



# Elmira

## (B) V Swimming/Diving

### Coaches:

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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE
Nov 18, 2024	Mon	Practice	N/A	4:00 PM	6:00 PM	EDA Pool	
Nov 19, 2024	Tue	Practice	N/A	4:00 PM	6:00 PM	EDA Pool	
Nov 20, 2024	Wed	Practice	N/A	4:00 PM	6:00 PM	EDA Pool	
Nov 21, 2024	Thu	Practice	N/A	4:00 PM	6:00 PM	EDA Pool	
Nov 22, 2024	Fri	Practice	N/A	4:00 PM	6:00 PM	EDA Pool	
Nov 25, 2024	Mon	Practice	N/A	4:00 PM	6:00 PM	EDA Pool	
Nov 26, 2024	Tue	Practice	N/A	4:00 PM	6:00 PM	EDA Pool	
Nov 27, 2024	Wed	Practice	N/A	8:00 AM	9:30 AM	EDA Pool	
Nov 30, 2024	Sat	Practice	N/A	8:00 AM	9:30 AM	EDA Pool	
Dec 2, 2024	Mon	Practice	N/A	4:00 PM	6:00 PM	EDA Pool	
Dec 3, 2024	Tue	Regular Season 86-73 W	@ Johnson City	5:30 PM	8:00 PM	JC HS Pool	L
Dec 4, 2024	Wed	Practice	N/A	4:00 PM	6:00 PM	EDA Pool	
Dec 5, 2024	Thu	Practice	N/A	4:00 PM	6:00 PM	EDA Pool	
Dec 6, 2024	Fri	Practice	N/A	4:00 PM	6:00 PM	EDA Pool	
Dec 7, 2024	Sat	Practice	N/A	8:00 AM	9:30 AM	EDA Pool	
Dec 9, 2024	Mon	Practice	N/A	4:00 PM	6:00 PM	EDA Pool	
Dec 10, 2024	Tue	Regular Season 61-91 L	Union-Endicott	5:30 PM	8:00 PM	EDA Pool	L
Dec 11, 2024	Wed	Practice	N/A	4:00 PM	6:00 PM	EDA Pool	
Dec 12, 2024	Thu	Practice	N/A	4:00 PM	6:00 PM	EDA Pool	
Dec 13, 2024	Fri	Regular Season (Elmira Invitational - Diving)	TBD	5:00 PM		EDA Pool	L
Dec 14, 2024	Sat	Regular Season (Elmira Invitational - Swimming)	TBD	10:15 AM		EDA Pool	L
Dec 16, 2024	Mon	Practice	N/A	4:00 PM	6:00 PM	EDA Pool	
Dec 17, 2024	Tue	Regular Season 66-89 L	Vestal	5:30 PM	8:00 PM	EDA Pool	L
Dec 19, 2024	Thu	Practice	N/A	4:00 PM	5:30 PM	EDA Pool	
Dec 20, 2024	Fri	Practice	N/A	4:00 PM	5:30 PM	EDA Pool	
Dec 23, 2024	Mon	Practice	N/A	8:00 AM	9:30 AM	EDA Pool	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 24, 2024	Tue	Practice	N/A	8:00 AM	9:30 AM	EDA Pool		
Dec 26, 2024	Thu	Practice	N/A	8:00 AM	9:30 AM	EDA Pool		
Dec 27, 2024	Fri	Practice	N/A	8:00 AM	9:30 AM	EDA Pool		
Dec 30, 2024	Mon	Practice	N/A	8:00 AM	9:30 AM	EDA Pool		
Dec 31, 2024	Tue	Practice	N/A	8:00 AM	9:30 AM	EDA Pool		
Jan 2, 2025	Thu	Practice	N/A	8:00 AM	9:30 AM	EDA Pool		
Jan 3, 2025	Fri	Practice	N/A	8:00 AM	9:30 AM	EDA Pool		
Jan 6, 2025	Mon	Practice	N/A	4:00 PM	5:30 PM	EDA Pool		
Jan 7, 2025	Tue	Regular Season 54-106 L	Horseheads	5:30 PM	8:00 PM	EDA Pool		L
Jan 8, 2025	Wed	Practice	N/A	4:00 PM	5:30 PM	EDA Pool		
Jan 9, 2025	Thu	Practice	N/A	4:00 PM	5:30 PM	EDA Pool		
Jan 10, 2025	Fri	Regular Season 72-83 L	@ Owego Apalachin	4:30 PM		OFA Pool		NL
Jan 11, 2025	Sat	Practice	N/A	8:00 AM	9:30 AM	EDA Pool		
Jan 13, 2025	Mon	Practice	N/A	4:00 PM	5:30 PM	EDA Pool		
Jan 15, 2025	Wed	Practice	N/A	4:00 PM	5:30 PM	EDA Pool		
Jan 16, 2025	Thu	Practice	N/A	4:00 PM	5:30 PM	EDA Pool		
Jan 17, 2025	Fri	Practice	N/A	4:00 PM	5:30 PM	EDA Pool		
Jan 17, 2025	Fri	Regular Season 69-82 L	@ Corning-Painted Post	5:30 PM	8:00 PM	C P P High School		L
Jan 18, 2025	Sat	Practice	N/A	8:00 AM	9:30 AM	EDA Pool		
Jan 20, 2025	Mon	Practice	N/A	8:00 AM	9:30 AM	EDA Pool		
Jan 21, 2025	Tue	Practice	N/A	4:00 PM	5:30 PM	EDA Pool		
Jan 22, 2025	Wed	Practice	N/A	4:00 PM	5:30 PM	EDA Pool		
Jan 23, 2025	Thu	Practice	N/A	4:00 PM	5:30 PM	EDA Pool		
Jan 24, 2025	Fri	Practice	N/A	4:00 PM	5:30 PM	EDA Pool		
Jan 25, 2025	Sat	Practice	N/A	8:00 AM	9:30 AM	EDA Pool		
Jan 27, 2025	Mon	Practice	N/A	4:00 PM	5:30 PM	EDA Pool		
Jan 28, 2025	Tue	Regular Season 79-47 W	Binghamton	5:30 PM	8:00 PM	EDA Pool		L
Jan 29, 2025	Wed	Practice	N/A	4:00 PM	5:30 PM	EDA Pool		
Jan 30, 2025	Thu	Regular Season 69-92 L	@ Maine-Endwell	5:30 PM	8:00 PM	Maine-Endwell HS Pool		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 31, 2025	Fri	Practice	N/A	4:00 PM	5:30 PM	EDA Pool		
Feb 1, 2025	Sat	Practice	N/A	8:00 AM	9:30 AM	EDA Pool		
Feb 3, 2025	Mon	Practice	N/A	4:00 PM	5:30 PM	EDA Pool		
Feb 4, 2025	Tue	Regular Season 68-95 L	@ Ithaca	5:30 PM	8:00 PM	IHS Pool (C150)		L
Feb 5, 2025	Wed	Practice	N/A	4:00 PM	5:30 PM	EDA Pool		
Feb 6, 2025	Thu	Practice	N/A	4:00 PM	5:30 PM	EDA Pool		
Feb 7, 2025	Fri	Practice	N/A	4:00 PM	5:30 PM	EDA Pool		
Feb 10, 2025	Mon	Practice	N/A	4:00 PM	5:30 PM	EDA Pool		
Feb 11, 2025	Tue	Practice	N/A	4:00 PM	5:30 PM	EDA Pool		
Feb 12, 2025	Wed	Practice	N/A	4:00 PM	5:30 PM	EDA Pool		
Feb 13, 2025	Thu	Practice	N/A	4:00 PM	5:30 PM	EDA Pool		
Feb 14, 2025	Fri	Practice	N/A	4:00 PM	5:30 PM	EDA Pool		
Feb 17, 2025	Mon	Practice	N/A	4:00 PM	5:30 PM	EDA Pool		
Feb 18, 2025	Tue	Practice	N/A	4:00 PM	5:30 PM	EDA Pool		
Feb 19, 2025	Wed	Regular Season (Sectionals - Prelims)	TBD	TBD	TBD			L
Feb 20, 2025	Thu	Regular Season (Sectionals - Diving)	TBD	10:30 AM		EDA Pool		L
Feb 20, 2025	Thu	Practice	N/A	4:00 PM	5:30 PM	EDA Pool		
Feb 21, 2025	Fri	Practice	N/A	4:00 PM	5:30 PM	EDA Pool		
Feb 22, 2025	Sat	Regular Season (Sectionals - Swimming Finals)	@ TBD	TBD		Watkins Glen High School		L

Date: 2026-02-09