

**Team Schedule**

8/24/2022 to 11/3/2022

**Pocono Mountain West HS****181 Panther Ln****Pocono Summit, PA 18346****Michael DelGrosso****School Phone: 570-839-7121 x81373****Fax: 570-839-0974****mdelgrosso@pmsd.org****Cross Country****Boys Varsity**

			Place	Time
Tuesday	09/13/22	PME Bethlehem Catholic High School Bethlehem Freedom High School Liberty High School Pleasant Valley Pocono Mountain East HS		
			Away	4:45 PM
Tuesday	09/20/22	EMM Allentown Central Catholic H S Emmaus High School Pleasant Valley Pocono Mountain East HS Whitehall High School		
			Away	4:45 PM
<b>Tuesday</b>	<b>09/27/22</b>	<b>PMW</b> <b>Easton Area High School</b> <b>Nazareth Area HS</b> <b>Northampton Area High School</b> <b>Pleasant Valley</b> <b>Pocono Mountain East HS</b>	<b>Home</b>	<b>4:45 PM</b>
Tuesday	10/04/22	PV Louis E Dieruff HS Parkland High School Pleasant Valley Pocono Mountain East HS William Allen Senior High School		
			Away	4:45 PM
Tuesday	10/11/22	ESN East Stroudsburg North HS East Stroudsburg Senior HS South Pleasant Valley Pocono Mountain East HS Stroudsburg High School		
			Away	4:45 PM

**Head Coach: BRIANNA PALAZZI****Varsity Asst.: TARA BRAY****Girls Varsity**

			Place	Time
Tuesday	09/13/22	PME Bethlehem Catholic High School Bethlehem Freedom High School Liberty High School Pleasant Valley Pocono Mountain East HS		
			Away	4:00 PM
Tuesday	09/20/22	EMM Allentown Central Catholic H S Emmaus High School Pleasant Valley Pocono Mountain East HS Whitehall High School		
			Away	4:00 PM
<b>Tuesday</b>	<b>09/27/22</b>	<b>PMW</b> <b>Easton Area High School</b> <b>Nazareth Area HS</b> <b>Northampton Area High School</b> <b>Pleasant Valley</b> <b>Pocono Mountain East HS</b>	<b>Home</b>	<b>4:00 PM</b>

**Head Coach: BRIANNA PALAZZI****Varsity Asst: TARA BRAY**

**Team Schedule**

8/24/2022 to 11/3/2022

**Pocono Mountain West HS****181 Panther Ln****Pocono Summit, PA 18346****Michael DelGrosso****School Phone: 570-839-7121 x81373****Fax: 570-839-0974****mdelgrosso@pmsd.org****Cross Country****Girls Varsity**

			Place	Time
Tuesday	10/04/22	PV Louis E Dieruff HS Parkland High School Pleasant Valley Pocono Mountain East HS William Allen Senior High School	Away	4:00 PM
Tuesday	10/11/22	ESN East Stroudsburg North HS East Stroudsburg Senior HS South Pleasant Valley Pocono Mountain East HS Stroudsburg High School	Away	4:00 PM

Head Coach: BRIANNA PALAZZI

Varsity Asst: TARA BRAY

**Boys/Girls Middle School**

			Place	Time
Tuesday	09/06/22	J T Lambert Intermediate School	Away	4:00 PM
<b>Thursday</b>	<b>09/08/22</b>	<b>Pleasant Valley</b>	<b>Home</b>	<b>4:00 PM</b>
<b>Tuesday</b>	<b>09/13/22</b>	<b>Lehman Intermediate School</b>	<b>Home</b>	<b>4:00 PM</b>
Tuesday	09/20/22	Pocono Mountain East HS	Away	4:00 PM
<b>Thursday</b>	<b>09/22/22</b>	<b>J T Lambert Intermediate School</b>	<b>Home</b>	<b>4:00 PM</b>
Tuesday	09/27/22	Pleasant Valley	Away	4:00 PM
Thursday	09/29/22	Lehman Intermediate School	Away	4:00 PM
<b>Thursday</b>	<b>10/06/22</b>	<b>Pocono Mountain East HS</b>	<b>Home</b>	<b>4:00 PM</b>
<b>Saturday</b>	<b>10/22/22</b>	<b>OPEN (Panther Pounce - Don't schedule events on this day)</b>	<b>Home</b>	<b>9:00 AM</b>

7/8 Coach: MARCO JAIMES

**Football****Boys Varsity**

			Place	Time
Friday	08/26/22	*Northampton Area High School	Away	7:00 PM
Saturday	09/03/22	*Bethlehem Catholic High School	Away	01:00 PM
<b>Friday</b>	<b>09/09/22</b>	<b>*Louis E Dieruff HS</b>	<b>Home</b>	<b>7:00 PM</b>
<b>Friday</b>	<b>09/16/22</b>	<b>*Stroudsburg High School</b>	<b>Home</b>	<b>7:00 PM</b>
Friday	09/23/22	*East Stroudsburg North HS	Away	7:00 PM
<b>Friday</b>	<b>09/30/22</b>	<b>*Whitehall High School</b>	<b>Home</b>	<b>7:00PM</b>
<b>Friday</b>	<b>10/07/22</b>	<b>*William Allen Senior High School (Homecoming )</b>	<b>Home</b>	<b>7:00 PM</b>
Friday	10/14/22	*East Stroudsburg Senior HS South	Away	7:00 PM
<b>Friday</b>	<b>10/21/22</b>	<b>*Pleasant Valley ( SENIOR NIGHT)</b>	<b>Home</b>	<b>7:00 PM</b>

Head Coach: JIM MCCARROLL

Varsity Asst: MARK KOVAL

Varsity Asst: BILL ANGST

Varsity Asst: MIKE BERGESKI

Michael DelGrosso

**Team Schedule**

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Pocono Mountain West HS  
181 Panther Ln  
Pocono Summit, PA 18346

Michael DelGrosso  
School Phone: 570-839-7121 x81373  
Fax: 570-839-0974  
mdelgrosso@pmsd.org

**Football****Boys Varsity**

Friday	10/28/22	*Pocono Mountain East HS	Place Away	Time 7:00 PM
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Head Coach: JIM MCCARROLL

Varsity Asst: MARK KOVAL

Varsity Asst: BILL ANGST

Varsity Asst: MIKE BERGESKI

**Boys JV**

Monday	08/29/22	*Northampton Area High School	Place Home	Time 4:00 PM
Saturday	09/03/22	*Cancelled - Bethlehem Catholic High School	Home	10:30 AM
Monday	09/12/22	*Louis E Dieruff HS	Away	5:30 PM
Monday	09/19/22	*Stroudsburg High School	Away	05:30 PM
Monday	09/26/22	*East Stroudsburg North HS	Home	5:30 PM
Monday	10/03/22	*Whitehall High School	Away	6:15 PM
Monday	10/10/22	*William Allen Senior High School	Away	5:30 PM
Monday	10/17/22	*East Stroudsburg Senior HS South	Home	4:00 PM
Monday	10/24/22	*Pleasant Valley	Away	5:30 PM
Monday	10/31/22	*Pocono Mountain East HS	Home	03:30 PM

JV Coach: DON PIETRAFESA

JV Coach: SHAWN ZUNIGA

**Boys Middle School**

Wednesday	09/07/22	Stroudsburg High School	Place Home	Time 4:00 PM
Thursday	09/08/22	Stroudsburg High School	Away	4:00 PM
Wednesday	09/14/22	Delaware Valley MS	Home	4:00 PM
Thursday	09/15/22	Delaware Valley MS	Away	4:00 PM
Wednesday	09/21/22	Lehman Intermediate School	Away	4:00 PM
Thursday	09/22/22	Lehman Intermediate School	Home	4:00 PM
Wednesday	09/28/22	J T Lambert Intermediate School	Home	4:00 PM
Thursday	09/29/22	J T Lambert Intermediate School	Away	4:00 PM
Wednesday	10/05/22	Pleasant Valley	Away	4:00 PM
Thursday	10/06/22	Pleasant Valley	Home	4:00 PM
Wednesday	10/12/22	Pocono Mountain East HS	Away	4:00 PM
Thursday	10/13/22	Pocono Mountain East HS	Home	4:00 PM
Wednesday	10/19/22	Wallenpaupack Area HS	Away	4:00 PM
Thursday	10/20/22	Wallenpaupack Area HS	Home	4:00 PM

7/8 Coach: BRUCE YERK

7/8 Coach: DYLAN DELLAVALLE

7/8 Coach: CRISTIAN DRUMMOND

7/8 Coach: KOREY NACE

7/8 Coach: ADRIAN SALAS-VIRUET

**Boys Junior High**

S Tuesday	08/30/22	*Northampton Area High School	Place Home	Time 4:00 PM
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Pocono Summit, PA 18346

Michael DelGrosso  
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Fax: 570-839-0974  
mdelgrosso@pmsd.org

**Football****Boys Junior High**

			Place	Time
<b>Tuesday</b>	<b>09/06/22</b>	<b>*Bethlehem Catholic High School</b>	<b>Home</b>	<b>4:00 PM</b>
Monday	09/12/22	*Louis E Dieruff HS	Away	4:00 PM
Monday	09/19/22	*Stroudsburg High School	Away	04:00 PM
<b>Tuesday</b>	<b>09/27/22</b>	<b>*Cancelled - East Stroudsburg North HS</b>	<b>Home</b>	<b>4:00 PM</b>
Monday	10/03/22	*Whitehall High School	Away	4:30 PM
Monday	10/10/22	*William Allen Senior High School	Away	4:00 PM
<b>Tuesday</b>	<b>10/18/22</b>	<b>Louis E Dieruff HS</b>	<b>Home</b>	<b>4:00 PM</b>
Monday	10/24/22	*Pleasant Valley	Away	4:00 PM
<b>Tuesday</b>	<b>11/01/22</b>	<b>*Cancelled - Pocono Mountain East HS</b>	<b>Home</b>	<b>03:30 PM</b>

**Golf****Boys Varsity**

			Place	Time
Thursday	08/25/22	Cancelled - Lib East Stroudsburg North HS Liberty High School Pleasant Valley	Away	11:00 AM
<b>Tuesday</b>	<b>08/30/22</b>	<b>*Easton Area High School</b>	<b>Home</b>	<b>2:30 PM</b>
Thursday	09/01/22	*Bethlehem Catholic High School	Away	2:30 PM
<b>Wednesday</b>	<b>09/07/22</b>	<b>*Allentown Central Catholic H S</b>	<b>Home</b>	<b>2:30 PM</b>
Monday	09/12/22	Notre Dame HS - East Stroudsburg (@ Great Bear)	Away	2:30 PM
Tuesday	09/13/22	*Northampton Area High School	Away	03:00 PM
<b>Wednesday</b>	<b>09/14/22</b>	<b>*Bethlehem Freedom High School</b>	<b>Home</b>	<b>2:30 PM</b>
<b>Tuesday</b>	<b>09/20/22</b>	<b>*Pocono Mountain East HS</b>	<b>Home</b>	<b>2:30 PM</b>

Head Coach: PAT MITCHELL  
Varsity Asst: KYLE MONAHAN

**Soccer****Boys Varsity**

			Place	Time
Monday	08/29/22	*Liberty High School	Away	7:00 PM
<b>Wednesday</b>	<b>08/31/22</b>	<b>*Whitehall High School</b>	<b>Home</b>	<b>4:00 PM</b>
Friday	09/02/22	*Nazareth Area HS	Away	11:00 AM
<b>Wednesday</b>	<b>09/07/22</b>	<b>*Parkland High School</b>	<b>Home</b>	<b>4:00 PM</b>
<b>Saturday</b>	<b>09/10/22</b>	<b>*East Stroudsburg North HS</b>	<b>Home</b>	<b>11:00 AM</b>
Monday	09/12/22	*Bethlehem Catholic High School	Away	4:00 PM
Wednesday	09/14/22	*Allentown Central Catholic H S (@ Moravian University)	Away	7:00 PM
<b>Saturday</b>	<b>09/17/22</b>	<b>*Louis E Dieruff HS</b>	<b>Home</b>	<b>12:00 PM</b>

Head Coach: JONATHON TAMBASCO  
Varsity Asst: NICHOLAS SAMA

Michael DelGrosso

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**Soccer****Boys Varsity**

			Place	Time
<b>Tuesday</b>	<b>09/20/22</b>	<b>*Emmaus High School</b>	<b>Home</b>	<b>4:00 PM</b>
Thursday	09/22/22	*Easton Area High School	Away	4:00 PM
<b>Saturday</b>	<b>09/24/22</b>	<b>*Northampton Area High School</b>	<b>Home</b>	<b>10:00 AM</b>
<b>Wednesday</b>	<b>09/28/22</b>	<b>*East Stroudsburg Senior HS South</b>	<b>Home</b>	<b>4:00 PM</b>
Friday	09/30/22	*Bethlehem Freedom High School	Away	3:30 PM
<b>Saturday</b>	<b>10/01/22</b>	<b>Notre Dame HS - East Stroudsburg</b>	<b>Home</b>	<b>4:30 PM</b>
Tuesday	10/04/22	*Stroudsburg High School	Away	5:30 PM
<b>Thursday</b>	<b>10/06/22</b>	<b>*William Allen Senior High School</b>	<b>Home</b>	<b>4:00 PM</b>
Monday	10/10/22	*Pleasant Valley	Away	7:00 PM
Wednesday	10/12/22	*Pocono Mountain East HS	Away	4:00 PM

Head Coach: JONATHON TAMBASCO

Varsity Asst: NICHOLAS SAMA

**Boys JV**

			Place	Time
Monday	08/29/22	*Liberty High School	Away	5:30 PM
<b>Wednesday</b>	<b>08/31/22</b>	<b>*Whitehall High School</b>	<b>Home</b>	<b>5:30 PM</b>
Friday	09/02/22	*Nazareth Area HS	Away	12:30 PM
<b>Wednesday</b>	<b>09/07/22</b>	<b>*Parkland High School</b>	<b>Home</b>	<b>5:30 PM</b>
<b>Saturday</b>	<b>09/10/22</b>	<b>*East Stroudsburg North HS</b>	<b>Home</b>	<b>12:30 PM</b>
Monday	09/12/22	*Bethlehem Catholic High School	Away	5:30 PM
Wednesday	09/14/22	*Allentown Central Catholic H S (@ Twin Lakes)	Away	03:30 PM
<b>Saturday</b>	<b>09/17/22</b>	<b>*Rescheduled from 2022-09-16 Louis E Dieruff HS</b>	<b>Home</b>	<b>1:30 PM</b>
<b>Tuesday</b>	<b>09/20/22</b>	<b>*Emmaus High School</b>	<b>Home</b>	<b>5:30 PM</b>
Thursday	09/22/22	*Easton Area High School	Away	5:30 PM
<b>Saturday</b>	<b>09/24/22</b>	<b>*Northampton Area High School</b>	<b>Home</b>	<b>11:30 AM</b>
<b>Wednesday</b>	<b>09/28/22</b>	<b>*East Stroudsburg Senior HS South</b>	<b>Home</b>	<b>5:30 PM</b>
Friday	09/30/22	*Bethlehem Freedom High School	Away	5:00 PM
Tuesday	10/04/22	*Stroudsburg High School	Away	3:30 PM
<b>Thursday</b>	<b>10/06/22</b>	<b>*William Allen Senior High School</b>	<b>Home</b>	<b>5:30 PM</b>
Monday	10/10/22	*Pleasant Valley	Away	5:30 PM
Wednesday	10/12/22	*Pocono Mountain East HS	Away	5:30 PM

JV Coach: MATTHEW AZZARELLI

**Boys Middle School**

			Place	Time
<b>Tuesday</b>	<b>09/06/22</b>	<b>Stroudsburg High School</b>	<b>Home</b>	<b>4:00 PM</b>

7/8 Coach: JAROD LAROCCO

7/8 Coach: BRIAN SORENSEN

Michael DelGrosso

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181 Panther Ln  
Pocono Summit, PA 18346

Michael DelGrosso  
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**Soccer****Boys Middle School**

			Place	Time
Thursday	09/08/22	Lehman Intermediate School	Away	4:00 PM
<b>Tuesday</b>	<b>09/13/22</b>	<b>Pleasant Valley</b>	<b>Home</b>	<b>4:00 PM</b>
Thursday	09/15/22	J T Lambert Intermediate School	Away	4:00 PM
Wednesday	09/21/22	Lehigh Area High School	Away	4:00 PM
<b>Friday</b>	<b>09/23/22</b>	<b>Pocono Mountain East HS</b>	<b>Home</b>	<b>4:00 PM</b>
Tuesday	09/27/22	Stroudsburg High School	Away	4:00 PM
<b>Thursday</b>	<b>09/29/22</b>	<b>Lehman Intermediate School</b>	<b>Home</b>	<b>4:00 PM</b>
Monday	10/03/22	Pleasant Valley	Away	4:00 PM
<b>Wednesday</b>	<b>10/05/22</b>	<b>J T Lambert Intermediate School</b>	<b>Home</b>	<b>4:00 PM</b>
<b>Tuesday</b>	<b>10/11/22</b>	<b>Lehigh Area High School</b>	<b>Home</b>	<b>4:00 PM</b>
Thursday	10/13/22	Pocono Mountain East HS	Away	4:00 PM

7/8 Coach: JAROD LAROCCO

7/8 Coach: BRIAN SORENSEN

**Girls Varsity**

			Place	Time
<b>Friday</b>	<b>08/26/22</b>	<b>Pen Argyl Area High School</b>	<b>Home</b>	<b>11:00 AM</b>
<b>Monday</b>	<b>08/29/22</b>	<b>*Liberty High School</b>	<b>Home</b>	<b>4:00 PM</b>
Wednesday	08/31/22	*Whitehall High School	Away	7:00 PM
<b>Friday</b>	<b>09/02/22</b>	<b>*Nazareth Area HS</b>	<b>Home</b>	<b>11:00 AM</b>
Wednesday	09/07/22	*Parkland High School	Away	7:00 PM
Saturday	09/10/22	*East Stroudsburg North HS	Away	11:00 AM
<b>Monday</b>	<b>09/12/22</b>	<b>*Bethlehem Catholic High School</b>	<b>Home</b>	<b>4:00 PM</b>
<b>Wednesday</b>	<b>09/14/22</b>	<b>*Allentown Central Catholic H S</b>	<b>Home</b>	<b>4:00 PM</b>
Saturday	09/17/22	*Louis E Dieruff HS	Away	1:30 PM
Tuesday	09/20/22	*Emmaus High School	Away	6:30 PM
<b>Thursday</b>	<b>09/22/22</b>	<b>*Easton Area High School</b>	<b>Home</b>	<b>4:00 PM</b>
Saturday	09/24/22	*Northampton Area High School	Away	10:00 AM
<b>Monday</b>	<b>09/26/22</b>	<b>*Bethlehem Freedom High School</b>	<b>Home</b>	<b>4:00 PM</b>
Wednesday	09/28/22	*East Stroudsburg Senior HS South	Away	4:00 PM
<b>Saturday</b>	<b>10/01/22</b>	<b>Notre Dame HS - East Stroudsburg</b>	<b>Home</b>	<b>3:00 PM</b>
<b>Tuesday</b>	<b>10/04/22</b>	<b>*Stroudsburg High School</b>	<b>Home</b>	<b>4:00 PM</b>
<b>Monday</b>	<b>10/10/22</b>	<b>*Pleasant Valley</b>	<b>Home</b>	<b>4:00 PM</b>
<b>Wednesday</b>	<b>10/12/22</b>	<b>*Pocono Mountain East HS</b>	<b>Home</b>	<b>4:00 PM</b>

Head Coach: DAVE LAWRENCE

Varsity Asst: JEN PERO

**Girls JV**

			Place	Time
<b>Friday</b>	<b>08/26/22</b>	<b>Cancelled - Pen Argyl Area High School</b>	<b>Home</b>	<b>12:30 PM</b>

JV Coach: ANTHONY PECORALE

Michael DelGrosso

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**Soccer****Girls JV**

			Place	Time
<b>Monday</b>	<b>08/29/22</b>	<b>*Liberty High School</b>	<b>Home</b>	<b>5:30 PM</b>
Wednesday	08/31/22	*Whitehall High School	Away	5:15 PM
<b>Friday</b>	<b>09/02/22</b>	<b>*Nazareth Area HS</b>	<b>Home</b>	<b>12:30 PM</b>
Wednesday	09/07/22	*Parkland High School	Away	5:30 PM
Saturday	09/10/22	*East Stroudsburg North HS	Away	12:30 PM
<b>Monday</b>	<b>09/12/22</b>	<b>*Bethlehem Catholic High School</b>	<b>Home</b>	<b>5:30 PM</b>
<b>Wednesday</b>	<b>09/14/22</b>	<b>*Allentown Central Catholic H S</b>	<b>Home</b>	<b>5:30 PM</b>
Saturday	09/17/22	*Cancelled - Louis E Dieruff HS	Away	3:00 PM
Tuesday	09/20/22	*Emmaus High School	Away	5:00 PM
<b>Thursday</b>	<b>09/22/22</b>	<b>*Easton Area High School</b>	<b>Home</b>	<b>5:30 PM</b>
Saturday	09/24/22	*Northampton Area High School	Away	11:30 AM
<b>Monday</b>	<b>09/26/22</b>	<b>*Bethlehem Freedom High School</b>	<b>Home</b>	<b>5:30 PM</b>
Wednesday	09/28/22	*East Stroudsburg Senior HS South	Away	5:30 PM
<b>Tuesday</b>	<b>10/04/22</b>	<b>*Stroudsburg High School</b>	<b>Home</b>	<b>5:30 PM</b>
<b>Monday</b>	<b>10/10/22</b>	<b>*Pleasant Valley</b>	<b>Home</b>	<b>5:30 PM</b>
<b>Wednesday</b>	<b>10/12/22</b>	<b>*Pocono Mountain East HS</b>	<b>Home</b>	<b>5:30 PM</b>

JV Coach: ANTHONY PECORALE

**Tennis****Girls Varsity**

			Place	Time
<b>Wednesday</b>	<b>08/24/22</b>	<b>*Whitehall High School</b>	<b>Home</b>	<b>3:30 PM</b>
Friday	08/26/22	*Nazareth Area HS	Away	3:30 PM
<b>Monday</b>	<b>08/29/22</b>	<b>*Parkland High School</b>	<b>Home</b>	<b>3:30 PM</b>
<b>Wednesday</b>	<b>08/31/22</b>	<b>*East Stroudsburg North HS</b>	<b>Home</b>	<b>3:30 PM</b>
Friday	09/02/22	*Bethlehem Catholic High School	Away	3:30 PM
Tuesday	09/06/22	*Allentown Central Catholic H S	Away	3:30 PM
<b>Wednesday</b>	<b>09/07/22</b>	<b>*Emmaus High School</b>	<b>Home</b>	<b>3:30 PM</b>
<b>Thursday</b>	<b>09/08/22</b>	<b>*Cancelled - Louis E Dieruff HS</b>	<b>Home</b>	<b>3:30 PM</b>
Monday	09/12/22	*Easton Area High School	Away	3:30 PM
<b>Wednesday</b>	<b>09/14/22</b>	<b>*Northampton Area High School</b>	<b>Home</b>	<b>3:30 PM</b>
Friday	09/16/22	*Bethlehem Freedom High School	Away	3:30 PM
<b>Tuesday</b>	<b>09/20/22</b>	<b>*East Stroudsburg Senior HS South</b>	<b>Home</b>	<b>3:30 PM</b>
Wednesday	09/21/22	Notre Dame HS - East Stroudsburg (@ Great Bear)	Away	3:30 PM
Thursday	09/22/22	*Stroudsburg High School	Away	3:30 PM
<b>Saturday</b>	<b>09/24/22</b>	<b>*Cancelled - William Allen Senior High School</b>	<b>Home</b>	<b>10:00 AM</b>

Head Coach: NORA WANDALOWSKI  
Varsity Asst: NICHOLAS LEMMO

Michael DelGrosso

**Team Schedule**

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**181 Panther Ln**  
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**Fax: 570-839-0974**  
**mdelgrosso@pmsd.org**

**Tennis****Girls Varsity**

Monday	09/26/22	*Pleasant Valley	Place Away	Time 3:30 PM
Tuesday	09/27/22	*Pocono Mountain East HS	Away	3:30 PM
Thursday	09/29/22	EPC Championship @ Parkland OPEN Parkland High School	Away	10:00 AM

Head Coach: NORA WANDALOWSKI  
 Varsity Asst: NICHOLAS LEMMO

**Field Hockey****Girls Varsity**

Friday	08/26/22	*Whitehall High School	Place Home	Time 4:00 PM
Tuesday	08/30/22	*Parkland High School	Away	7:00 PM
Thursday	09/01/22	*Pleasant Valley	Home	4:00 PM
Tuesday	09/06/22	*Bethlehem Catholic High School	Away	4:00 PM
Thursday	09/08/22	*Stroudsburg High School	Home	4:00 PM
Tuesday	09/13/22	*Emmaus High School	Away	6:30 PM
Thursday	09/15/22	*Northampton Area High School	Home	4:00 PM
Saturday	09/17/22	*William Allen Senior High School	Home	10:00 AM
Monday	09/19/22	*Bethlehem Freedom High School	Away	4:00 PM
Wednesday	09/21/22	*East Stroudsburg Senior HS South	Home	4:00 PM
Tuesday	09/27/22	*Easton Area High School	Away	4:00 PM
Thursday	09/29/22	*Nazareth Area HS	Home	4:00 PM
Wednesday	10/05/22	*East Stroudsburg North HS	Away	4:00 PM
Friday	10/07/22	*Liberty High School	Home	03:00 PM
Tuesday	10/11/22	*Pocono Mountain East HS	Away	7:00 PM

Head Coach: JENNIFER ALBERT  
 Varsity Asst: KRISTY SNIDER

**Girls Middle School**

Wednesday	09/07/22	Stroudsburg High School	Place Home	Time 4:00 PM
Friday	09/09/22	Lehman Intermediate School	Away	4:00 PM
Wednesday	09/14/22	J T Lambert Intermediate School	Home	4:00 PM
Thursday	09/15/22	Pleasant Valley	Away	4:00 PM
Thursday	09/22/22	Lehigh Area High School	Home	4:00 PM
Wednesday	09/28/22	Pocono Mountain East HS	Away	4:00 PM
Friday	09/30/22	Stroudsburg High School (@ Chipperfield)	Away	4:30 PM
Tuesday	10/04/22	Lehman Intermediate School	Home	4:00 PM

7/8 Coach: KATHLEEN HEIL

Michael DelGrosso



**Team Schedule**

8/24/2022 to 11/3/2022

**Pocono Mountain West HS**  
**181 Panther Ln**  
**Pocono Summit, PA 18346**

**Michael DelGrosso**  
**School Phone: 570-839-7121 x81373**  
**Fax: 570-839-0974**  
**mdelgrosso@pmsd.org**

**Field Hockey****Girls Middle School**

Thursday	10/06/22	J T Lambert Intermediate School	Place Away	Time 4:00 PM
<b>Monday</b>	<b>10/10/22</b>	<b>Pleasant Valley</b>	<b>Home</b>	<b>4:00 PM</b>
Friday	10/14/22	Lehigh Area High School	Away	4:00 PM
<b>Tuesday</b>	<b>10/18/22</b>	<b>Pocono Mountain East HS</b>	<b>Home</b>	<b>4:00 PM</b>

7/8 Coach: KATHLEEN HEIL

**Volleyball****Girls Varsity**

S Thursday	08/25/22	Cancelled - Bethlehem Freedom High School	Place Away	Time 6:00 PM
Tuesday	08/30/22	*Stroudsburg High School	Away	5:15 PM
<b>Thursday</b>	<b>09/01/22</b>	<b>*East Stroudsburg North HS</b>	<b>Home</b>	<b>5:00 PM</b>
Saturday	09/03/22	*East Stroudsburg Senior HS South	Away	11:30 AM
<b>Wednesday</b>	<b>09/07/22</b>	<b>*Bethlehem Catholic High School</b>	<b>Home</b>	<b>5:00PM</b>
Friday	09/09/22	*Parkland High School	Away	6:30 PM
Monday	09/12/22	Louis E Dieruff HS	Away	5:00 PM
<b>Tuesday</b>	<b>09/13/22</b>	<b>*Northampton Area High School</b>	<b>Home</b>	<b>5:00 PM</b>
Thursday	09/15/22	*Nazareth Area HS	Away	5:30 PM
<b>Monday</b>	<b>09/19/22</b>	<b>*Allentown Central Catholic H S</b>	<b>Home</b>	<b>5:00PM</b>
<b>Wednesday</b>	<b>09/21/22</b>	<b>*Pocono Mountain East HS</b>	<b>Home</b>	<b>5:00PM</b>
<b>Friday</b>	<b>09/23/22</b>	<b>*Pleasant Valley</b>	<b>Home</b>	<b>5:00 PM</b>
<b>Monday</b>	<b>09/26/22</b>	<b>Lehigh Area High School</b>	<b>Home</b>	<b>5:00 PM</b>
Tuesday	09/27/22	*Liberty High School	Away	7:00 PM
<b>Thursday</b>	<b>09/29/22</b>	<b>*Stroudsburg High School</b>	<b>Home</b>	<b>5:00 PM</b>
Monday	10/03/22	*East Stroudsburg North HS	Away	5:30 PM
<b>Wednesday</b>	<b>10/05/22</b>	<b>*East Stroudsburg Senior HS South</b>	<b>Home</b>	<b>5:00 PM</b>
<b>Monday</b>	<b>10/10/22</b>	<b>Catasauqua High School</b>	<b>Home</b>	<b>5:00 PM</b>
Tuesday	10/11/22	*Pleasant Valley	Away	5:15 PM
Thursday	10/13/22	*Pocono Mountain East HS	Away	5:00 PM
Friday	10/14/22	North Pocono High School	Away	6:00 PM

Head Coach: ROBERT BRUCE SLATER

Varsity Asst.: STEPHANIE ROUGHAN

JV Coach: BRITNEY HEWITT

**Girls JV**

Tuesday	08/30/22	*Stroudsburg High School	Place Away	Time 4:00 PM
<b>Thursday</b>	<b>09/01/22</b>	<b>*East Stroudsburg North HS</b>	<b>Home</b>	<b>4:00PM</b>

Michael DelGrosso

**Team Schedule**

8/24/2022 to 11/3/2022

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181 Panther Ln  
Pocono Summit, PA 18346

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Fax: 570-839-0974  
mdelgrosso@pmsd.org

**Volleyball****Girls JV**

			Place	Time
Saturday	09/03/22	*East Stroudsburg Senior HS South	Away	10:00 AM
<b>Wednesday</b>	<b>09/07/22</b>	<b>*Bethlehem Catholic High School</b>	<b>Home</b>	<b>4:00PM</b>
Friday	09/09/22	*Parkland High School	Away	5:30 PM
Monday	09/12/22	Louis E Dieruff HS	Away	4:00 PM
<b>Tuesday</b>	<b>09/13/22</b>	<b>*Northampton Area High School</b>	<b>Home</b>	<b>4:00 PM</b>
Thursday	09/15/22	*Nazareth Area HS	Away	4:30 PM
<b>Monday</b>	<b>09/19/22</b>	<b>*Allentown Central Catholic H S</b>	<b>Home</b>	<b>4:00PM</b>
<b>Wednesday</b>	<b>09/21/22</b>	<b>*Pocono Mountain East HS</b>	<b>Home</b>	<b>4:00PM</b>
<b>Friday</b>	<b>09/23/22</b>	<b>*Pleasant Valley</b>	<b>Home</b>	<b>4:00 PM</b>
<b>Monday</b>	<b>09/26/22</b>	<b>Lehigh Area High School</b>	<b>Home</b>	<b>4:00 PM</b>
Tuesday	09/27/22	*Liberty High School	Away	5:30 PM
<b>Thursday</b>	<b>09/29/22</b>	<b>*Stroudsburg High School</b>	<b>Home</b>	<b>4:00 PM</b>
Monday	10/03/22	*East Stroudsburg North HS	Away	4:00 PM
<b>Wednesday</b>	<b>10/05/22</b>	<b>*East Stroudsburg Senior HS South</b>	<b>Home</b>	<b>4:00 PM</b>
<b>Monday</b>	<b>10/10/22</b>	<b>Catasauqua High School</b>	<b>Home</b>	<b>4:00 PM</b>
Tuesday	10/11/22	*Pleasant Valley	Away	4:00 PM
Thursday	10/13/22	*Pocono Mountain East HS	Away	4:00 PM
Friday	10/14/22	North Pocono High School	Away	5:00 PM

**Girls Middle School**

			Place	Time
Tuesday	09/06/22	Delaware Valley MS	Away	4:00 PM
<b>Thursday</b>	<b>09/08/22</b>	<b>Dingman-Delaware Middle School</b>	<b>Home</b>	<b>4:00 PM</b>
<b>Monday</b>	<b>09/12/22</b>	<b>Lehman Intermediate School</b>	<b>Home</b>	<b>4:00 PM</b>
Thursday	09/15/22	Stroudsburg High School	Away	4:00 PM
<b>Tuesday</b>	<b>09/20/22</b>	<b>J T Lambert Intermediate School</b>	<b>Home</b>	<b>4:00 PM</b>
Friday	09/23/22	Pleasant Valley	Away	4:00 PM
Monday	09/26/22	Pocono Mountain East HS	Away	4:00 PM
<b>Wednesday</b>	<b>09/28/22</b>	<b>Delaware Valley MS</b>	<b>Home</b>	<b>4:00 PM</b>
Friday	09/30/22	Dingman-Delaware Middle School	Away	4:00 PM
Tuesday	10/04/22	Lehman Intermediate School	Away	4:00 PM
<b>Thursday</b>	<b>10/06/22</b>	<b>Stroudsburg High School</b>	<b>Home</b>	<b>4:00 PM</b>
Monday	10/10/22	J T Lambert Intermediate School	Away	4:00 PM
<b>Wednesday</b>	<b>10/12/22</b>	<b>Pleasant Valley</b>	<b>Home</b>	<b>4:00 PM</b>
<b>Friday</b>	<b>10/14/22</b>	<b>Pocono Mountain East HS</b>	<b>Home</b>	<b>4:00 PM</b>

7/8 Coach: FABIOLA BOURDON-ALAGO

Michael DelGrosso