

Coaches:

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

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LEAGUE LOCATION TRANSPORTATION / NON- LEAGUE
Aug 21, 2023	Mon	Practice	N/A	1:00 PM	4:00 PM	JC HS Pool
Aug 22, 2023	Tue	Practice	N/A	1:00 PM	4:00 PM	JC HS Pool
Aug 23, 2023	Wed	Practice	N/A	1:00 PM	4:00 PM	JC HS Pool
Aug 24, 2023	Thu	Practice	N/A	1:00 PM	4:00 PM	JC HS Pool
Aug 25, 2023	Fri	Practice	N/A	1:00 PM	4:00 PM	JC HS Pool
Aug 28, 2023	Mon	Practice	N/A	2:30 PM	5:45 PM	JC HS Pool
Aug 29, 2023	Tue	Practice	N/A	2:30 PM	5:45 PM	JC HS Pool
Aug 30, 2023	Wed	Practice	N/A	2:30 PM	5:45 PM	JC HS Pool
Aug 31, 2023	Thu	Practice	N/A	2:30 PM	5:45 PM	JC HS Pool
Sep 1, 2023	Fri	Practice	N/A	2:30 PM	5:45 PM	JC HS Pool
Sep 5, 2023	Tue	Practice	N/A	2:30 PM	5:30 PM	JC HS Pool
Sep 6, 2023	Wed	Practice	N/A	2:30 PM	5:30 PM	JC HS Pool
Sep 7, 2023	Thu	Practice	N/A	2:30 PM	5:30 PM	JC HS Pool
Sep 9, 2023	Sat	Practice	N/A	10:00 AM	1:00 PM	JC HS Pool
Sep 11, 2023	Mon	Practice	N/A	2:30 PM	5:45 PM	JC HS Pool
Sep 13, 2023	Wed	Practice	N/A	2:30 PM	5:45 PM	JC HS Pool
Sep 14, 2023	Thu	Practice	N/A	2:30 PM	5:45 PM	JC HS Pool
Sep 15, 2023	Fri	Practice	N/A	2:30 PM	5:45 PM	JC HS Pool
Sep 16, 2023	Sat	Regular Season (JC Relays - Diving)	TBD	10:00 AM	12:00 PM	JC HS NL Pool
Sep 16, 2023	Sat	Regular Season (JC Relays)	TBD	1:30 PM	4:00 PM	JC HS NL
Sep 18, 2023	Mon	Practice	N/A	2:30 PM	5:45 PM	JC HS Pool
Sep 19, 2023	Tue	Regular Season 76-91 L	Vestal	5:30 PM	8:00 PM	JC HS L
Sep 20, 2023	Wed	Practice	N/A	2:30 PM	5:45 PM	JC HS Pool
Sep 21, 2023	Thu	Practice	N/A	2:30 PM	5:45 PM	JC HS Pool
Sep 22, 2023	Fri	Practice	N/A	2:30 PM	5:45 PM	JC HS Pool
Sep 23, 2023	Sat	Practice	N/A	10:00 AM	1:00 PM	JC HS Pool

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 25, 2023	Mon	Practice	N/A	2:30 PM	5:45 PM	JC HS Pool	
Sep 27, 2023	Wed	Practice	N/A	2:30 PM	5:45 PM	JC HS Pool	
Sep 28, 2023	Thu	Regular Season 76-37 W	Susquehanna Valley	5:30 PM	7:00 PM	JC HS Pool	NL
Sep 29, 2023	Fri	Practice	N/A	2:30 PM	5:45 PM	JC HS Pool	
Oct 2, 2023	Mon	Practice	N/A	2:30 PM	5:45 PM	JC HS Pool	
Oct 3, 2023	Tue	Regular Season 81-94 L	Horseheads	5:30 PM	8:00 PM	JC HS Pool	L
Oct 4, 2023	Wed	Practice	N/A	2:30 PM	5:45 PM	JC HS Pool	
Oct 6, 2023	Fri	Practice	N/A	2:30 PM	5:45 PM	JC HS Pool	
Oct 7, 2023	Sat	Practice	N/A	10:00 AM	1:00 PM	JC HS Pool	
Oct 11, 2023	Wed	Practice	N/A	2:30 PM	5:45 PM	JC HS Pool	
Oct 12, 2023	Thu	Regular Season 80-96 L	Union-Endicott	5:30 PM	8:00 PM	JC HS Pool	L
Oct 13, 2023	Fri	Practice	N/A	2:30 PM	5:45 PM	JC HS Pool	
Oct 14, 2023	Sat	Practice	N/A	10:00 AM	1:00 PM	JC HS Pool	
Oct 16, 2023	Mon	Practice	N/A	2:30 PM	5:45 PM	JC HS Pool	
Oct 17, 2023	Tue	Regular Season 96-65 W	Binghamton	5:30 PM	8:00 PM	JC HS Pool	L
Oct 18, 2023	Wed	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool	
Oct 19, 2023	Thu	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool	
Oct 20, 2023	Fri	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool	
Oct 23, 2023	Mon	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool	
Oct 24, 2023	Tue	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool	
Oct 25, 2023	Wed	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool	
Oct 26, 2023	Thu	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool	
Oct 27, 2023	Fri	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool	
Oct 30, 2023	Mon	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool	
Oct 31, 2023	Tue	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool	
Nov 2, 2023	Thu	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool	

Date: 2024-04-29