



Utica Proctor

(B) 7/8TH Swimming/Diving (JFK/DMS)

Coaches:

- Jeanna Swift, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 21, 2022	Mon	Practice (Practice)	N/A	3:00 PM	4:30 PM	Proctor H S		
Nov 22, 2022	Tue	Practice (Practice)	N/A	3:00 PM	4:30 PM	Proctor H S		
Nov 28, 2022	Mon	Practice (Practice)	N/A	3:00 PM	4:30 PM	Proctor H S		
Nov 29, 2022	Tue	Practice (Practice)	N/A	3:00 PM	4:30 PM	Proctor H S		
Nov 30, 2022	Wed	Practice (Practice)	N/A	3:00 PM	4:30 PM	Proctor H S		
Dec 1, 2022	Thu	Practice (Practice)	N/A	3:00 PM	4:30 PM	Proctor H S		
Dec 2, 2022	Fri	Scrimmage	Holland Patent, Rome Free Academy @ New Hartford	5:00 PM		New Hartford HS Pool	Departure Point: PHS Caf doors Departure Time: 3:15 PM	L
Dec 5, 2022	Mon	Practice (Practice)	N/A	3:00 PM	4:30 PM	Proctor H S		
Dec 6, 2022	Tue	Practice (Practice)	N/A	3:00 PM	4:30 PM	Proctor H S		
Dec 7, 2022	Wed	Regular Season 38-34 W	Holland Patent	4:30 PM		PHS Swimming Pool		L
Dec 8, 2022	Thu	Practice (Practice)	N/A	3:00 PM	4:30 PM	Proctor H S		
Dec 9, 2022	Fri	Regular Season 30-35 L	@ New Hartford	5:00 PM		New Hartford HS Pool	Departure Point: PHS Caf doors Departure Time: 3:15 PM	L
Dec 12, 2022	Mon	Regular Season 40-20 W	@ Rome Free Academy	4:30 PM		RFA Pool		L
Dec 13, 2022	Tue	Practice (Practice)	N/A	3:00 PM	4:30 PM	Proctor H S		
Dec 14, 2022	Wed	Regular Season 41-21 W	Rome Free Academy	4:30 PM		PHS Swimming Pool	Departure Point: PHS Caf doors Departure Time: 3:15 PM	L
Dec 15, 2022	Thu	Practice (Practice)	N/A	3:00 PM	4:30 PM	Proctor H S		
Dec 16, 2022	Fri	Practice (Practice)	N/A	3:00 PM	4:30 PM	Proctor H S		
Dec 19, 2022	Mon	Practice (Practice)	N/A	3:00 PM	4:30 PM	Proctor H S		
Dec 20, 2022	Tue	Regular Season	New Hartford	4:30 PM		PHS Swimming Pool		L
Dec 21, 2022	Wed	Practice	N/A	3:00 PM	4:30 PM	TBD		
Dec 27, 2022	Tue	Practice (Practice)	N/A	8:00 AM	10:00 AM	TBD		
Dec 28, 2022	Wed	Practice (Practice)	N/A	8:00 AM	10:00 AM	TBD		
Dec 29, 2022	Thu	Practice (Practice)	N/A	8:00 AM	10:00 AM	TBD		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 30, 2022	Fri	Practice (Practice)	N/A	8:00 AM	10:00 AM	TBD		
Jan 2, 2023	Mon	Practice (Practice)	N/A	8:00 AM	10:00 AM	TBD		
Jan 3, 2023	Tue	Practice (Practice)	N/A	3:00 AM	4:30 AM	Proctor H S		
Jan 4, 2023	Wed	Practice (Practice)	N/A	3:00 PM	4:30 PM	Proctor H S		
Jan 5, 2023	Thu	Practice (Practice)	N/A	3:00 PM	4:30 PM	Proctor H S		
Jan 6, 2023	Fri	Regular Season (All teams Relays - Scrimmage)	Holland Patent, New Hartford @ Rome Free Academy	4:30 PM		RFA Pool	Departure Point: Proctor Cafeteria Departure Time: 3:30 PM	L
Jan 9, 2023	Mon	Practice (Practice)	N/A	3:00 PM	4:30 PM	Proctor H S		
Jan 10, 2023	Tue	Practice (Practice)	N/A	3:00 PM	4:30 PM	Proctor H S		
Jan 11, 2023	Wed	Regular Season	@ Holland Patent	4:30 PM		HP HS Pool	Departure Point: PHS Caf doors Departure Time: 3:00 PM	L

Date: 2025-12-08