



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	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 11, 2025	Thu	Regular Season	Holland Patent	4:30 PM		WCV Pool		L
Sep 18, 2025	Thu	Regular Season (@ West Canada HS Pool)	@ Utica Proctor	4:30 PM		WCV Pool	Departure Time: 2:30 PM	L
Sep 25, 2025	Thu	Regular Season	@ Rome Free Academy	4:30 PM		RFA Pool	Departure Time: 2:30 PM	L
Oct 2, 2025	Thu	Regular Season	@ Cooperstown (Cooperstown/Milford)	5:00 PM		Clark's Sports Center	Departure Time: 2:30 PM	L
Oct 9, 2025	Thu	Regular Season	New Hartford	5:00 PM		WCV Pool		L
Oct 14, 2025	Tue	Regular Season	Cooperstown (Cooperstown/Milford) @ Holland Patent	5:00 PM		Holland Patent HS-Pool	Departure Time: 3:30 PM	L
Oct 16, 2025	Thu	Regular Season	Adirondack	4:30 PM		WCV Pool		L
Oct 23, 2025	Thu	Post-Season (TVL Diving Championship)	New Hartford, Holland Patent, Adirondack, Utica Proctor @ Rome Free Academy	4:30 PM		RFA Pool	Departure Time: 2:00 PM	L
Oct 24, 2025	Fri	Post-Season (TVL Swim Championship Meet)	New Hartford, Holland Patent, Cooperstown (Cooperstown/Milford), Adirondack, Utica Proctor @ Rome Free Academy	5:00 PM		RFA Pool	Departure Time: 2:30 PM	L
Nov 1, 2025	Sat	Meet (Diving Class Meet)	Vs. Multiple	10:00 AM		Nottingham High School Pool		NL
CANCELLED Nov 1, 2025	Sat	Post-Season (Sectionals-Diving)	New Hartford, Holland Patent, Adirondack, Utica Proctor, Rome Free Academy, TBD @ Nottingham (Syracuse)	TBD		Nottingham High School (Pool)		L
Nov 5, 2025	Wed	Post-Season (Sectionals)	New Hartford, Holland Patent, Cooperstown (Cooperstown/Milford), Adirondack, Utica Proctor, Rome Free Academy @ Nottingham (Syracuse)	12:40 PM		Nottingham High School (Pool)	Departure Time: 10:30 AM	L
Nov 7, 2025	Fri	Post-Season (State Qualifiers)	New Hartford, Holland Patent, Cooperstown (Cooperstown/Milford), Adirondack, Utica Proctor, Rome Free Academy @ Nottingham (Syracuse)	12:40 PM		Nottingham High School (Pool)		L

Date: 2025-12-05