



# Utica Proctor

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

### Coaches:

- Jeanna Swift
- Bryan Koscinski

| DATE         | WEEK DAY | TYPE                          | OPPONENTS  | START TIME | END TIME | LOCATION                         | TRANSPORTATION  | LEAGUE / NON-LEAGUE |
|--------------|----------|-------------------------------|--|------------|----------|----------------------------------|---|---------------------|
| Nov 20, 2023 | Mon      | Practice                      | N/A  | 3:00 PM    | 4:30 PM  | PHS Swimming Pool                |   |                     |
| Nov 21, 2023 | Tue      | Practice                      | N/A  | 3:00 PM    | 4:30 PM  | PHS Swimming Pool                |   |                     |
| Nov 27, 2023 | Mon      | Practice                      | N/A  | 3:00 PM    | 4:30 PM  | PHS Swimming Pool                |   |                     |
| Nov 28, 2023 | Tue      | Practice                      | N/A  | 3:00 PM    | 4:30 PM  | PHS Swimming Pool                |   |                     |
| Nov 29, 2023 | Wed      | Practice                      | N/A  | 3:00 PM    | 4:30 PM  | PHS Swimming Pool                |   |                     |
| Nov 30, 2023 | Thu      | Practice                      | N/A  | 3:00 PM    | 4:30 PM  | PHS Swimming Pool                |   |                     |
| Dec 1, 2023  | Fri      | Practice                      | N/A  | 3:00 PM    | 4:30 PM  | PHS Swimming Pool                |   |                     |
| Dec 4, 2023  | Mon      | Scrimmage                     | Rome Free Academy, New Hartford @ Holland Patent | 5:00 PM    |          | Holland Patent HS-Pool           | <b>Departure Point:</b> Proctor Cafeteria<br><b>Departure Time:</b> 3:30 PM | L                   |
| Dec 13, 2023 | Wed      | Practice                      | N/A  | 3:00 PM    | 4:30 PM  | (OCC) Onondaga Community College |   |                     |
| Dec 14, 2023 | Thu      | Practice                      | N/A  | 3:00 PM    | 4:30 PM  | (OCC) Onondaga Community College |   |                     |
| Dec 15, 2023 | Fri      | Regular Season                | Holland Patent, Rome Free Academy @ New Hartford | 5:00 PM    |          | HS Pool                          | <b>Departure Point:</b> Proctor Cafeteria<br><b>Departure Time:</b> 3:30 PM | L                   |
| Dec 18, 2023 | Mon      | Practice                      | N/A  | 3:00 PM    | 4:30 PM  | (OCC) Onondaga Community College |   |                     |
| Dec 19, 2023 | Tue      | Practice                      | N/A  | 3:00 PM    | 4:30 PM  | (OCC) Onondaga Community College |   |                     |
| Dec 20, 2023 | Wed      | Regular Season                | New Hartford, Holland Patent @ Rome Free Academy | 4:30 PM    |          | RFA Pool                         | <b>Departure Point:</b> Proctor Cafeteria<br><b>Departure Time:</b> 3:15 PM | L                   |
| Dec 21, 2023 | Thu      | Practice                      | N/A  | 3:00 PM    | 4:30 PM  | (OCC) Onondaga Community College |   |                     |
| Jan 2, 2024  | Tue      | Practice                      | N/A  | 3:00 PM    | 4:30 PM  | (OCC) Onondaga Community College |   |                     |
| Jan 3, 2024  | Wed      | Regular Season (WinterRelays) | Holland Patent, New Hartford @ Rome Free Academy | 4:30 PM    |          | RFA Pool                         | <b>Departure Point:</b> Proctor Cafeteria<br><b>Departure Time:</b> 3:15 PM | L                   |

| DATE         | WEEK DAY | TYPE           | OPPONENTS  | START TIME | END TIME | LOCATION                            | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|----------------|--|------------|----------|-------------------------------------|----------------|---------------------|
| Jan 4, 2024  | Thu      | Practice       | N/A  | 3:00 PM    | 4:30 PM  | (OCC)<br>Onondaga Community College |                |                     |
| Jan 5, 2024  | Fri      | Practice       | N/A  | 3:00 PM    | 4:30 PM  | (OCC)<br>Onondaga Community College |                |                     |
| Jan 8, 2024  | Mon      | Practice       | N/A  | 3:00 PM    | 4:30 PM  | (OCC)<br>Onondaga Community College |                |                     |
| Jan 9, 2024  | Tue      | Practice       | N/A  | 3:00 PM    | 4:30 PM  | (OCC)<br>Onondaga Community College |                |                     |
| Jan 10, 2024 | Wed      | Regular Season | Holland Patent, New Hartford, Rome Free Academy  | 4:30 PM    |          | PHS Swimming Pool                   |                | L                   |
| Jan 11, 2024 | Thu      | Practice       | N/A  | 3:00 PM    | 4:30 PM  | (OCC)<br>Onondaga Community College |                |                     |
| Jan 12, 2024 | Fri      | Practice       | N/A  | 3:00 PM    | 4:30 PM  | (OCC)<br>Onondaga Community College |                |                     |
| Jan 15, 2024 | Mon      | Practice       | N/A  | 3:00 PM    | 4:30 PM  | (OCC)<br>Onondaga Community College |                |                     |
| Jan 16, 2024 | Tue      | Practice       | N/A  | 3:00 PM    | 4:30 PM  | (OCC)<br>Onondaga Community College |                |                     |
| Jan 17, 2024 | Wed      | Regular Season | New Hartford, Rome Free Academy @ Holland Patent | 4:30 PM    |          | RFA Pool                            |                | L                   |

Date: 2024-05-20