

| Division | Team | Head Coach | Night | Time | Venue | Court |
|---------------|------|-----------------|-----------|--------|-----------|-------|
| Rookies | 6 | Neal Belliveau | Thursday | 6PM | Old Gym | 1 |
| Rookies | 5 | Jared Conheeny | Thursday | 6PM | Old Gym | 2 |
| Rookies | 4 | Dean Janssen | Tuesday | 6PM | Old Gym | 1 |
| Rookies | 3 | Rich Carnevale | Tuesday | 6PM | Old Gym | 2 |
| Rookies | 1 | Adam Conheeny | Monday | 6PM | Old Gym | 1 |
| Rookies | 2 | Jeff Swider | Monday | 6PM | Old Gym | 2 |
| NCAA Girls | 21 | Mike Camara | Thursday | 7PM | Old Gym | 1 |
| NCAA Girls | 38 | Don Troppoli | Thursday | 7PM | Old Gym | 2 |
| NCAA Girls | 20 | Keith Kosoff | Wednesday | 6PM | Pennfield | 1 |
| NCAA Girls | 14 | Mike Lunney | Wednesday | 6PM | Pennfield | 2 |
| NCAA Boys | 7 | Kelly Lucenti | Tuesday | 7PM | Old Gym | 1 |
| NCAA Boys | 19 | Dan Sullivan | Tuesday | 7PM | Old Gym | 2 |
| NCAA Boys | 10 | Tony Federico | Wednesday | 6:30PM | New Gym | 1 |
| NCAA Boys | 9 | Bob Bielawa | Wednesday | 6:30PM | New Gym | 2 |
| NCAA Boys | 12 | Raul Fonts | Wednesday | 6:30PM | New Gym | 3 |
| NCAA Boys | 16 | Fred Costa | Wednesday | 6:30PM | New Gym | 4 |
| NCAA Boys | 8 | Thom Perlmutter | Wednesday | 6:30PM | New Gym | 5 |
| NCAA Boys | 11 | Dean Chase | Wednesday | 6:30PM | New Gym | 6 |
| NCAA Boys | 13 | Thom Smalls | Thursday | 6:30PM | New Gym | 1 |
| NCAA Boys | 15 | Dave Mott | Thursday | 6:30PM | New Gym | 2 |
| Jr. NBA Girls | 22 | Paul McVicker | Monday | 7PM | Old Gym | 1 |
| Jr. NBA Girls | 30 | Jenny Swider | Wednesday | 6PM | Old Gym | 2 |
| Jr. NBA Girls | 17 | Terry Tinkham | Wednesday | 6PM | Old Gym | 1 |
| Jr. NBA Girls | 29 | Dan Sullivan | Thursday | 7:45PM | New Gym | 1 |
| Jr. NBA Girls | 27 | James Campbell | Wednesday | 7PM | Old Gym | 2 |
| Jr. NBA Girls | 25 | Chris Stack | Thursday | 6:30PM | New Gym | 6 |
| Jr. NBA Boys | 28 | Kelly Houlgate | Monday | 7PM | Old Gym | 2 |
| Jr. NBA Boys | 31 | Keith Hamilton | Wednesday | 7PM | Pennfield | 1 |
| Jr. NBA Boys | 26 | John Skrzypiec | Wednesday | 7PM | Pennfield | 2 |
| Jr. NBA Boys | 34 | Bob McSparren | Wednesday | 7:45PM | New Gym | 3 |
| Jr. NBA Boys | 36 | Mark Bieger | Thursday | 6:30PM | New Gym | 5 |
| Jr. NBA Boys | 32 | Will Watson | Thursday | 6:30PM | New Gym | 3 |
| Jr. NBA Boys | 30 | Mike Pratt | Thursday | 6:30PM | New Gym | 4 |
| Jr. NBA Boys | 24 | Randy Johnson | Thursday | 7:45PM | New Gym | 2 |
| NBA Boys | 40 | Kelly Houlgate | Wednesday | 7:45PM | New Gym | 1 |
| NBA Boys | 33 | Jeff Swider | Wednesday | 7:45PM | New Gym | 2 |
| NBA Boys | 23 | Rick Abbate | Wednesday | 7:45PM | New Gym | 5 |
| NBA Boys | 39 | Matt Viana | Wednesday | 7:45PM | New Gym | 6 |
| NBA Boys | 41 | Joe Occhi | Thursday | 7:45PM | New Gym | 3 |
| NBA Boys | 37 | Mike Waters | Thursday | 7:45PM | New Gym | 4 |
| NBA Boys | 42 | Keith Kelley | Thursday | 7:45PM | New Gym | 5 |
| NBA Boys | 35 | Dean Hladick | Thursday | 7:45PM | New Gym | 6 |
| | | | Wednesday | 7:45PM | New Gym | 4 |
| | | | Wednesday | 7PM | Old Gym | 1 |

All practices below are rescheduled due to Conflicts

Wednesday, January 4th New Gym Practices Cancelled due to Girls Varsity Home Game

Thursday, January 19th New Gym Practices moved to Tuesday January 17th due to Boys Varsity Home Game

Thursday, February 2nd New Gym Practices moved to Tuesday January 31st due to Boys Varsity Home Game