

July 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i> <i>off</i>	<i>2</i>	<i>3</i> <i>off</i>	<i>4</i>	<i>5</i>	<i>6</i>
<i>7</i>	<i>8</i> <i>Open Gym</i> <i>4-6</i>	<i>9</i>	<i>10</i> <i>Open Gym</i> <i>4-6</i>	<i>11</i>	<i>12</i>	<i>13</i>
<i>14</i>	<i>15</i> <i>Open Gym</i> <i>4-6</i>	<i>16</i>	<i>17</i> <i>Open Gym</i>	<i>18</i>	<i>19</i>	<i>20</i>
<i>21</i>	<i>22</i> <i>Open Gym</i> <i>4-6</i>	<i>23</i>	<i>24</i> <i>Open Gym</i> <i>4-6</i>	<i>25</i>	<i>26</i>	<i>27</i>
<i>28</i>	<i>29</i> <i>Open Gym</i> <i>4-6</i>	<i>30</i>	<i>31</i> <i>Open Gym</i> <i>4-6</i>			

August 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 <i>Open Gym</i> 4-6	6	7 <i>Open Gym</i> 4-6	8	9	10
11	12 <i>Camp</i>	13 <i>Camp</i>	14 <i>Camp</i>	15 <i>Camp</i>	16 <i>Camp</i>	17
18	19 <i>Tryouts-WHITE GYM</i> 8:30-11:30	20 8:30-12:30	21 8:30-12:30 First Cuts	22 8:30-12:30	23 8:30-11:30 Final Cuts	24 <i>off</i>
25	26 <i>Frosh- WHITE</i> <i>V/JV- HS EAST NEW</i> 8:30-11:30 <i>Parent Picnic 5:30-7</i> <i>Koda Cafeteria</i>	27 Frosh Scrimmage vs. Burnt Hills- 9:00 <i>V/JV trimatch scrim-</i> <i>mage vs. Johnstown</i> & Niskayuna 9:00am	28 8:30-11:30	29 8:30-11:30 JV leaves for Pen- field	30 <i>Frosh 8:30-11:30</i> JV-Penfield Tourney <i>V-leaves for Penfield</i>	31 Varisty Penfield Tournament

September 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Labor Day 9-11	3 Ballston Spa @ Shen	4 1st Day of School V 3-5 JV/Frosh 4-6	5 No School 9-11	6 Shen @ Burnt Hills GET SOME!!!	7 Varsity Minisink Tournament Frosh/JV- 9-11
8	9 All levels White Gym 3:45- 5:30 Volley Futures 5:30- 7:00	10 Shen @ Saratoga	11 V 3-5 JV/Frosh 4-6	12 Bethlehem @ Shen	13 V 3-5 JV/Frosh 4-6	14 JV Burnt Hills Tournament Frosh/Varsity OFF
15	16 All levels White Gym 3:45- 5:30 Volley Futures 5:30- 7:00	17 Shen @ Colonie	18 V 3-5 JV/Frosh 4-6	19 Columbia @ Shen	20 Shen @ Mohonasen	21 V 9-11 White GYM Doubles Tourney :) Frosh/JV OFF
22	23 All levels White Gym 3:45- 5:30 Volley Futures 5:30- 7:00	24 Niskayuna @ Shen	25 V 3-5 JV/Frosh 4-6	26 Shen @ Shaker All matches begin @ 4:15 pm.	27 V 3-5 JV/Frosh 4-6	28 Varisty Baldwinsville Tournament Frosh/JV 9-11
29	30 Shen @ Averill Park					

October 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>V 3-5</i> <i>JV/Frosh 4-6</i>	2 <i>Guilderland @ Shen</i>	3 <i>Shen @ Ballston Spa</i>	4 <i>Var 3-5</i> <i>JV/Frosh 4-6</i>	5 <i>Shen V & JV</i> <i>Home Tournament</i> <i>Frosh works</i>
6	7 <i>All levels White Gym</i> <i>3:45– 5:30</i> <i>Volley Futures</i> <i>5:30– 7:00</i>	8 <i>Burnt Hills @ Shen</i> <i>Coaches vs. Cancer</i>	9 <i>V 3-5</i> <i>JV/Frosh 4-6</i>	10 <i>Saratoga @ Shen</i>	11 <i>V 3-5</i> <i>JV/Frosh 4-6</i>	12 <i>V/JV 9-11</i> <i>Mixed level tourney :)</i> <i>Frosh off</i>
13	14 <i>All levels</i> <i>9-11</i>	15 <i>Shen @ Niskayuna</i>	16 <i>V 3-5</i> <i>JV/Frosh 4-6</i>	17 <i>Shaker @ Shen</i> <i>Senior Night</i>	18 <i>V 3-5</i> <i>JV 4-6</i> <i>Frosh Burnt Hills</i> <i>Tournament</i>	19 <i>PSAT's</i> <i>off</i>
20	21 <i>JV practices TBA</i> <i>V post season</i> <i>Practices, scrim-</i> <i>mages, & matches</i>	22	23	24	23 <i>Varsity Sectional</i> <i>Quarterfinals</i>	26 <i>JV Minisink</i> <i>Tournament</i> <i>ACT's V off</i>
27	28	29	30 <i>Varsity Semifinals</i>	31		

November 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 <i>Sectional Finals 6:00 pm Stillwater HS</i>
3	4	5	6	7	8	9 <i>Regional Championship Cicero-North Syracuse</i>
10	11	12	13	14	15	16 <i>State Championship</i>
17 <i>State Championship</i>	18	19	20	21	22	23
24	25	26	27	28	29	30