

VESTAL Varsity/JV Basketball - Boys

Coach: Ryan Hayes JV: Pat Gray



Date	Opponent	Location	Time
12/2	CORCORAN	HIGH SCHOOL	5:30 PM
12/4	Saratoga Springs	Saratoga Springs	7 PM
12/5	Saratoga Springs	Saratoga Springs	TBA
12/15	Binghamton	Binghamton H.S.	6 PM
12/18	ITHACA	HIGH SCHOOL	5:30 PM
12/22	Union-Endicott	U-E High School	6 PM
12/28	STOP-DWI Tourn vs. JC Broome Cnty Arena		11:15 AM
12/29-12/30	STOP-DWI Tourn.	Broome Cnty Arena	TBA
1/6	HORSEHEADS	HIGH SCHOOL	5:30 PM
1/8	Corning West	Corning West H.S.	6 PM
1/12	Corning East	Corning East H.S.	6 PM
1/15	ELMIRA SOUTHSIDE	HIGH SCHOOL	5:30 PM
1/20	Elmira Free Academy	EFA High School	5:30 PM
1/22	Ithaca	Ithaca High School	6:00 PM
1/29	BINGHAMTON	HIGH SCHOOL	5:30 PM
2/5	UNION-ENDICOTT	HIGH SCHOOL	5:30 PM
2/12	Tiebreaker	Neutral	6:30 PM
2/15	JV Semifinals	Smaller School	6:30 PM
2/17	Varsity Semifinals	Larger School	6:30 PM
2/18	JV Finals	Smaller School	6:30 PM
2/19	Varsity Finals	BU or Arena	8:45 PM
2/23	Sectionals		TBA
3/9	Regionals		TBA
3/11	Senior Showcase	Owego High School	TBA
3/19	States		TBA

VESTAL Freshman Basketball - Boys

Coach: Brian Adessa



Date	Opponent	Location	Time
12/7	OWEGO	CENTRAL JR.	4:30 PM
12/10	Johnson City	Johnson City M. S.	4:30 PM
12/14	SETON	CENTRAL JR.	4:30 PM
12/21	Susquehanna Valley	Sus. Valley M.S.	6 PM
1/7	Elmira Free Academy	EFA Middle School	5:30 PM
1/9	WINDSOR	CENTRAL JR.	10 AM
1/11	UNION-ENDICOTT	CENTRAL JR.	4:30 PM
1/14	Elmira Southside	Southside H.S.	4:30 PM
1/16	NORWICH	CENTRAL JR.	4:30 PM
1/21	Oneonta	Oneonta M.S.	6 PM
1/23	Ithaca	Dewitt M.S.	12 PM
1/28	HORSEHEADS	CENTRAL JR.	4:30 PM
2/1	BINGHAMTON	CENTRAL JR.	4:30 PM
2/4	Horseheads	Horseheads High S. Gym	5 PM

VESTAL Varsity Indoor Track



Head Coach: Jim Cerra

**Assistant Coaches: Meghan Morningstar
Katie Trivisonno**

Date	Opponent	Location	Time
12/5	Age Group 11-12	SUNY Cortland	4 PM
12/12	Age Group 9-10	SUNY Cortland	4 PM
12/19	Age Group 11-12	SUNY Cortland	9 AM
1/9	St Track Classic	Cornell University	9 AM
1/15	Finger Lakes Invitational	Cornell University	5 PM
1/23	New Balance Classic	NYC	TBA
1/23	Age Group 9-10	SUNY Cortland	4 PM
1/30	Hurley Quinney	Cornell University	5 PM
2/5	Class Champs	Cornell University	5 PM
2/12-2/13	Mixed Varsity	SUNY Cortland	TBA
2/19	State Qualifiers	Cornell University	5 PM
2/23	Eastern States	NYC	TBA
2/26-2/27	Mixed Varsity	SUNY Cortland	TBA
3/6	State Meet	Cornell University	9 AM
3/12-3/14	National Champ	NYC/Boston	TBA

VESTAL Varsity/JV Basketball - Girls

Coach: Micha Owens JV: Kristofer Dean




Date	Opponent	Location	Time
11/25	JV Tourn. vs. Gloversville	Oneonta High School	4:45 PM
11/25	Var Tourn vs. Gloversville	Oneonta High School	6:30 PM
11/28	Oneonta Tournament	Oneonta High School	TBA
12/2	Chenango Valley	Chenango Valley H.S.	6 PM
12/11	BINGHAMTON	HIGH SCHOOL	5:30 PM
12/18	Ithaca	Ithaca High School	6 PM
12/22	UNION-ENDICOTT	HIGH SCHOOL	5:30 PM
12/28	Peter Hyde Tournament	Johnson City M.S.	TBA
12/29	Peter Hyde Tournament	Johnson City M.S.	TBA
1/5	Horseheads	Horseheads H.S.	6 PM
1/8	CORNING WEST	HIGH SCHOOL	5:30 PM
1/13	CORNING EAST	HIGH SCHOOL	5:30 PM
1/15	Elmira Southside	Southside H.S.	5:30 PM
1/19	ELMIRA	HIGH SCHOOL	5:30 PM
1/22	ITHACA	HIGH SCHOOL	5:30 PM
1/29	Binghamton	Binghamton H.S.	6 PM
2/5	Union-Endicott	U-E High School	6 PM
2/12	Tiebreaker	Neutral Site	6:30 PM
2/15	JV Semifinals	Larger School	6:30 PM
2/16	Varsity Semifinals	Smaller School	6:30 PM
2/18	JV Finals	Larger School	6:30 PM
2/19	Varsity Finals	BU or Arena	7 PM
2/23	Sectionals		TBA
3/9	Regionals		TBA
3/11	Senior Showcase	Owego	TBA
3/19	States		TBA

VESTAL Freshman Basketball - Girls

Coach: Dave Williams



Date	Opponent	Location	Time
12/11	Owego	Owego M.S.	4:30 PM
12/15	Horseheads	Horseheads South Gym	5 PM
12/18	ELMIRA	CENTRAL JR.	4:30 PM
12/22	MAINE-ENDWELL	CENTRAL JR.	4:30 PM
1/5	Johnson City	Johnson City M.S.	4:30 PM
1/8	ITHACA	CENTRAL JR.	4:30 PM
1/15	OWEGO	CENTRAL JR.	4:30 PM
1/19	HORSEHEADS	CENTRAL JR.	4:30 PM
1/22	Elmira	Southside or EFA	4:30 PM
1/29	Maine-Endwell	Maine-Endwell M.S.	4:30 PM
2/2	JOHNSON CITY	CENTRAL JR.	4:30 PM
2/5	Ithaca	Boyton M.S.	4:30 PM



Tom Hahne, VCSD
Director of Physical Education & Athletics

**For more information,
call 757-2350.**

VESTAL Varsity-JV Wrestling



Coach: Tony Policare JV: Walt Davis

Date	Opponent	Location	Time
12/5	Sus.Valley Invitational	Susquehanna Valley	TBA
12/8	BINGHAMTON	HIGH SCHOOL	5:30 PM
12/10	OWEGO DUAL MEET	HIGH SCHOOL	5:30 PM
12/15	HORSEHEADS	HIGH SCHOOL	5:30 PM
12/20	Campbell-Savona Duals	Campbell Savona	TBA
12/21	Campbell-Savona Duals	Campbell Savona	TBA
12/23	Corning	East High School	6 PM
12/28	Central Square Dual Trn.	Central Square	TBA
1/5	UNION-ENDICOTT	HIGH SCHOOL	6 PM
1/8	Mike Watson Tourn.	Watkins Glen H.S.	4:30 PM
1/9	Mike Watson Tourn.	Watkins Glen H.S.	10:00 AM
1/13	Ithaca	Ithaca High School	6 PM
1/18	JV STAC Tournament	Sus. Valley H.S.	10:00 AM
1/19	Elmira	Southside High School	5:30 PM
1/22	Varsity STAC Tourn.	Johnson City H.S.	4:00 PM
1/23	Varsity STAC Tourn.	Johnson City Hi.S.	10:00 AM
1/29-1/30	Section IV Dual Meet		TBA
2/6	Section IV Tournament		TBA
2/12-2/13	Section IV Finals		TBA
2/26	States		TBA
2/27	States		TBA

VESTAL Varsity Swimming - Boys



Coach: Joe Shore Diving: Lance Graham

Date	Opponent	Location	Time
12/9	Ithaca	Ithaca High School	5:30 PM
12/12	Owego Invitational	Owego HS	8 AM
12/18	ELMIRA	HIGH SCHOOL	5:30 PM
1/8	BINGHAMTON	HIGH SCHOOL	5:30 PM
1/12	Union-Endicott	U-E High School	5:30 PM
1/22	Corning	Corning East H.S.	5:30 PM
1/29	HORSEHEADS	HIGH SCHOOL	5:30 PM
2/10	Sectionals		TBA
2/26	States		TBA

VESTAL Varsity-JV Bowling-Boys & Girls



Coach: Mike Demetros

Date	Opponent	Location	Time
11/21	THANKSGIVING TRN.	MIDWAY LANES	12 PM
11/23	Elmira Free Academy	Rossi Lanes	3:40 PM
11/30	CORNING WEST	MIDWAY LANES	3:40 PM
12/3	Horseheads	Paramount Lanes	3:40 PM
12/7	BINGHAMTON	MIDWAY LANES	3:40 PM
12/10	ELMIRA SOUTHSIDE	MIDWAY LANES	3:40 PM
12/14	Union-Endicott	Ideal Lanes	3:40 PM
12/16	Corning East	Crystal Lanes	3:40 PM
1/5	ELMIRA	MIDWAY LANES	3:40 PM
1/6	Corning West	Crystal Lanes	3:40 PM
1/11	HORSEHEADS	MIDWAY LANES	3:40 PM
1/14	Binghamton	Laurel Bowl	3:40 PM
1/19	Elmira Southside	Dixie Lanes	3:40 PM
1/21	UNION-ENDICOTT	MIDWAY LANES	3:40 PM
2/3	CORNING EAST	MIDWAY LANES	3:40 PM
2/8	STAC Playoffs	Laurel Bowl	3 PM
2/12	Sectionals		TBA
3/6	States		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>

2009 - 10

Winter Schedule