



Johnson City

(G) V Swimming/Diving

Coaches:

- Kristen Tocheny, Head Coach
- Ashlee Kohlbach, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 22, 2022	Mon	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		
Aug 23, 2022	Tue	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		
Aug 24, 2022	Wed	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		
Aug 25, 2022	Thu	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		
Aug 26, 2022	Fri	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		
Aug 27, 2022	Sat	Practice	N/A	10:00 AM	12:30 PM	JC HS Pool		
Aug 29, 2022	Mon	Practice	N/A	3:00 PM	3:30 PM	JC HS Weight Room		
Aug 29, 2022	Mon	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		
Aug 30, 2022	Tue	Practice	N/A	3:00 PM	3:30 PM	JC HS Weight Room		
Aug 30, 2022	Tue	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		
Aug 31, 2022	Wed	Practice	N/A	3:00 PM	3:30 PM	JC HS Weight Room		
Aug 31, 2022	Wed	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		
Sep 1, 2022	Thu	Practice	N/A	3:00 PM	3:30 PM	JC HS Weight Room		
Sep 1, 2022	Thu	Regular Season 110-61 W	Windsor	5:00 PM	7:00 PM	JC HS Pool		NL
Sep 2, 2022	Fri	Practice	N/A	3:00 PM	3:30 PM	JC HS Weight Room		
Sep 2, 2022	Fri	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		
Sep 3, 2022	Sat	Practice	N/A	10:00 AM	12:30 PM	JC HS Pool		
Sep 5, 2022	Mon	Practice	N/A	10:00 AM	12:30 PM	JC HS Pool		
Sep 6, 2022	Tue	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		
Sep 7, 2022	Wed	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		
Sep 8, 2022	Thu	Regular Season 83-96 L	Elmira	5:30 PM	7:00 PM	JC HS Pool		L
Sep 9, 2022	Fri	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		
Sep 10, 2022	Sat	Practice	N/A	10:00 AM	12:30 PM	JC HS Pool		
Sep 12, 2022	Mon	Practice	N/A	2:30 PM	5:30 PM	JC HS Pool		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 13, 2022	Tue	Regular Season 79-94 L	Corning-Painted Post	5:30 PM	7:00 PM	JC HS Pool		L
Sep 14, 2022	Wed	Practice	N/A	2:30 PM	5:30 PM	JC HS Pool		
Sep 15, 2022	Thu	Practice	N/A	2:30 PM	5:30 PM	JC HS Pool		
Sep 16, 2022	Fri	Practice	N/A	2:30 PM	5:30 PM	JC HS Pool		
Sep 17, 2022	Sat	Regular Season (JC Relays - Diving)	TBD	9:00 AM	10:15 AM	JC HS Pool		NL
Sep 17, 2022	Sat	Regular Season (JC Relays - Swimming)	TBD	11:00 AM	2:00 PM	JC HS Pool		NL
Sep 19, 2022	Mon	Practice	N/A	2:30 PM	5:30 PM	JC HS Pool		
Sep 21, 2022	Wed	Practice	N/A	2:30 PM	5:30 PM	JC HS Pool		
Sep 23, 2022	Fri	Practice	N/A	2:30 PM	5:30 PM	JC HS Pool		
Sep 24, 2022	Sat	Practice	N/A	10:00 AM	12:30 PM	JC HS Pool		
Sep 26, 2022	Mon	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		
Sep 27, 2022	Tue	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		
Sep 28, 2022	Wed	Regular Season 85-98 L	Ithaca	5:30 PM	7:00 PM	JC HS Pool		L
Sep 29, 2022	Thu	Practice	N/A	3:30 PM	4:30 PM	JC HS Pool		
Sep 30, 2022	Fri	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		
Oct 3, 2022	Mon	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		
Oct 5, 2022	Wed	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		
Oct 7, 2022	Fri	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		
Oct 10, 2022	Mon	Practice	N/A	10:00 AM	12:30 PM	JC HS Pool		
Oct 11, 2022	Tue	Regular Season 86-97 L	Maine-Endwell	5:30 PM	7:00 PM	JC HS Pool		L
Oct 12, 2022	Wed	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		
Oct 13, 2022	Thu	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		
Oct 14, 2022	Fri	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		
Oct 15, 2022	Sat	Practice	N/A	10:00 AM	12:30 PM	JC HS Pool		
Oct 17, 2022	Mon	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		
Oct 19, 2022	Wed	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		
Oct 20, 2022	Thu	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		
Oct 22, 2022	Sat	Practice	N/A	10:00 AM	12:30 PM	JC HS Pool		
Oct 24, 2022	Mon	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 25, 2022	Tue	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		
Oct 26, 2022	Wed	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		
Oct 27, 2022	Thu	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		
Oct 28, 2022	Fri	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		
Oct 29, 2022	Sat	Practice	N/A	10:00 AM	12:30 PM	JC HS Pool		
Oct 31, 2022	Mon	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		
Nov 1, 2022	Tue	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		
Nov 3, 2022	Thu	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		
Nov 4, 2022	Fri	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		

Date: 2022-12-09