



Utica Proctor

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

Coaches:

- Jeanna Swift, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 18, 2024	Mon	Practice (7/8 (B) Modified Swim Practice)	N/A	3:00 PM	5:00 PM	TBD			
Nov 19, 2024	Tue	Practice (7/8 (B) Modified Swim Practice)	N/A	3:00 PM	5:00 PM	TBD			
Nov 20, 2024	Wed	Practice (7/8 (B) Modified Swim Practice)	N/A	3:00 PM	5:00 PM	TBD			
Nov 21, 2024	Thu	Practice (7/8 (B) Modified Swim Practice)	N/A	3:00 PM	5:00 PM	TBD			
Nov 22, 2024	Fri	Practice (7/8 (B) Modified Swim Practice)	N/A	3:00 PM	5:00 PM	TBD			
Nov 25, 2024	Mon	Practice (7/8 (B) Modified Swim Practice)	N/A	3:00 PM	5:00 PM	TBD			
Nov 26, 2024	Tue	Practice (7/8 (B) Modified Swim Practice)	N/A	3:00 PM	5:00 PM	TBD			
Dec 2, 2024	Mon	Practice (7/8 (B) Modified Swim Practice)	N/A	3:00 PM	5:00 PM	TBD			
Dec 3, 2024	Tue	Practice (7/8 (B) Modified Swim Practice)	N/A	3:00 PM	5:00 PM	TBD			
Dec 4, 2024	Wed	Practice (All Teams @ NH)	N/A	4:30 PM	6:30 PM	TBD			Departure Point: Arcuri Entrance Departure Time: 3:30 PM
Dec 4, 2024	Wed	Regular Season	Holland Patent, Rome Free Academy @ New Hartford	5:00 PM		New Hartford HS Pool			L
Dec 5, 2024	Thu	Practice (7/8 (B) Modified Swim Practice)	N/A	3:00 PM	5:00 PM	TBD			
Dec 6, 2024	Fri	Practice (7/8 (B) Modified Swim Practice)	N/A	3:00 PM	5:00 PM	TBD			
Dec 9, 2024	Mon	Practice (7/8 (B) Modified Swim Practice)	N/A	3:00 PM	5:00 PM	TBD			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 10, 2024	Tue	Practice (7/8 (B) Modified Swim Practice)	N/A	3:00 PM	5:00 PM	TBD			
Dec 11, 2024	Wed	Regular Season	New Hartford, Holland Patent @ Rome Free Academy	4:30 PM		RFA Pool	Departure Point: arcuri entrance Departure Time: 3:30 PM		L
Dec 12, 2024	Thu	Practice (7/8 (B) Modified Swim Practice)	N/A	3:00 PM	5:00 PM	TBD			
Dec 13, 2024	Fri	Practice (7/8 (B) Modified Swim Practice)	N/A	3:00 PM	5:00 PM	TBD			
Dec 16, 2024	Mon	Practice (7/8 (B) Modified Swim Practice)	N/A	3:00 PM	5:00 PM	TBD			
Dec 17, 2024	Tue	Practice (7/8 (B) Modified Swim Practice)	N/A	3:00 PM	5:00 PM	TBD			
Dec 18, 2024	Wed	Regular Season (Winter Relays)	New Hartford, Holland Patent @ Rome Free Academy	4:30 PM		RFA Pool	Departure Point: arcuri entrance Departure Time: 3:30 PM		L
Dec 19, 2024	Thu	Practice (7/8 (B) Modified Swim Practice)	N/A	3:00 PM	5:00 PM	TBD			
Dec 20, 2024	Fri	Practice (7/8 (B) Modified Swim Practice)	N/A	3:00 PM	5:00 PM	TBD			
Jan 2, 2025	Thu	Practice (7/8 (B) Modified Swim Practice)	N/A	3:00 PM	5:00 PM	TBD			
Jan 3, 2025	Fri	Practice (7/8 (B) Modified Swim Practice)	N/A	3:00 PM	5:00 PM	TBD			
Jan 6, 2025	Mon	Practice (7/8 (B) Modified Swim Practice)	N/A	3:00 PM	5:00 PM	TBD			
Jan 7, 2025	Tue	Practice (7/8 (B) Modified Swim Practice)	N/A	3:00 PM	5:00 PM	TBD			
Jan 8, 2025	Wed	Regular Season	Rome Free Academy, New Hartford, Holland Patent	4:30 PM		PHS Swimming Pool	Bus/Driver: Durham		L
Jan 9, 2025	Thu	Practice (7/8 (B) Modified Swim Practice)	N/A	3:00 PM	5:00 PM	TBD			
Jan 10, 2025	Fri	Practice (7/8 (B) Modified Swim Practice)	N/A	3:00 PM	5:00 PM	TBD			

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Jan 13, 2025	Mon	Practice (7/8 (B) Modified Swim Practice)	N/A	3:00 PM	5:00 PM	TBD			
Jan 14, 2025	Tue	Practice (7/8 (B) Modified Swim Practice)	N/A	3:00 PM	5:00 PM	TBD			
Jan 15, 2025	Wed	Regular Season	New Hartford, Rome Free Academy @ Holland Patent	5:00 PM		Holland Patent HS-Pool	Departure Point: arcuri entrance Departure Time: 3:30 PM		L

Date: 2025-12-10