



West Canada Valley

(G) V Swimming/Diving

Coaches:

- Alyson Good, Head Coach
- Les Dalmata, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 7, 2022	Wed	Regular Season 30-55 L	@ Whitesboro	5:30 PM		TBD	Departure Time: 4:15 PM		L
Sep 9, 2022	Fri	Regular Season	@ Holland Patent	4:30 PM		Holland Patent HS-Pool	Departure Time: 3:00 PM		L
Sep 12, 2022	Mon	Regular Season	Adirondack	4:30 PM	7:30 PM	WCV Pool			L
Sep 14, 2022	Wed	Regular Season	Cooperstown (Cooperstown/Milford)	5:00 PM		WCV Pool	Bus/Driver: West Canada Valley CSD		L
Sep 16, 2022	Fri	Regular Season	Rome Free Academy	4:30 PM		WCV Pool	Bus/Driver: West Canada Valley CSD		L
Sep 20, 2022	Tue	Regular Season 74-67 W	@ Utica Proctor	4:30 PM		PHS Swimming Pool	Departure Time: 3:00 PM		L
Sep 27, 2022	Tue	Regular Season 37-60 L	Whitesboro	5:30 PM		WCV Pool			L
Sep 29, 2022	Thu	Regular Season	Holland Patent	4:30 PM		WCV Pool			L
Oct 4, 2022	Tue	Regular Season	@ Adirondack	4:30 PM	7:30 PM	Pool	Departure Time: 3:00 PM		L
Oct 6, 2022	Thu	Regular Season	@ Cooperstown (Cooperstown/Milford)	5:00 PM		Clark's Sports Center			L
Oct 13, 2022	Thu	Regular Season	@ Rome Free Academy	4:30 PM		RFA Pool	Departure Time: 3:00 PM		L
Oct 18, 2022	Tue	Regular Season 55-36 W	Utica Proctor	4:30 PM		WCV Pool			L
Oct 20, 2022	Thu	Regular Season (Dive Championship)	Adirondack, Whitesboro, Cooperstown (Cooperstown/Milford), Holland Patent, Rome Free Academy @ Utica Proctor	4:30 PM	7:30 PM	PHS Swimming Pool	Departure Time: 3:00 PM		L
Oct 21, 2022	Fri	Regular Season ((Swim Championships))	Holland Patent, Whitesboro, Utica Proctor, Adirondack, Cooperstown (Cooperstown/Milford) @ Rome Free Academy	5:00 PM		RFA Pool, RFA Auxilliary Gym	Departure Time: 3:00 PM		L

Date: 2025-12-05