

November/December 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>21</p> <p><u>Niskayuna HS</u> 6-7pm Developmental 6-7:15pm Black 6-7:30pm Gold 6-8pm Senior Prep 6-8pm Senior</p> <p><u>Siena College</u> 6:45-7:45pm Developmental 6:45-7:45pm Black 6:45-8:15pm Gold</p> <p><u>Ravena HS</u> 6-8pm Senior/Senior Prep</p>	<p>22</p> <p><u>Niskayuna HS</u> 6-7pm Developmental 6-7pm Black 6-8pm Senior Prep 6-8pm Senior</p> <p><u>Ravena HS</u> 5-6pm Developmental 5-6pm Black 6-8pm Senior Prep 6-8pm Senior</p>	<p>23</p> <p><u>Niskayuna HS</u> 11am-12:30pm Gold 11am-1pm Senior Prep 11am-1pm Senior</p> <p><u>Ravena HS</u> 8-10am Senior 10-11am Developmental 10-11:30am Black 10-11:30am Gold</p>	<p>24</p> <p>Thanksgiving</p> <p>No Practice</p>	<p>25</p> <p><u>Niskayuna HS</u> 11am-12pm Developmental 11am-12pm Black 11am-12:30pm Gold 11am-1pm Senior Prep 11am-1pm Senior</p> <p><u>Ravena HS</u> TBD</p>	<p>26</p> <p><u>Niskayuna HS</u> 10-11am Developmental 10-11:30am Black 10-11:30am Gold 10am-12pm Senior Prep 10am-12pm Senior</p> <p><u>Ravena HS</u> TBD</p>
<p>28</p> <p><u>Niskayuna HS</u> 6-7pm Developmental 6-7:15pm Black 6-7:30pm Gold 6-8pm Senior Prep 6-8pm Senior</p> <p><u>Siena College</u> 6:45-7:45pm Developmental 6:45-7:45pm Black 6:45-8:15pm Gold</p> <p><u>Ravena HS</u> 6-8pm Senior/Senior Prep</p>	<p>29</p> <p><u>Niskayuna HS</u> 6-8pm Senior Prep 6-8pm Senior</p> <p><u>Ravena HS</u> 5-6pm Developmental 5-6pm Black 6-8pm Senior Prep 6-8pm Senior</p>	<p>30</p> <p><u>Niskayuna HS</u> 6-7pm Developmental 6-7:15pm Black 6-7:30pm Gold 6-8pm Senior Prep 6-8pm Senior</p> <p><u>Ravena HS</u> 6-7:45pm Black (Dryland 7-7:45pm) 6-7:45pm Gold (Dryland 7-7:45pm) 6-8:30pm Sr Prep (Dryland 6-7pm) 6-8:30pm Senior (Dryland 6-7pm)</p>	<p>December 1</p> <p><u>Niskayuna HS</u> 6-8pm Senior Prep 6-8pm Senior</p> <p><u>Ravena HS</u> 6-8pm Gold 6-8pm Senior Prep 6-8pm Senior</p>	<p>2</p> <p><u>Siena College</u> 6:45-7:45pm Developmental 6:45-7:45pm Black 6:45-8:15pm Gold 6:45-8:45pm Senior/Senior Prep</p> <p><u>Ravena HS</u> 5-6pm Developmental 5-6pm Black 6-8pm Gold 6-8pm Senior</p>	<p>3</p> <p><u>Niskayuna HS</u> 10-11am Developmental 10-11:30am Black 10-11:30am Gold 10am-12pm Senior Prep 10am-12pm Senior</p> <p><u>Ravena HS</u> 8-10am Senior/Senior Prep 10-11am Developmental 10-11:30am Black 10am-12pm Gold</p>

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<p>5</p> <p><u>Niskayuna HS</u> 6-7pm Developmental 6-7:15pm Black 6-7:30pm Gold 6-8pm Senior Prep 6-8pm Senior</p> <p><u>Siena College</u> 6:45-7:45pm Developmental 6:45-7:45pm Black 6:45-8:15pm Gold</p> <p><u>Ravena HS</u> 6-8pm Senior/Senior Prep</p>	<p>6</p> <p><u>Niskayuna HS</u> (HS Meet Today) 6:15-8pm Senior Prep 6:15-8pm Senior</p> <p><u>Ravena HS</u> 5-6pm Developmental 5-6pm Black 6-8pm Senior Prep 6-8pm Senior</p>	<p>7</p> <p><u>Niskayuna HS</u> 6-7pm Developmental 6-7:15pm Black 6-7:30pm Gold 6-8pm Senior Prep 6-8pm Senior</p> <p><u>Ravena HS</u> 6-7:45pm Black (Dryland 7-7:45pm) 6-7:45pm Gold (Dryland 7-7:45pm) 6-8:30pm Sr Prep (Dryland 6-7pm) 6-8:30pm Senior (Dryland 6-7pm)</p>	<p>8</p> <p><u>Niskayuna HS</u> 6-8pm Senior Prep 6-8pm Senior</p> <p><u>Ravena HS</u> 6-8pm Gold 6-8pm Senior Prep 6-8pm Senior</p>	<p>9</p> <p><u>Siena College</u> 6:45-7:45pm Developmental 6:45-7:45pm Black 6:45-8:15pm Gold 6:45-8:45pm Senior/Senior Prep</p> <p><u>Ravena HS</u> 5-6pm Developmental 5-6pm Black 6-8pm Gold 6-8pm Senior</p>	<p>10</p> <p>No Practice</p>
<p>12</p> <p><u>Niskayuna HS</u> 6-7pm Developmental 6-7:15pm Black 6-7:30pm Gold 6-8pm Senior Prep 6-8pm Senior</p> <p><u>Siena College</u> 6:45-7:45pm Developmental 6:45-7:45pm Black 6:45-8:15pm Gold</p> <p><u>Ravena HS</u> 6-8pm Senior/Senior Prep</p>	<p>13</p> <p><u>Niskayuna HS</u> (HS Meet Today) 6:15-8pm Senior Prep 6:15-8pm Senior</p> <p><u>Ravena HS</u> 5-6pm Developmental 5-6pm Black 6-8pm Senior Prep 6-8pm Senior</p>	<p>14</p> <p><u>Niskayuna HS</u> 6-7pm Developmental 6-7:15pm Black 6-7:30pm Gold 6-8pm Senior Prep 6-8pm Senior</p> <p><u>Ravena HS</u> 6-7:45pm Black (Dryland 7-7:45pm) 6-7:45pm Gold (Dryland 7-7:45pm) 6-8:30pm Sr Prep (Dryland 6-7pm) 6-8:30pm Senior (Dryland 6-7pm)</p>	<p>15</p> <p><u>Niskayuna HS</u> 6-8pm Senior Prep 6-8pm Senior</p> <p><u>Ravena HS</u> 6-8pm Gold 6-8pm Senior Prep 6-8pm Senior</p>	<p>16</p> <p><u>Siena College</u> 6:45-7:45pm Developmental 6:45-7:45pm Black 6:45-8:15pm Gold 6:45-8:45pm Senior/Senior Prep</p> <p><u>Ravena HS</u> 5-6pm Developmental 5-6pm Black 6-8pm Gold 6-8pm Senior</p>	<p>17</p> <p><u>Niskayuna HS</u> 10-11am Developmental 10-11:30am Black 10-11:30am Gold 10am-12pm Senior/Senior Prep</p> <p><u>Ravena HS</u> 8-10am Senior/Senior Prep 10-11am Developmental 10-11:30am Black 10am-12pm Gold</p>
<p>19</p> <p><u>Niskayuna HS</u> 6-7pm Developmental 6-7:15pm Black 6-7:30pm Gold 6-8pm Senior Prep 6-8pm Senior</p> <p><u>Siena College</u> 6:45-7:45pm Developmental 6:45-7:45pm Black 6:45-8:15pm Gold</p> <p><u>Ravena HS</u> 6-8pm Senior/Senior Prep</p>	<p>20</p> <p><u>Niskayuna HS</u> 6-8pm Senior Prep 6-8pm Senior</p> <p><u>Ravena HS</u> 5-6pm Developmental 5-6pm Black 6-8pm Senior Prep 6-8pm Senior</p>	<p>21</p> <p><u>Niskayuna HS</u> 6-7pm Developmental 6-7:15pm Black 6-7:30pm Gold 6-8pm Senior Prep 6-8pm Senior</p> <p><u>Ravena HS</u> 6-7:45pm Black (Dryland 7-7:45pm) 6-7:45pm Gold (Dryland 7-7:45pm) 6-8:30pm Sr Prep (Dryland 6-7pm) 6-8:30pm Senior (Dryland 6-7pm)</p>	<p>22</p> <p><u>Niskayuna HS</u> 6-8pm Senior Prep 6-8pm Senior</p> <p><u>Ravena HS</u> 6-8pm Gold 6-8pm Senior Prep 6-8pm Senior</p>	<p>23</p> <p><u>Siena College</u> 6:45-7:45pm Developmental 6:45-7:45pm Black 6:45-8:15pm Gold 6:45-8:45pm Senior/Senior Prep</p> <p><u>Ravena HS</u> 5-6pm Developmental 5-6pm Black 6-8pm Gold 6-8pm Senior</p>	<p>24</p> <p>TBD</p>