**March 2017 Varsity Schedule**

**All events are subject to change. Check back here for updates regularly. If fields are open we will not be going to Wood Rd. or Sportsplex and practice times will change.**

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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  |  | **1** | **2** | **3** | **4****Box Lacrosse at Charbonneau** **4:45-6:00 PM** |
| **5** | **6****Tryouts****-Fitness test at HS weight room 3:30 PM****-Practice 6:30-8:00 PM at Wood Rd.** | **7****Tryouts****3:00-4:30 PM at Sportsplex bus leaves 2:30 PM** | **8****Tryouts****3:30-5:00 PM at Sportsplex bus leaves 2:45 PM** | **9****Practice 7:30-9:30 PM at Wood Rd.** | **10****-Weight Room 3:15-4:00 PM****-Practice 4:45-6:00 PM at Wood Rd.**  | **11****-Make-up lift 8:00 AM****-Practice 3:45-6:00 PM at Charbonneau** |
| **12** | **13****-Practice 3:30-5:30 PM at Union (Bailey) Bus leaves 2:45 PM****-Weight Room 6:00-7:00 PM** | **14****Practice 3:30-5:30 PM at Union (College Park) Bus leaves 2:45 PM** | **15****-Practice 3:30-5:00 at Sportsplex Bus leaves 2:45****-Weight room 5:30-6:30 PM** | **16****-Practice 6:30-8:30 PM at Wood Rd.** | **17****-Practice 3:30-5:30 PM at Union (Bailey) Bus leaves 2:45 PM** | **18****Make-up lift 8:00 AM****-Youth Clinic behind Wood Rd. 12:00-1:30****-Practice 3:45-6:00 PM at Charbonneau** |
| **19** | **20****-Practice 3:30-5:30 at Union (Bailey) Bus leaves 2:45****-Weight Room 6:00-7:00 PM****-Meet the Coaches Night 6:15 PM** | **21****-Practice 3:30-5:30 at Union (College Park) Bus leaves 2:45****-Weight Room 6:00-7:00 PM** | **22****-Practice 3:00-4:30 at Sportsplex Bus leaves 2:30****-Dine to Donate at Recovery Room Fundraiser** | **23****-Scrimmage vs. Shaker @ Watervliet HS 6:00-8:00 PM Bus Leaves 4:45 PM** | **24****-Weight Room 2:30-4:00 PM****-Friday Night Fever Fundraiser 6:30-9:00 PM Wood Rd.** | **25****-Scrimmage and trip @ Herkimer CC 11:00 AM****-Knighthawks game at 7:30 PM** **Bus leaves 9:00 AM** |
| **26** | **27****-Practice 3:30-5:30 PM Wood Rd.** | **28****-Practice 3:30-4:30 PM Wood Rd.****-Weight Room 4:45-5:30 PM** | **29****-Practice 3:30-5:00 PM Sportsplex Bus leaves at 3:00 PM****-Meetings 5:30-6:00 PM** | **30****-Scrimmage @ Glens Falls 5:00-7:00 PM Bus leaves 3:45 PM** | **31****-Practice 4:30-6:30 PM Wood Rd** |  |

**April 2017**

**When fields are cleared outside practices will be on our front fields 3:30-5:30/6:00 PM**

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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  |  |  |  |  | **1****-Scrimmage vs. Shaker at Watervliet HS 3:00 PM Bus leaves at 2:15 PM** |
| **2** | **3****Weight Room 5:30-6:15 PM****Practice 6:30-8:00 at Wood Rd.** | **4****Practice 6:30-8:30 PM at Wood Rd** | **5****Vs. Niskayuna 7:00 PM at BHBL Turf Bus leaves 6:00 PM** | **6** **-Practice 6:30-8:30 PM Wood Rd.** | **7****@ Saratoga PBA Fields Weibel Ave. 4:00 PM****Bus Leaves 2:45 PM** | **8****-Weight Room, Stretch, and Stick Work 7:00-9:00 AM**  |
| **9** | **10****@ Albany 4:45 PM Bus leaves 3:15** | **11****Practice 3:30-5:30 Front Fields** **5:30-6:00 PM Man up and Man Down** | **12****Practice 3:30-5:30 PM Front Fields** | **13****@ Troy****6:00 PM****Bus leaves 4:30 PM** | **14****Practice 3:30-5:30 PM Outside** **Film 5:30-6:15 PM** | **15****@ Queensbury 11:00 AM****Bus leaves 9:30 AM** |
| **16** | **17****Practice 9:00-11:00 AM Goalies and F/O until 11:30 AM** | **18****vs. Columbia****12:00 PM at field by 11:00 AM** | **19****Practice 9:00-11:00 AM Man up until 11:30 AM** | **20****@ Colonie** **12:00 PM** **Bus Leaves 10:30 AM** | **21****Practice 9:00-11:00 AM Man down and F/O until 11:30 AM** | **22****vs. Shenendehowa 11:00 AM at field by 10:00 AM** |
| **23** | **24****Practice 3:30-5:30 PM Offense until 6:00 PM** | **25****@ Shaker****4:15 PM****Bus leaves 2:45 PM** | **2****Practice 3:30-5:30 PM Film until 6:00 PM** | **27****vs. CBA****4:15 PM on field by 3:15 PM** | **28****Practice 3:30-5:30 PM Goalies until 6:00 PM** | **29****vs. Massena****12:00 PM on field by 11:15 AM** |
| **30** |  |  |  |  |  |  |

**May 2017**

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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  | **1****@ Schenectady** **4:15 PM** | **2****Practice 3:30-5:30 PM Weight Room 5:30-6:00 PM** | **3****Practice 3:30-5:00 PM Film 5:00-5:45 PM** | **4****vs. Guilderland****4:15 PM** | **5****Practice 3:30-5:30 PM****Spaghetti Dinner at Rossetti’s right after practice.** | **6****@ Bethlehem****3:00 PM Bus leaves at 1:15 PM** |
| **7** | **8****Practice 3:30-5:00 PM Weight Room 5:00-5:30 PM** | **9****Practice 3:30-5:30 PM Film 5:30-6:15 PM** | **10****Practice 3:30-5:30 PM** | **11****@BHBL****3:30 PM****Bus leaves 2:30 PM** | **12****Practice 3:30-5:30 PM** | **13****Weight Room 8:00-9:00 AM****Memorial Day Veteran Grave Clean Up 9:00-10:30 AM** |
| **14** | **15****Practice 3:30-5:30 PM** | **16****vs. Averill Park (Senior Night) 7:00 PM** | **17****Practice 3:30-5:30 PM** | **18** | **19** | **20** |
| **21****Team Billy Walk** | **22** | **23** | **24** | **25** | **26** | **27** |
| **28** | **29** | **30** | **31** |  |  |  |