

**Coaches:**

- Kristi Peterson, Head Coach
- Bryan Koscinski, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 26, 2024	Mon	Practice	N/A	8:00 AM	10:30 AM	PHS Swimming Pool			
Aug 27, 2024	Tue	Practice	N/A	8:00 AM	10:30 AM	PHS Swimming Pool			
Aug 28, 2024	Wed	Practice	N/A	2:30 PM	5:00 PM	PHS Swimming Pool			
Aug 29, 2024	Thu	Practice	N/A	2:30 PM	5:00 PM	PHS Swimming Pool			
Aug 30, 2024	Fri	Practice	N/A	8:00 AM	10:30 AM	PHS Swimming Pool			
Aug 31, 2024	Sat	Practice	N/A	8:00 AM	10:30 AM	PHS Swimming Pool			
Sep 3, 2024	Tue	Practice	N/A	2:30 PM	5:00 PM	PHS Swimming Pool			
Sep 4, 2024	Wed	Practice	N/A	2:30 PM	5:00 PM	PHS Swimming Pool			
Sep 5, 2024	Thu	Practice	N/A	2:30 PM	5:00 PM	PHS Swimming Pool			
Sep 6, 2024	Fri	Practice	N/A	2:30 PM	5:00 PM	PHS Swimming Pool			
Sep 7, 2024	Sat	Practice	N/A	8:00 AM	10:30 AM	PHS Swimming Pool			
Sep 9, 2024	Mon	Practice	N/A	2:30 PM	5:00 PM	PHS Swimming Pool			
Sep 10, 2024	Tue	Regular Season	@ Rome Free Academy	4:30 PM		RFA Pool	<b>Class Dismissal:</b> 2:25 PM	<b>Departure Point:</b> FIRST FLOOR CAFETERIA - PROCTOR <b>Departure Time:</b> 2:45 PM <b>Return Date:</b> <b>Return Time:</b> 7:25 PM	L
Sep 11, 2024	Wed	Practice	N/A	2:30 PM	5:00 PM	PHS Swimming Pool			
Sep 12, 2024	Thu	Regular Season	@ New Hartford	5:00 PM		New Hartford HS Pool	<b>Bus/Driver:</b> Durham <b>Class Dismissal:</b> 2:25 PM	<b>Departure Point:</b> FIRST FLOOR CAFETERIA - PROCTOR <b>Departure Time:</b> 3:30 PM <b>Return Date:</b> <b>Return Time:</b> 8:00 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 13, 2024	Fri	Practice	N/A	2:30 PM	5:00 PM	PHS Swimming Pool		
Sep 14, 2024	Sat	Practice	N/A	8:00 AM	10:30 AM	PHS Swimming Pool		
Sep 16, 2024	Mon	Practice	N/A	2:30 PM	5:00 PM	PHS Swimming Pool		
Sep 17, 2024	Tue	Regular Season	Holland Patent, Cooperstown (Cooperstown/Milford)	5:00 PM	7:00 PM	PHS Swimming Pool		L
Sep 18, 2024	Wed	Practice	N/A	2:30 PM	5:00 PM	PHS Swimming Pool		
Sep 19, 2024	Thu	Regular Season	West Canada Valley	4:30 PM		PHS Swimming Pool	<b>Bus/Driver:</b> Durham	<b>Departure Point:</b> FIRST FLOOR CAFETERIA - PROCTOR L
Sep 20, 2024	Fri	Practice	N/A	2:30 PM	5:00 PM	PHS Swimming Pool		
Sep 21, 2024	Sat	Practice	N/A	8:00 AM	10:30 AM	PHS Swimming Pool		
Sep 23, 2024	Mon	Practice	N/A	2:30 PM	5:00 PM	PHS Swimming Pool		
Sep 24, 2024	Tue	Regular Season	@ Adirondack	6:00 PM		South Lewis High School	<b>Bus/Driver:</b> Durham <b>Class Dismissal:</b> 2:25 PM	<b>Departure Point:</b> FIRST FLOOR CAFETERIA - PROCTOR <b>Departure Time:</b> 3:45 PM <b>Return Date:</b> <b>Return Time:</b> 10:00 PM L
Sep 25, 2024	Wed	Practice	N/A	2:30 PM	5:00 PM	PHS Swimming Pool		
Sep 26, 2024	Thu	Regular Season	@ Cooperstown (Cooperstown/Milford)	5:00 PM		Clark's Sports Center	<b>Bus/Driver:</b> Durham <b>Class Dismissal:</b> 2:25 PM	<b>Departure Point:</b> FIRST FLOOR CAFETERIA - PROCTOR <b>Departure Time:</b> 2:30 PM <b>Return Date:</b> <b>Return Time:</b> 9:00 PM L
Sep 27, 2024	Fri	Practice	N/A	2:30 PM	5:00 PM	PHS Swimming Pool		
Sep 30, 2024	Mon	Practice	N/A	2:30 PM	5:00 PM	PHS Swimming Pool		
Oct 1, 2024	Tue	Regular Season	Rome Free Academy	4:30 PM		PHS Swimming Pool	<b>Bus/Driver:</b> Durham	<b>Departure Point:</b> FIRST FLOOR CAFETERIA - PROCTOR L
Oct 2, 2024	Wed	Practice	N/A	2:30 PM	5:00 PM	PHS Swimming Pool		
Oct 3, 2024	Thu	Practice	N/A	2:30 PM	5:00 PM	PHS Swimming Pool		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 4, 2024	Fri	Practice	N/A	2:30 PM	5:00 PM	PHS Swimming Pool			
Oct 5, 2024	Sat	Regular Season (Tri Meet)	Cooperstown (Cooperstown/Milford), West Canada Valley, New Hartford	9:00 AM		PHS Swimming Pool			L
Oct 7, 2024	Mon	Practice	N/A	2:30 PM	5:00 PM	PHS Swimming Pool			
Oct 8, 2024	Tue	Regular Season	@ West Canada Valley	4:30 PM		WCV Pool	<b>Bus/Driver:</b> Durham <b>Class Dismissal:</b> 2:25 PM	<b>Departure Point:</b> FIRST FLOOR CAFETERIA - PROCTOR <b>Departure Time:</b> 2:30 PM <b>Return Date:</b> 7:25 PM	L
Oct 9, 2024	Wed	Practice	N/A	2:30 PM	5:00 PM	PHS Swimming Pool			
Oct 10, 2024	Thu	Regular Season	@ Holland Patent	5:00 PM	7:00 PM	Holland Patent HS-Pool	<b>Bus/Driver:</b> Durham <b>Class Dismissal:</b> 2:25 PM	<b>Departure Point:</b> FIRST FLOOR CAFETERIA - PROCTOR <b>Departure Time:</b> 3:45 PM <b>Return Date:</b> 8:00 PM	L
Oct 11, 2024	Fri	Practice	N/A	2:30 PM	5:00 PM	PHS Swimming Pool			
Oct 14, 2024	Mon	Practice	N/A	8:00 AM	10:00 AM	PHS Swimming Pool			
Oct 15, 2024	Tue	Regular Season (Senior Adirondack Night)		5:00 PM		PHS Swimming Pool			L
Oct 16, 2024	Wed	Practice	N/A	2:30 PM	5:00 PM	PHS Swimming Pool			
Oct 17, 2024	Thu	Practice	N/A	2:30 PM	5:00 PM	PHS Swimming Pool			
Oct 18, 2024	Fri	Practice	N/A	2:30 PM	5:00 PM	PHS Swimming Pool			
Oct 21, 2024	Mon	Practice	N/A	2:30 PM	5:00 PM	PHS Swimming Pool			
Oct 22, 2024	Tue	Practice	N/A	2:30 PM	5:00 PM	PHS Swimming Pool			
Oct 23, 2024	Wed	Practice	N/A	2:30 PM	5:00 PM	PHS Swimming Pool			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 24, 2024	Thu	Regular Season (Diving Championships )	Adirondack, Cooperstown (Cooperstown/Milford), Holland Patent, New Hartford, West Canada Valley @ Rome Free Academy	5:00 PM		RFA Pool	<b>Bus/Driver:</b> Durham <b>Class Dismissal:</b> 2:25 PM	<b>Departure Point:</b> FIRST FLOOR CAFETERIA - PROCTOR <b>Departure Time:</b> 2:30 PM <b>Return Date:</b> <b>Return Time:</b> 8:30 PM	L
Oct 25, 2024	Fri	Regular Season (swimming championships )	Adirondack, Cooperstown (Cooperstown/Milford), Holland Patent, West Canada Valley @ Rome Free Academy	5:00 PM	8:00 PM	RFA Pool, RFA Auxilliary Gym	<b>Bus/Driver:</b> Durham <b>Class Dismissal:</b> 2:25 PM	<b>Departure Point:</b> FIRST FLOOR CAFETERIA - PROCTOR <b>Departure Time:</b> 2:30 PM <b>Return Date:</b> <b>Return Time:</b> 9:30 PM	L
Oct 28, 2024	Mon	Practice	N/A	2:30 PM	5:00 PM	PHS Swimming Pool			
Oct 29, 2024	Tue	Practice	N/A	2:30 PM	5:00 PM	PHS Swimming Pool			
Oct 30, 2024	Wed	Practice	N/A	2:30 PM	5:00 PM	PHS Swimming Pool			
Oct 31, 2024	Thu	Practice	N/A	2:30 PM	5:00 PM	PHS Swimming Pool			
Nov 1, 2024	Fri	Practice	N/A	2:30 PM	5:00 PM	PHS Swimming Pool			
Nov 2, 2024	Sat	Post-Season (Diving Sectionals @ Nottingham)	@ TBD	9:45 AM		TBD	<b>Bus/Driver:</b> Durham	<b>Departure Point:</b> ARCURI ENTRANCE <b>Departure Date:</b> Nov 2, 2024 <b>Departure Time:</b> 11:30 AM <b>Return Date:</b> <b>Return Time:</b> 7:00 PM	NL
Nov 4, 2024	Mon	Practice	N/A	2:30 PM	5:00 PM	PHS Swimming Pool			
Nov 5, 2024	Tue	Practice	N/A	7:00 AM	8:30 AM	PHS Swimming Pool			
Nov 5, 2024	Tue	Post-Season (Diving @ Nottingham)	@ TBD	2:30 PM		TBD	<b>Bus/Driver:</b> Durham	<b>Departure Point:</b> ARCURI ENTRANCE <b>Departure Date:</b> Nov 5, 2024 <b>Departure Time:</b> 11:00 AM <b>Return Date:</b> Nov 5, 2024 <b>Return Time:</b> 7:00 PM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 6, 2024	Wed	Post-Season (Swimming @ Nottingham)	@ TBD	9:30 AM		TBD	Bus/Driver: Durham	<b>Departure Point:</b> ARCURI ENTRANCE <b>Departure Date:</b> Nov 6, 2024 <b>Departure Time:</b> 6:30 AM <b>Return Date:</b> <b>Return Time:</b> 5:00 PM	NL
Nov 7, 2024	Thu	Practice	N/A	2:30 PM	5:00 PM	PHS Swimming Pool			
Nov 8, 2024	Fri	Post-Season (Swimming @ Nottingham)	@ TBD	2:30 PM		TBD	Bus/Driver: Durham	<b>Departure Point:</b> ARCURI ENTRANCE <b>Departure Date:</b> Nov 8, 2024 <b>Departure Time:</b> 11:00 AM <b>Return Date:</b> <b>Return Time:</b> 9:00 PM	NL

Date: 2025-12-13