



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 12, 2023 | Tue | Regular Season | @ Adirondack | 4:30 PM | 7:30 PM | Pool | | Departure Time: 3:00 PM | L |
| Sep 14, 2023 | Thu | Regular Season | @ Holland Patent | 5:00 PM | | Holland Patent HS-Pool | | Departure Time: 3:30 PM | L |
| Sep 19, 2023 | Tue | Regular Season | Cooperstown (Cooperstown/Milford) | 5:00 PM | | Herkimer County CC | Bus/Driver: West Canada Valley CSD | | L |
| Sep 21, 2023 | Thu | Regular Season | @ Utica Proctor | 4:30 PM | | PHS Swimming Pool | | Departure Time: 3:30 PM | L |
| Sep 26, 2023 | Tue | Regular Season | @ Whitesboro | 5:30 PM | | Holland Patent HS Swimming pool | | Departure Time: 4:00 PM | L |
| CANCELLED Sep 28, 2023 | Thu | Regular Season | Rome Free Academy | 4:30 PM | | Herkimer County Community College | | | L |
| CANCELLED Oct 3, 2023 | Tue | Regular Season | @ New Hartford | 5:00 PM | | New Hartford HS Pool | | Departure Time: 3:45 PM | L |
| Oct 3, 2023 | Tue | Regular Season | Cooperstown (Cooperstown/Milford) @ Rome Free Academy | 5:00 PM | | RFA Pool | | | L |
| Oct 5, 2023 | Thu | Regular Season | Adirondack | 4:30 PM | | Herkimer County CC | | | L |
| Oct 10, 2023 | Tue | Regular Season | Holland Patent | 4:30 PM | | Herkimer County CC | Bus/Driver: West Canada Valley CSD | | L |
| Oct 12, 2023 | Thu | Regular Season | New Hartford @ Rome Free Academy | 4:30 PM | | RFA Pool | | | L |
| CANCELLED Oct 12, 2023 | Thu | Regular Season | @ Cooperstown (Cooperstown/Milford) | 5:00 PM | | Clark's Sports Center | | | L |
| Oct 16, 2023 | Mon | Regular Season | South Lewis | 4:30 PM | | Herkimer County CC | | | NL |
| Oct 19, 2023 | Thu | Regular Season (Diving Championship) | New Hartford, Rome Free Academy, Holland Patent, Adirondack, Whitesboro @ Utica Proctor | 5:00 PM | | PHS Swimming Pool | | | L |
| Oct 19, 2023 | Thu | Regular Season (Diving Championships) | @ TBD | TBD | | TBD | Bus/Driver: West Canada Valley CSD | | L |
| Oct 20, 2023 | Fri | Post-Season (TVL Swim Champs at RFA) | Adirondack, Holland Patent, Cooperstown (Cooperstown/Milford), Utica Proctor, Whitesboro, New Hartford @ Rome Free Academy | 5:00 PM | | RFA Pool | | | L |

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|--------------|-------------|--|-----------|---------------|-------------|----------|--|----------------|----------------------------|
| Oct 20, 2023 | Fri | Regular Season (Swim Chamionships) | @ TBD | TBD | TBD | | Bus/Driver: West Canada Valley CSD | | L |

Date: 2025-12-06