

Coaches:

- Keith Ess, Head Coach
- Allison Newkirk
- Elizabeth Potter

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Aug 18, 2025	Mon	Practice (Varsity Practice)	N/A	5:30 PM	7:00 PM	EDA Pool		
Aug 19, 2025	Tue	Practice (Varsity Practice)	N/A	5:30 PM	7:00 PM	EDA Pool		
Aug 20, 2025	Wed	Practice (Varsity Practice)	N/A	5:30 PM	7:00 PM	EDA Pool		
Aug 21, 2025	Thu	Practice (Varsity Practice)	N/A	5:30 PM	7:00 PM	EDA Pool		
Aug 22, 2025	Fri	Practice (Varsity Practice)	N/A	5:30 PM	7:00 PM	EDA Pool		
Aug 23, 2025	Sat	Practice	N/A	8:00 AM	10:00 AM	EDA Pool		
Aug 25, 2025	Mon	Practice (Varsity Practice)	N/A	5:30 PM	7:00 PM	EDA Pool		
Aug 26, 2025	Tue	Practice (Varsity Practice)	N/A	5:30 PM	7:00 PM	EDA Pool		
Aug 27, 2025	Wed	Practice (Varsity Practice)	N/A	5:30 PM	7:00 PM	EDA Pool		
Aug 28, 2025	Thu	Regular Season 87-97 L	@ Vestal	5:30 PM	8:00 PM	Vestal High School Pool		L
Aug 29, 2025	Fri	Practice (Varsity Practice)	N/A	5:30 PM	7:00 PM	EDA Pool		
Aug 30, 2025	Sat	Practice	N/A	8:00 AM	10:00 AM	EDA Pool		
Sep 1, 2025	Mon	Practice	N/A	5:30 PM	7:00 PM	EDA Pool		
Sep 2, 2025	Tue	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Sep 3, 2025	Wed	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Sep 4, 2025	Thu	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Sep 5, 2025	Fri	Regular Season 61-40 W	@ Union- Endicott	5:30 PM	8:00 PM	UEHS Pool		L
Sep 6, 2025	Sat	Practice	N/A	8:00 AM	10:00 AM	EDA Pool		
Sep 8, 2025	Mon	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Sep 9, 2025	Tue	Regular Season 99-69 W	Johnson City	5:30 PM	8:00 PM	EDA Pool		L
Sep 10, 2025	Wed	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Sep 11, 2025	Thu	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Sep 12, 2025	Fri	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
CANCELLED Sep 13, 2025	Sat	Regular Season (JC Relays)	@ TBD	TBD		Johnson City High School		L
Sep 15, 2025	Mon	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Sep 15, 2025	Mon	Regular Season 83-48 W	@ Susquehanna Valley	5:30 PM	7:00 PM	SVHS Pool		NL

Sep 17, 2025 Wed Practice N/A 3.45 bits 5.30 bits EDA Pool NL Sep 18, 2025 Thu Regular Season Windsor 5.30 bits EDA Pool NL Sep 19, 2025 Fri Practice N/A 3.45 bits 5.30 bits EDA Pool LA Sep 20, 2025 Mon Practice N/A 3.45 bits 5.30 bits EDA Pool LA Sep 24, 2025 Wed Practice N/A 3.45 bits 5.30 bits EDA Pool N/A Sep 24, 2025 Wed Practice N/A 3.45 bits 5.30 bits EDA Pool N/A Sep 24, 2025 Med Practice N/A 3.45 bits 5.30 bits EDA Pool N/A Sep 25, 2025 Thu Practice N/A 3.45 bits 5.30 bits EDA Pool N/A Sep 26, 2025 An Practice N/A 3.45 bits 5.30 bits EDA Pool L Sep 27, 2025 Sat Practice N/A	DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 19, 2025	Sep 17, 2025	Wed	Practice	N/A			EDA Pool		
Sep 19, 2025 Fin	Sep 18, 2025	Thu		Windsor			EDA Pool		NL
Sep 22, 2025 Mon Practice N/A 345 530 EDA Pool	Sep 19, 2025	Fri	Practice	N/A			EDA Pool		
Sep 24, 2025 Web Practice N/A PM PM PM EUA Pool	Sep 20, 2025	Sat	Practice	N/A			EDA Pool		
Sep 24, 2025 Wed Regular Season 100-78 W 100-	Sep 22, 2025	Mon	Practice	N/A	PM	PM	EDA Pool		
Sep 24, 2025 Wed 100-78 W Apalachin PM EDA Pool NL Sep 25, 2025 Thu Practice N/A 345 530 EDA Pool L Sep 26, 2025 Fri Regular Season 63-102 L Mroseheads PM 8-00 1-00 EDA Pool L Sep 27, 2025 Sat Practice N/A 8-00 1-00 EDA Pool L Sep 30, 2025 Mon Practice N/A 3-45 5-30 EDA Pool L Sep 30, 2025 Tue Regular Season Corning-Painted Post 590 EDA Pool L Oct 1, 2025 Wed Practice N/A 3-45 5-30 EDA Pool L Oct 4, 2025 Sat Segular Season (Elmira Diving Invitational) PM EDA Pool L Oct 4, 2025 Mon Practice N/A 3-45 5-30 EDA Pool L Oct 1, 2025 Mon Practice N/A 3-45 5-30 EDA Pool	Sep 24, 2025	Wed			PM		EDA Pool		
Sep 26, 2025	Sep 24, 2025	Wed			PM		EDA Pool		NL
Sep 27, 2025 Sat Practice N/A 8.00 AM PM P	Sep 25, 2025	Thu		N/A	PM		EDA Pool		
Sep 29, 2025 Mon Practice N/A AM AM AM EDA Pool Sep 30, 2025 Tue Regular Season 80-92 L Corning-Painted Post PM FM PM EDA Pool L Oct 1, 2025 Wed Practice N/A 3'45 5:30 PM EDA Pool L Oct 3, 2025 Fri Regular Season (Elmira Diving Invitational) TBD 3:30 PM EDA Pool L Oct 4, 2025 Sat Regular Season (Elmira Swim/Diving Invitational) Corning-Painted Post EDA Pool L Oct 6, 2025 Mon Practice N/A 3'45 5:30 PM EDA Pool L Oct 7, 2025 Tue Regular Season (Elmira Swim/Diving Invitational) Season (Elmira Swim/Diving Invitational) PM	Sep 26, 2025	Fri			PM		HHS HS Pool		L
Sep 29, 2025 Mon Practice N/A PM. PM. PM. PM. PM. EDA Pool EDA Pool L Sep 30, 2025 Tue Regular Season 80-92 L Corning-painted Post PM.	Sep 27, 2025	Sat	Practice	N/A	AM		EDA Pool		
Sep 30, 2025 New Mode Practice N/A 345 530 EDA Pool	Sep 29, 2025	Mon	Practice	N/A			EDA Pool		
Oct 1, 2025 Wed Practice N/A PM PM EDA Pool L	Sep 30, 2025	Tue					EDA Pool		L
Diving Inivitational Diving Inivitational Satisfied Post Satisfied	Oct 1, 2025	Wed	Practice	N/A			EDA Pool		
Oct 4, 2025 Sat Swimming) Swimmon Painted Post AM EDA Pool L Oct 6, 2025 Mon Practice N/A 3:45 PM PM 5:30 PM PM EDA Pool Oct 7, 2025 Tue Regular Season 103-72 W @ Binghamton PM PM PM School Pool L Oct 8, 2025 Wed Practice N/A PM PM PM PM PM School Pool EDA Pool Oct 10, 2025 Fri Practice N/A 3:45 PM	Oct 3, 2025	Fri	Diving Inivtational)	TBD			EDA Pool		L
Oct 6, 2025 Mon Practice N/A PM PM EDA Pool Oct 7, 2025 Tue Regular Season 103-72 W @ Binghamton 5:30 PM 8:00 East Middle School Pool L Oct 8, 2025 Wed Practice N/A 3:45 PM PM PM PM PM EDA Pool EDA Pool Oct 10, 2025 Fri Practice N/A 8:00 PM PM PM PM EDA Pool EDA Pool Oct 11, 2025 Sat Practice N/A 8:00 PM PM PM PM EDA Pool EDA Pool Oct 13, 2025 Mon Practice N/A 8:00 PM PM PM EDA Pool EDA Pool Oct 14, 2025 Tue Regular Season Regular Season Regular Season Regular Season Ithaca 5:30 PM	Oct 4, 2025	Sat	Swim/Diving Invitational -				EDA Pool		L
Oct 7, 2025 Tue 103-72 W Binghamton PM PM School Pool L Oct 8, 2025 Wed Practice N/A 3:45	Oct 6, 2025	Mon	Practice	N/A			EDA Pool		
Oct 10, 2025 Fri Practice N/A PM PM EDA Pool Oct 10, 2025 Fri Practice N/A 3:45 PM 5:30 PM EDA Pool Oct 11, 2025 Sat Practice N/A 8:00 AM 10:00 AM EDA Pool Oct 13, 2025 Mon Practice N/A 8:00 AM EDA Pool Oct 14, 2025 Tue Regular Season Regular Season Ithaca 5:30 PM EDA Pool Oct 15, 2025 Wed Practice N/A 3:45 PM FM EDA Pool Oct 16, 2025 Thu Regular Season Maine-Endwell PM PM EDA Pool L Oct 17, 2025 Fri Practice N/A 3:45 PM 5:30 PM EDA Pool L Oct 18, 2025 Sat Practice N/A 8:00 PM PM EDA Pool EDA Pool Oct 20, 2025 Mon Practice N/A 3:45 PM F:30 PM EDA Pool L	Oct 7, 2025	Tue			PM	PM			L
Oct 10, 2025 FTI Practice N/A PM PM EDA Pool Oct 11, 2025 Sat Practice N/A 8:00 AM 10:00 AM AM ADA Pool Oct 13, 2025 Mon Practice N/A 8:00 AM 10:00 AM ADA Pool Oct 14, 2025 Tue Regular Season Regular Season Ithaca 5:30 PM EDA Pool L Oct 15, 2025 Wed Practice N/A 3:45 PM FM PM PM EDA Pool L Oct 16, 2025 Thu Regular Season Maine-Endwell 5:30 PM EDA Pool L Oct 17, 2025 Fri Practice N/A 3:45 S:30 PM EDA Pool L Oct 18, 2025 Sat Practice N/A 8:00 AM EDA Pool L Oct 20, 2025 Mon Practice N/A 3:45 S:30 PM EDA Pool L Oct 21, 2025 Tue Practice N/A 3:45 S:30 EDA Pool L	Oct 8, 2025	Wed	Practice	N/A			EDA Pool		
Oct 11, 2025 Sat Practice N/A AM AM <td>Oct 10, 2025</td> <td>Fri</td> <td>Practice</td> <td>N/A</td> <td></td> <td></td> <td>EDA Pool</td> <td></td> <td></td>	Oct 10, 2025	Fri	Practice	N/A			EDA Pool		
Oct 13, 2025 Mon Practice N/A AM AM EDA Pool Oct 14, 2025 Tue Regular Season 83-93 L Ithaca 5:30 PM	Oct 11, 2025	Sat	Practice	N/A			EDA Pool		
Oct 14, 2025 Tue 83-93 L Ithaca PM PM EDA Pool L Oct 15, 2025 Wed Practice N/A 3:45 5:30 PM EDA Pool EDA Pool L Oct 16, 2025 Thu Regular Season Maine-Endwell PM PM EDA Pool L Oct 17, 2025 Fri Practice N/A 3:45 5:30 PM EDA Pool Oct 18, 2025 Sat Practice N/A 8:00 AM 10:00 AM EDA Pool Oct 20, 2025 Mon Practice N/A 3:45 5:30 PM EDA Pool L Oct 20, 2025 Mon Regular Season Notre Dame, Elmira 5:30 PM EDA Pool L	Oct 13, 2025	Mon	Practice	N/A			EDA Pool		
Oct 15, 2025 Wed Practice N/A PM PM EDA Pool Oct 16, 2025 Thu Regular Season Maine-Endwell 5:30 8:00 PM PM PM PM PM PM EDA Pool L Oct 17, 2025 Fri Practice N/A 3:45 5:30 PM PM PM PM PM PM EDA Pool EDA Pool Oct 18, 2025 Sat Practice N/A 8:00 AM AM AM PM EDA Pool EDA Pool Oct 20, 2025 Mon Practice N/A 3:45 5:30 PM PM PM EDA Pool EDA Pool Oct 20, 2025 Mon Regular Season Notre Dame, Elmira 5:30 PM PM PM PM EDA Pool EDA Pool	Oct 14, 2025	Tue		Ithaca			EDA Pool		L
Oct 16, 2025 Thu Regular Season Endwell PM PM PM PM EDA Pool EDA Pool Oct 17, 2025 Fri Practice N/A 3:45 5:30 PM	Oct 15, 2025	Wed	Practice	N/A			EDA Pool		
Oct 17, 2025 Fri Practice N/A PM PM PM EDA Pool Oct 18, 2025 Sat Practice N/A 8:00 AM AM AM EDA Pool AM Pool Oct 20, 2025 Mon Practice N/A 3:45 PM PM PM EDA Pool Oct 20, 2025 Mon Practice N/A 3:45 PM PM PM PM PM PPOOL Oct 20, 2025 Mon Regular Season Notre Dame, Elmira 5:30 PM PM PM PPOOL Oct 21, 2025 Tue Practice N/A 3:45 PM PPOOL	Oct 16, 2025	Thu	Regular Season		PM		EDA Pool		L
Oct 18, 2025 Sat Practice N/A AM AM <td>Oct 17, 2025</td> <td>Fri</td> <td>Practice</td> <td>N/A</td> <td></td> <td></td> <td>EDA Pool</td> <td></td> <td></td>	Oct 17, 2025	Fri	Practice	N/A			EDA Pool		
Oct 20, 2025 Mon Regular Season Notre Dame, Elmira PM EDA Pool L Oct 21, 2025 Tue Practice N/A PM EDA Pool L Oct 21, 2025 Tue Practice N/A 3:45 5:30 EDA Pool	Oct 18, 2025	Sat	Practice	N/A			EDA Pool		
Oct 21, 2025 Mon Regular Season Elmira PM EDA Pool Oct 21, 2025 Tue Practice N/A 3:45 5:30 EDA Pool	Oct 20, 2025	Mon	Practice	N/A			EDA Pool		
	Oct 20, 2025	Mon	Regular Season				EDA Pool		L
	Oct 21, 2025	Tue	Practice	N/A			EDA Pool		

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Oct 22, 2025	Wed	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Oct 23, 2025	Thu	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Oct 24, 2025	Fri	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Oct 25, 2025	Sat	Practice	N/A	8:00 AM	10:00 AM	EDA Pool		
Oct 27, 2025	Mon	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Oct 28, 2025	Tue	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Oct 29, 2025	Wed	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Oct 30, 2025	Thu	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Oct 31, 2025	Fri	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Nov 1, 2025	Sat	Practice	N/A	10:00 AM	12:00 PM	EDA Pool		
Nov 3, 2025	Mon	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Nov 4, 2025	Tue	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Nov 5, 2025	Wed	Regular Season (Sectional Prelims)	TBD	5:00 PM		EDA Pool		L
Nov 6, 2025	Thu	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Nov 7, 2025	Fri	Regular Season (Diving Finals)	TBD	12:00 PM		EDA Pool		L
Nov 8, 2025	Sat	Regular Season (Sectional Finals)	@ TBD	TBD		Watkins Gler High School	1	L
Nov 21, 2025	Fri	Regular Season (State Meet)	@ TBD	TBD		Webster Schroeder		L
Nov 22, 2025	Sat	Regular Season (State Meet)	@ TBD	TBD		Webster Schroeder		L

Date: 2025-12-06