | 4:15 PM |
| 9/24/09 | Owego | Owego Free Academy | 4:15 PM |
| 9/26/09 | KINGSTON | H. S. STADIUM | 2 PM |
| 10/1/09 | MAINE ENDWELL | H. S. STADIUM | 5 PM |
| 10/6/09 | Windsor | Windsor High School | 4:15 PM |
| 10/10/09 | GREENE | VESTAL MIDDLE | 10 AM |
| 10/15/09 | Afton | Afton High School | 4:15 PM |
| 10/20/09 | OWEGO | H. S. STADIUM | 4:15 PM |
| 10/22/09 | SIDNEY | VESTAL MIDDLE | 4:15 PM |
| 10/24/09 | WALTON | H. S. STADIUM | 11:30 AM |

VESTAL Vars./JV Volleyball - Girls

Coach: Joe Nemecek JV: Howard Uhrlass



| Date | Opponent | Location | Time |
|----------------|----------------------|------------------------|---------|
| 8/29/09 | Bill Mott Tournament | Windsor High School | 9 AM |
| 9/3/09 | BINGHAMTON | CLAYTON AVE. ELEM. | 11 AM |
| 9/8/09 | UNION ENDICOTT | CLAYTON AVE. ELEM. | 5:30 PM |
| 9/10/09 | Ithaca | Ithaca High School | 6 PM |
| 9/12/09 | U-E Tournament | U-E High School | 9 AM |
| 9/15/09 | Windsor | Windsor High School | 6 PM |
| 9/17/09 | ELMIRA SOUTHSIDE | CLAYTON AVE. ELEM. | 5:30 PM |
| 9/19/09 | J.C. Tournament | Johnson City Elem/M.S. | 8:30 AM |
| 9/22/09 | Corning East | Corning East H.S. | 6 PM |
| 9/24/09 | Corning West | Corning West H.S. | 6 PM |
| 9/26/09 | JV-U.E. Tourn | U-E High School | 8:30 AM |
| 9/29/09 | HORSEHEADS | CLAYTON AVE. ELEM. | 5:30 PM |
| 10/1/09 | Elmira Free Academy | EFA High School | 5:30 PM |
| 10/3/09 | Baldwinsville Tourn | Baldwinsville | 9 AM |
| 10/8/09 | Binghamton | Binghamton H.S. | 4:30 PM |
| 10/13/09 | Union Endicott | U-E High School | 6 PM |
| 10/15/09 | ITHACA | CLAYTON AVE. ELEM. | 5:30 PM |
| 10/21/09 | Tiebreakers | coin toss | 6 PM |
| 10/23/09 | Semifinals | larger school | 6 PM |
| 10/27/09 | Finals | smaller school | 6 PM |
| 11/2/09 | Sectionals begin | | TBA |
| 11/9/09 | Sr. Showcase | Chenango Valley H.S. | 6 PM |
| 11/14/09 | Regionals begin | | TBA |
| 11/21-11/22/09 | NYS Championships | | TBA |

VESTAL J.V. Boys Soccer

Coach: Dave Porigow



| Date | Opponent | Location | Time |
|----------|---------------------|--------------------|---------|
| 8/29/09 | HORSEHEADS | H. S. STADIUM | 11 AM |
| 9/2/09 | Binghamton | MacArthur | 11 AM |
| 9/4/09 | CORNING | H. S. STADIUM | 11 AM |
| 9/9/09 | ITHACA | H. S. STADIUM | 7 PM |
| 9/11/09 | Elmira Free Academy | EFA High School | 4:30 PM |
| 9/16/09 | UNION ENDICOTT | H. S. STADIUM | 4:30 PM |
| 9/18/09 | Elmira Southside | Southside H. S. | 4:30 PM |
| 9/25/09 | Horseheads | Horseheads H.S. | 4:30 PM |
| 9/30/09 | BINGHAMTON | HIGH SCHOOL | 4:30 PM |
| 10/2/09 | Corning | Corning Stadium | 3:15 PM |
| 10/7/09 | Ithaca | Ithaca High School | 4:30 PM |
| 10/9/09 | ELMIRA FREE ACAD | H. S. STADIUM | 7 PM |
| 10/14/09 | Union Endicott | McGuinness | 4:30 PM |
| 10/16/09 | ELMIRA SOUTHSIDE | HIGH SCHOOL | 4:30 PM |
| 10/19/09 | Tiebreaker | | 3:30 PM |
| 10/22/09 | Semi-finals | smaller school | 3:30 PM |
| 10/26/09 | Finals | larger school | 3 PM |



Tom Hahne, VCSD
Director of Physical
Education & Athletics

For more information,
call 757-2350.



2009

Fall Sports Schedule

VESTAL J.V. Soccer - Girls

Coach: Deb Reynolds



| Date | Opponent | Location | Time |
|----------|---------------------|--------------------|---------|
| 8/29/09 | ITHACA | H. S. STADIUM | 1:30 PM |
| 9/2/09 | Elmira Free Academy | EFA High School | 11 AM |
| 9/4/09 | Binghamton | MacArthur | 11 AM |
| 9/8/09 | HORSEHEADS | H. S. STADIUM | 4:30 PM |
| 9/10/09 | Union Endicott | McGuinness | 4:30 PM |
| 9/15/09 | ELMIRA SOUTHSIDE | VHS (HERRICK) | 4:30 PM |
| 9/17/09 | Corning | Corning Stadium | 4:30 PM |
| 9/24/09 | Ithaca | Ithaca High School | 4:30 PM |
| 9/29/09 | ELMIRA FREE ACAD. | VHS (HERRICK) | 4:30 PM |
| 10/1/09 | BINGHAMTON | VHS (HERRICK) | 4:30 PM |
| 10/6/09 | Horseheads | Horseheads H.S. | 4:30 PM |
| 10/8/09 | UNION ENDICOTT | H. S. STADIUM | 7 PM |
| 10/13/09 | Elmira Southside | Southside H.S. | 4:30 PM |
| 10/15/09 | CORNING | VHS (HERRICK) | 4:30 PM |
| 10/17/09 | Tiebreaker | | 11 AM |
| 10/21/09 | Semifinals | larger school | 3:30 PM |
| 10/24/09 | Finals | smaller school | 11 AM |

VESTAL Varsity Golf

Coach: Tony Policare



| Date | Opponent | Location | Time |
|----------|---------------------|----------------------|---------|
| 8/24/09 | Dinunzio Tournament | EnJoie | 8:30 AM |
| 8/27/09 | ELMIRA | HIAWATHA | 11 AM |
| 8/28/09 | Corning | Corning Country Club | 1 PM |
| 9/3/09 | Binghamton | Ely Park | 11 AM |
| 9/8/09 | OWEGO | HIAWATHA | 4 PM |
| 9/10/09 | Union Endicott | EnJoie | 4 PM |
| 9/15/09 | ITHACA | HIAWATHA | 4 PM |
| 9/16/09 | Horseheads | Willowcreek | 4 PM |
| 9/17/09 | CORNING | HIAWATHA | 4 PM |
| 9/22/09 | ITHACA | RT JONES | 4 PM |
| 9/24/09 | Elmira | Mark Twain | 4 PM |
| 9/29/09 | BINGHAMTON | HIAWATHA | 4 PM |
| 10/1/09 | UNION ENDICOTT | HIAWATHA | 4 PM |
| 10/6/09 | Owego | Catatonk | 4 PM |
| 10/8/09 | HORSEHEADS | HIAWATHA | 4 PM |
| 10/13/09 | STAC Championships | Ely Park | 9:30 AM |

VESTAL Varsity Swimming - Girls

Coach: Natalie Datoush



| Date | Opponent | Location | Time |
|------------------|---------------------|---------------------|---------|
| 9/4/09 | ELMIRA | HIGH SCHOOL | 5:30 PM |
| 9/11/09 | CORNING | HIGH SCHOOL | 5:30 PM |
| 9/24/09 | MAINE ENDWELL | HIGH SCHOOL | 5:30 PM |
| 10/1/09 | Binghamton | East Middle School | 5:30 PM |
| 10/6/09 | OWEGO | HIGH SCHOOL | 5:30 PM |
| 10/9/09 | UNION ENDICOTT | HIGH SCHOOL | 5:30 PM |
| 10/16/09 | Horseheads | Horseheads H.S. | 5:30 PM |
| 10/20/09 | Chenango Forks | Chenango Forks H.S. | 4:30 PM |
| 10/23/09 | Ithaca | Ithaca High School | 5:30 PM |
| 11/4/09 | Sectionals | | TBA |
| 11/6-11/7/09 | Sectionals | | TBA |
| 11/10/09 | Sectionals | | TBA |
| 11/20 - 11/21/09 | State Championships | | TBA |

VESTAL Varsity Field Hockey

Coach: Crystal Harvey



| Date | Opponent | Location | Time |
|------------------|-------------------|---------------------|---------|
| 8/31/09 | SIDNEY | H. S. STADIUM | 4 PM |
| 9/3 - 9/4/09 | TOURNAMENT | H. S. STADIUM | 8 AM |
| 9/8/09 | Maine Endwell | Maine Endwell H. S. | 4:15 PM |
| 9/10/09 | WINDSOR | H. S. STADIUM | 4:15 PM |
| 9/17/09 | Greene | Greene High School | 4:30 PM |
| 9/22/09 | AFTON | H. S. STADIUM | 4:15 PM |
| 9/24/09 | Owego | Owego Free Academy | 4:15 PM |
| 9/26/09 | KINGSTON | H. S. STADIUM | 3:30 PM |
| 10/1/09 | MAINE ENDWELL | H. S. STADIUM | 7 PM |
| 10/6/09 | Windsor | Windsor High School | 4:15 PM |
| 10/8/09 | GREENE | H. S. STADIUM | 4:15 PM |
| 10/15/09 | Afton | Afton High School | 4:15 PM |
| 10/20/09 | OWEGO | H. S. STADIUM | 6 PM |
| 10/22/09 | SIDNEY | H. S. STADIUM | 4:15 PM |
| 10/24/09 | WALTON | H. S. STADIUM | 10 AM |
| 10/29/09 | Sectionals Start | | TBA |
| 11/14/09 | Regionals Start | | TBA |
| 11/20 - 11/21/09 | NYS Championships | | TBA |

VESTAL Varsity Soccer - Boys

Coach: Jim Murphy



| Date | Opponent | Location | Time |
|------------------|---------------------|-----------------------|---------|
| 8/29/09 | Horseheads | Horseheads | 1 PM |
| 9/2/09 | BINGHAMTON | H. S. STADIUM | 11 AM |
| 9/4/09 | Corning | Corning Stadium | 3:30 PM |
| 9/9/09 | Ithaca | Ithaca High School | 7 PM |
| 9/11/09 | ELMIRA FREE ACAD. | H. S. STADIUM | 4:30 PM |
| 9/16/09 | Union Endicott | U-E Stadium | 7 PM |
| 9/18/09 | Elmira Soutside | Southside H.S. | 4:15 PM |
| 9/23/09 | Elmira Free Academy | EFA High School | 4:30 PM |
| 9/25/09 | HORSEHEADS | H. S. STADIUM | 4:30 PM |
| 9/30/09 | Binghamton | Alumni Stadium | 7 PM |
| 10/2/09 | CORNING | H. S. STADIUM | 4:30 PM |
| 10/7/09 | ITHACA | H. S. STADIUM | 7 PM |
| 10/14/09 | UNION ENDICOTT | H. S. STADIUM | 7 PM |
| 10/16/09 | ELMIRA SOUTHSIDE | H. S. STADIUM | 7 PM |
| 10/19/09 | Tiebreaker | | 3:30 PM |
| 10/21/09 | Semi-finals | larger school | 3:30 PM |
| 10/23/09 | Finals | smaller school | 3:30 PM |
| 10/28/09 | Sectionals Start | | TBA |
| 11/8/09 | SR. SHOWCASE | H. S. STADIUM | 12 PM |
| 11/10/09 | Regionals Start | | TBA |
| 11/21 - 11/22/09 | NYS Champions | Hall of Fame, Oneonta | TBA |

Circumstances sometimes force us to make schedule changes. For the latest updates, visit

www.stacshowcase.com

To review the revised two-week schedule, visit

<http://www.vestal.k12.ny.us/vhs/athletics/twoweek.htm>

VESTAL Varsity Football

Coach: John Anderson



| Date | Opponent | Location | Time |
|----------|---------------------|---------------------|---------|
| 9/4/09 | HORSEHEADS | H. S. STADIUM | 7 PM |
| 9/12/09 | Chenango Valley | Chen. Valley H. S. | 1:30 PM |
| 9/18/09 | CORNING WEST | H. S. STADIUM | 5 PM |
| 9/25/09 | Hornell | Hornell High School | 7 PM |
| 10/2/09 | CORNING EAST | H. S. STADIUM | 7 PM |
| 10/10/09 | Elmira Southside | Southside H. S. | 1:30 PM |
| 10/17/09 | Elmira Free Academy | EFA High School | 1:30 PM |
| 10/23/09 | UNION ENDICOTT | H. S. STADIUM | 7 PM |
| 10/30/09 | Class A Semi-Finals | | TBA |
| 11/7/09 | Class A Finals | Binghamton H. S. | 3 PM |

VESTAL Varsity Soccer - Girls

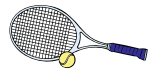
Coach: Matt Wood



| Date | Opponent | Location | Time |
|------------------|---------------------|-----------------------|---------|
| 8/29/09 | Ithaca | Ithaca High School | 11 AM |
| 9/2/09 | ELMIRA FREE ACAD. | H. S. STADIUM | 1:30 PM |
| 9/4/09 | BINGHAMTON | H. S. STADIUM | 3:30 PM |
| 9/8/09 | Horseheads | Horseheads H. S. | 4:30 PM |
| 9/10/09 | UNION ENDICOTT | H. S. STADIUM | 7 PM |
| 9/15/09 | Elmira Southside | Southside H. S. | 4:30 PM |
| 9/17/09 | CORNING | H. S. STADIUM | 4:30 PM |
| 9/24/09 | ITHACA | H. S. STADIUM | 7 PM |
| 9/29/09 | Elmira Free Academy | EFA High School | 4:30 PM |
| 10/1/09 | Binghamton | Alumni Stadium | 7 PM |
| 10/6/09 | HORSEHEADS | H. S. STADIUM | 4:30 PM |
| 10/8/09 | Union Endicott | U-E High School | 7 PM |
| 10/13/09 | ELMIRA SOUTHSIDE | H. S. STADIUM | 7 PM |
| 10/15/09 | Corning | Corning Stadium | 7 PM |
| 10/17/09 | Tiebreaker | | 11 AM |
| 10/20/09 | Semifinals | smaller school | 3:30 PM |
| 10/22/09 | Finals | larger school | 3:30 PM |
| 10/27/09 | Sectionals Start | | TBA |
| 11/8/09 | SR. SHOWCASE | H. S. STADIUM | 2 PM |
| 11/10/09 | Regionals Start | | TBA |
| 11/21 - 11/22/09 | NYS Champions | Hall of Fame, Oneonta | TBA |

VESTAL Varsity Tennis - Girls

Coach: Carolyn Slocum



| Date | Opponent | Location | Time |
|----------------|-------------------------|--------------------------|---------|
| 8/28/09 | CORNING WEST | TIOGA HILLS ELEM. | 11 AM |
| 9/2/09 | Elmira Southside | Southside High School | 11 AM |
| 9/4/09 | HORSEHEADS | TIOGA HILLS ELEM. | 11 AM |
| 9/9/09 | Elmira Free Academy | EFA High School | 4 PM |
| 9/11/09 | CORNING EAST | TIOGA HILLS ELEM. | 4 PM |
| 9/14/09 | Binghamton | Rec Park | 4 PM |
| 9/18/09 | Union Endicott | U-E High School | 4 PM |
| 9/21/09 | ITHACA | TIOGA HILLS ELEM. | 5 PM |
| 9/25/09 | BINGHAMTON | TIOGA HILLS ELEM. | 4 PM |
| 9/30/09 | UNION ENDICOTT | TIOGA HILLS ELEM. | 4 PM |
| 10/2/09 | Ithaca | Ithaca High School | 4 PM |
| 10/6/09 | Tiebreakers | | 3:30 PM |
| 10/7/09 | Semifinals | smaller school | 3:30 PM |
| 10/10/09 | Finals | larger school | 3:30 PM |
| 10/15-10/31/09 | Sectionals & Qualifiers | | TBA |
| 11/7-11/9/09 | State Champions | E-Side Racquet, Syracuse | TBA |