



Corning-Painted Post

(G) V Swimming/Diving

Coaches:

- Alyssa Helsing, Head Coach
- Anthony Furstoss, Asst Coach
- Anthony Bartone, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 1, 2023	Fri	Regular Season 96-81 W	Maine-Endwell	5:30 PM	8:00 PM	C P P High School			L
Sep 5, 2023	Tue	Regular Season 97-61 W	@ Binghamton	5:30 PM	8:00 PM	East Middle School Pool		Departure Point: High School Pool Departure Time: 2:45 PM	L
Sep 9, 2023	Sat	Regular Season (2023 Wolverine Swim & Dive Invite)	@ TBD	10:00 AM		Waverly High School Pool		Departure Point: High School Pool Departure Time: 7:40 AM	NL
Sep 12, 2023	Tue	Regular Season 92-77 W	Johnson City	6:00 PM	8:00 PM	C P P High School			L
Sep 19, 2023	Tue	Regular Season 58-43 W	@ Union-Endicott	5:30 PM	8:00 PM	UEHS Pool	Class Dismissal: 2:25 PM	Departure Point: C-PP MS Departure Time: 2:35 PM	L
Sep 22, 2023	Fri	Regular Season (Invitational In the Glen - Day 1 - Live Stream on NFHS)	Notre Dame, Elmira, Lansing, Shenendehowa High School, Valley Central, Skaneateles, Wallkill, Fairport, Albany Academies, Hilton, Southern Cayuga, Waverly, Horseheads, Burnt Hills-Ballston Lake HS, Whitney Point @ Watkins Glen (Storm)	4:30 PM	8:00 PM	W G Pool	Bus/Driver: Divers going with Team done by 4:30pm; will need a ride back to CPP Class Dismissal: 2:00 PM	Departure Point: C-PP MS Departure Time: 2:10 PM	NL
Sep 23, 2023	Sat	Regular Season (Invitational In the Glen - Day 2 Diving 9:30 AM & Swimming 2 PM - NFHS Live Stream Swim Only)	Notre Dame, Elmira, Lansing, Shenendehowa High School, Valley Central, Skaneateles, Wallkill, Fairport, Albany Academies, Hilton, Burnt Hills-Ballston Lake HS, Southern Cayuga, Waverly, Horseheads, Whitney Point @ Watkins Glen (Storm)	9:30 AM	8:00 PM	W G Pool	Bus/Driver: 1 van needed to take coach Helsing and divers	Departure Point: High School Pool Departure Time: 7:30 AM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 26, 2023	Tue	Regular Season 101-84 W	Vestal	5:30 PM	8:00 PM	C P P High School			L
Oct 3, 2023	Tue	Regular Season 99-78 W	@ Elmira	5:30 PM	8:00 PM	EDA Pool		Departure Point: High School Pool Departure Time: 3:30 PM	L
Oct 10, 2023	Tue	Regular Season 75-111 L	@ Horseheads	5:30 PM	8:00 PM	HHS HS Pool		Departure Point: High School Pool Departure Time: 3:40 PM	L
Oct 13, 2023	Fri	Regular Season (Elmira Invitational Diving)	@ TBD	5:00 PM		EDA Pool	Bus/Driver: 1 van needed Class Dismissal: 2:30 PM	Departure Point: High School Pool Departure Time: 2:40 PM	NL
Oct 14, 2023	Sat	Regular Season (Elmira Invitational Swimming)	@ TBD	10:15 AM		EDA Pool		Departure Point: High School Pool Departure Time: 8:00 AM	NL
Oct 24, 2023	Tue	Regular Season (Senior Night - 5 Seniors) 99-84 W	Ithaca	5:15 PM		C P P High School			L
Nov 1, 2023	Wed	Post-Season (Sectionals-Prelims swimming)	@ TBD	5:00 PM		Ernie Davis Academy Natatorium	Class Dismissal: 2:15 PM	Departure Point: High School Pool Departure Time: 2:25 PM	L
Nov 3, 2023	Fri	Post-Season (Sectionals for Diving)	@ TBD	3:30 PM		Ernie Davis Academy Natatorium	Bus/Driver: Just need a van driver to drop them off at Ernie Davis Class Dismissal: 12:55 PM	Departure Point: High School Pool Departure Time: 1:05 PM	L
Nov 4, 2023	Sat	Post-Season (Section IV Finals - Class A)	Elmira, Ithaca, Binghamton, Horseheads, Vestal, Union-Endicott @ Watkins Glen (Storm)	3:30 PM		W G Pool		Departure Point: High School Pool Departure Time: 1:10 PM	NL
Nov 17, 2023	Fri	Post-Season (Swimming & Diving States)	@ TBD	TBD		Webster Aquatic Center	Bus/Driver: 1 Van needed that seats 9 comfortably	Departure Date: Nov 16, 2023	L
Nov 18, 2023	Sat	Post-Season (Swimming & diving States)	@ TBD	TBD		Webster Aquatic Center	Bus/Driver: 1 Van needed that seats 9 comfortably		L

Date: 2024-04-09