Coaches:

• Thomas Graban, Head Coach

| DATE | WEEK DAY | ТҮРЕ | OPPONENTS | START TIME | END TIME | | TRANSPORTATION | LEAGUE / NON- LEAGUE |
|--------------|-------------|--|---|---------------|-------------|---|----------------|----------------------------|
| Dec 1, 2022 | Thu | Regular Season | South Jefferson | 5:00 PM | | Watertown H S | | L |
| Dec 3, 2022 | Sat | Regular Season (Swim Invitational) | TBD @ Hilton | TBD | | Hilton HS | | NL |
| Dec 7, 2022 | Wed | Regular Season | @ Lowville | 5:00 PM | | Lowville High School Main Gym | | L |
| Dec 8, 2022 | Thu | Regular Season 108-68 W | @ Mexico | 5:00 PM | 7:00 PM | Mexico HS-Pool | | NL |
| Dec 10, 2022 | Sat | Meet (Indian River Invitational) | Vs. Multiple | 11:00 AM | 4:00 PM | Middle School Pool, Indian River Middle School Gym #3 (Pool Side) | | NL |
| Dec 13, 2022 | Tue | Regular Season 134-34 W | Carthage | 5:00 PM | | Watertown H S | | L |
| Dec 15, 2022 | Thu | Regular Season | @ Indian River | 5:00 PM | | Middle School Pool | | L |
| Dec 20, 2022 | Tue | Regular Season | Gouverneur | 5:00 PM | | Watertown H S | | L |
| Dec 22, 2022 | Thu | Regular Season 109-45 W | @ Carthage | 5:00 PM | | Carthage HS Pool | | L |
| Jan 10, 2023 | Tue | Regular Season | Indian River | 5:00 PM | | Watertown H S | | L |
| Jan 13, 2023 | Fri | Regular Season | Nottingham (Syracuse City) | 5:00 PM | | Nottingham HS | | NL |
| Jan 14, 2023 | Sat | Regular Season (Tournament- Invitational) | TBD, Lowville, South Jefferson, Indian River, Gouverneur | 12:00 PM | | Watertown H S | | L |
| Jan 21, 2023 | Sat | Meet (Frontier League Championship) | Vs. Multiple | 11:00 AM | 4:00 PM | Middle School Pool, Indian River Middle School Gym #3 (Pool Side) | | NL |
| Jan 31, 2023 | Tue | Regular Season (League Diving Championships) | Lowville, Gouverneur, South Jefferson @ Indian River | | 6:30 PM | Middle School Pool | | L |
| Feb 2, 2023 | Thu | Regular Season | New Hartford | 5:30 PM | | Watertown H S | | L |
| Feb 11, 2023 | Sat | Post-Season (Diving Sectionals) | @ Nottingham (Syracuse City) | 2:00 PM | 4:00 PM | Nottingham High School (Pool) | | NL |

Date: 2025-12-19