

## Coaches:

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

| DATE         | WEEK<br>DAY | ТҮРЕ     | OPPONENTS | START<br>TIME | END<br>TIME | LEAGUE<br>LOCATION DEPARTURE TRANSPORTATION / NON-<br>LEAGUE |
|--------------|-------------|----------|-----------|---------------|-------------|--|
| Nov 6, 2017  | Mon         | Practice | N/A       | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool  |
| Nov 7, 2017  | Tue         | Practice | N/A       | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool  |
| Nov 8, 2017  | Wed         | Practice | N/A       | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool  |
| Nov 9, 2017  | Thu         | Practice | N/A       | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool  |
| Nov 10, 2017 | Fri         | Practice | N/A       | 9:30<br>AM    | AM          | JC HS<br>Pool  |
| Nov 11, 2017 | Sat         | Practice | N/A       | 9:00<br>AM    | PM          | JC HS<br>Pool  |
| Nov 13, 2017 | Mon         | Practice | N/A       | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool  |
| Nov 14, 2017 | Tue         | Practice | N/A       | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool  |
| Nov 15, 2017 | Wed         | Practice | N/A       | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool  |
| Nov 16, 2017 | Thu         | Practice | N/A       | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool  |
| Nov 17, 2017 | Fri         | Practice | N/A       | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool  |
| Nov 18, 2017 | Sat         | Practice | N/A       | 9:00<br>AM    | PM          | Pool   |
| Nov 20, 2017 | Mon         | Practice | N/A       | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool  |
| Nov 21, 2017 | Tue         | Practice | N/A       | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool  |
| Nov 22, 2017 | Wed         | Practice | N/A       | 9:00<br>AM    | AM          | JC HS<br>Pool  |
| Nov 24, 2017 | Fri         | Practice | N/A       | 9:00<br>AM    | PM          | JC HS<br>Pool  |
| Nov 25, 2017 | Sat         | Practice | N/A       | 9:00<br>AM    | PM          | Pool   |
| Nov 27, 2017 | Mon         | Practice | N/A       | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool  |
| Nov 28, 2017 | Tue         | Practice | N/A       | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool  |
| Nov 29, 2017 | Wed         | Practice | N/A       | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool  |
| Nov 30, 2017 | Thu         | Practice | N/A       | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool  |
| Dec 1, 2017  | Fri         | Practice | N/A       | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool  |
| Dec 2, 2017  | Sat         | Practice | N/A       | 9:00<br>AM    | PM          | JC HS<br>Pool  |
| Dec 4, 2017  | Mon         | Practice | N/A       | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool  |
| Dec 5, 2017  | Tue         | Practice | N/A       | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool  |
| Dec 6, 2017  | Wed         | Practice | N/A       | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool  |
|              |             |          |           |               |             |  |

| DATE         | WEEK<br>DAY | TYPE  | OPPONENTS   | START<br>TIME | END<br>TIME | LOCATION DEPARTURE | E TRANSPORTATION  | LEAGUE<br>/ NON-<br>LEAGUE |
|--------------|-------------|---|---|---------------|-------------|--------------------|---|----------------------------|
| Dec 7, 2017  | Thu         | Practice  | N/A   | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool      |   |                            |
| Dec 8, 2017  | Fri         | Regular<br>Season                               | Owego<br>Apalachin  | 5:30<br>PM    | 7:30<br>PM  | JC HS<br>Pool      |   | L                          |
| Dec 9, 2017  | Sat         | Practice  | N/A   | 9:00<br>AM    | PM          | JC HS<br>Pool      |   |                            |
| Dec 11, 2017 | Mon         | Practice  | N/A   | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool      |   |                            |
| Dec 12, 2017 | Tue         | Practice  | N/A   | 3:00<br>PM    | 4:15<br>PM  | JC HS<br>Pool      |   |                            |
| Dec 13, 2017 | Wed         | Regular<br>Season                               | @ Norwich   | 6:15<br>PM    | 7:40<br>PM  | NHS Pool           | Departure Point:<br>HS<br>Departure Time:<br>3:15 PM<br>Return Date:<br>Return Time: 7:30<br>PM | L                          |
| Dec 14, 2017 | Thu         | Practice  | N/A   | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool      |   |                            |
| Dec 15, 2017 | Fri         | Practice  | N/A   | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool      |   |                            |
| Dec 16, 2017 | Sat         | Practice  | N/A   | 9:00<br>AM    | 12:00<br>PM | JC HS<br>Pool      |   |                            |
| Dec 18, 2017 | Mon         | Practice  | N/A   | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool      |   |                            |
| Dec 19, 2017 | Tue         | Practice  | N/A   | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool      |   |                            |
| Dec 20, 2017 | Wed         | Regular<br>Season                               | @ Union-<br>Endicott  | 5:30<br>PM    | 7:30<br>PM  | UEHS<br>Pool       | Departure Point:<br>HS<br>Departure Time:<br>4:15 PM<br>Return Date:<br>Return Time: 7:30<br>PM | L                          |
| Dec 21, 2017 | Thu         | Practice  | N/A   | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool      |   |                            |
| Dec 22, 2017 | Fri         | Practice  | N/A   | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool      |   |                            |
| Dec 23, 2017 | Sat         | Practice  | N/A   | 9:00<br>AM    | 12:00<br>PM | JC HS<br>Pool      |   |                            |
| Dec 26, 2017 | Tue         | Practice<br>(Diving<br>Practice)                | N/A   | 3:00<br>PM    | 6:00<br>PM  | JC HS<br>Pool      |   |                            |
| Dec 27, 2017 | Wed         | Practice  | N/A   | 9:00<br>AM    | 12:00<br>PM | JC HS<br>Pool      |   |                            |
| Dec 27, 2017 | Wed         | Practice<br>(Diving<br>Practice)                | N/A   | 3:00<br>PM    | 6:00<br>PM  | JC HS<br>Pool      |   |                            |
| Dec 28, 2017 | Thu         | Regular<br>Season<br>122-117-433-0-<br>266-57 L | Union-Endicott,<br>Binghamton,<br>Oneonta,<br>Norwich @<br>Chenango<br>Valley | 10:00<br>AM   | 12:30<br>PM | TBD                | Departure Point: HS - South Entrance Departure Time: 8:30 AM Return Date: Return Time: 2:00 PM  | NL                         |
| Dec 29, 2017 | Fri         | Practice  | N/A   | 9:00<br>AM    | 12:00<br>PM | JC HS<br>Pool      |   |                            |
| Dec 30, 2017 | Sat         | Practice<br>(Diving<br>Practice)                | N/A   | 3:00<br>PM    | 6:00<br>PM  | JC HS<br>Pool      |   |                            |

| DATE         | WEEK<br>DAY | ТҮРЕ  | OPPONENTS             | START<br>TIME | END<br>TIME | LOCATION DEPARTURE           | E TRANSPORTATION  | / NON-<br>LEAGU |
|--------------|-------------|---|-----------------------|---------------|-------------|------------------------------|---|-----------------|
| Jan 2, 2018  | Tue         | Practice  | N/A                   | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool                |   |                 |
| Jan 3, 2018  | Wed         | Practice  | N/A                   | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool                |   |                 |
| Jan 4, 2018  | Thu         | Practice  | N/A                   | 3:00<br>PM    | 4:15<br>PM  | JC HS<br>Pool                |   |                 |
| Jan 6, 2018  | Sat         | Practice  | N/A                   | 9:00<br>AM    | 12:00<br>PM | JC HS<br>Pool                |   |                 |
| Jan 8, 2018  | Mon         | Practice  | N/A                   | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool                |   |                 |
| Jan 9, 2018  | Tue         | Regular<br>Season<br>86-98 L                                    | @ Windsor             | 5:00<br>PM    | 7:00<br>PM  | Windsor<br>High<br>School    | Departure Point: HS Departure Time: 3:30 PM Return Date: Return Time: 7:00 PM                   | NL              |
| Jan 10, 2018 | Wed         | Practice  | N/A                   | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool                |   |                 |
| Jan 11, 2018 | Thu         | Practice  | N/A                   | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool                |   |                 |
| Jan 12, 2018 | Fri         | Regular<br>Season<br>85-89 L                                    | @ Maine-<br>Endwell   | 5:30<br>PM    | 7:30<br>PM  | Maine-<br>Endwell<br>HS Pool | Departure Point: HS Departure Time: 4:00 PM Return Date: Return Time: 9:30 PM                   | L               |
| Jan 15, 2018 | Mon         | Practice  | N/A                   | 9:00<br>AM    | 11:30<br>AM | JC HS<br>Pool                |   |                 |
| Jan 17, 2018 | Wed         | Practice  | N/A                   | 3:00<br>PM    | 4:15<br>PM  | JC HS<br>Pool                |   |                 |
| Jan 18, 2018 | Thu         | Practice  | N/A                   | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool                |   |                 |
| Jan 19, 2018 | Fri         | Practice  | N/A                   | 3:00<br>PM    | 5:00<br>PM  | JC HS<br>Pool                |   |                 |
| Jan 19, 2018 | Fri         | Regular<br>Season (John<br>Beecher Diving<br>Invitational)      | TBD                   | 5:15<br>PM    | 8:30<br>PM  | EDA Pool                     | Departure Point: HS - South Entrance Departure Time: 2:30 PM Return Date: Return Time: 10:00 PM | NL              |
| Jan 20, 2018 | Sat         | Regular<br>Season (John<br>Beecher<br>Swimming<br>Invitational) | TBD                   | 10:15<br>AM   | 2:00<br>PM  | EDA Pool                     | Departure Point: HS - South Entrance Departure Time: 7:30 AM Return Date: Return Time: 3:00 PM  | NL              |
| Jan 22, 2018 | Mon         | Practice  | N/A                   | 3:00<br>PM    | 4:30<br>PM  | JC HS<br>Pool                |   |                 |
| Jan 23, 2018 | Tue         | Practice  | N/A                   | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool                |   |                 |
| Jan 24, 2018 | Wed         | Practice  | N/A                   | 3:00<br>PM    | 4:15<br>PM  | JC HS<br>Pool                |   |                 |
| Jan 25, 2018 | Thu         | Regular<br>Season<br>97-81 W                                    | Susquehanna<br>Valley | 5:30<br>PM    | 7:00<br>PM  | JC HS<br>Pool                |   | NL              |

| DATE         | WEEK<br>DAY | TYPE  | OPPONENTS            | START<br>TIME | END<br>TIME | LOCATION          | I DEPARTURE                    | TRANSPORTATION  | LEAGU<br>/ NON-<br>LEAGU |
|--------------|-------------|---|----------------------|---------------|-------------|-------------------|--------------------------------|---|--------------------------|
| Jan 26, 2018 | Fri         | Practice                                    | N/A                  | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool     |                                |   |                          |
| Jan 27, 2018 | Sat         | Practice                                    | N/A                  | 9:00<br>AM    | 12:00<br>PM | JC HS<br>Pool     |                                |   |                          |
| Jan 29, 2018 | Mon         | Regular<br>Season<br>60-46 W                | @ Greene             | 5:30<br>PM    |             | Greene<br>HS Pool |                                |   | NL                       |
| Jan 30, 2018 | Tue         | Practice                                    | N/A                  | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool     |                                |   |                          |
| Jan 31, 2018 | Wed         | Regular<br>Season<br>85-93 L                | Vestal               | 5:30<br>PM    |             | JC HS<br>Pool     |                                |   | L                        |
| Feb 1, 2018  | Thu         | Practice                                    | N/A                  | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool     |                                |   |                          |
| Feb 2, 2018  | Fri         | Regular<br>Season<br>74-110 L               | @ Chenango<br>Valley | 5:30<br>PM    | PM          | CV - HS<br>Pool   |                                | Departure Point:<br>HS<br>Departure Time:<br>4:00 PM<br>Return Date:<br>Return Time: 7:00<br>PM       | NL                       |
| Feb 3, 2018  | Sat         | Practice                                    | N/A                  | 9:00<br>AM    | 12:00<br>PM | JC HS<br>Pool     |                                |   |                          |
| Feb 5, 2018  | Mon         | Practice                                    | N/A                  | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool     |                                |   |                          |
| eb 6, 2018   | Tue         | Practice                                    | N/A                  | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool     |                                |   |                          |
| Feb 8, 2018  | Thu         | Practice                                    | N/A                  | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool     |                                |   |                          |
| Feb 9, 2018  | Fri         | Practice                                    | N/A                  | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool     |                                |   |                          |
| eb 10, 2018  | Sat         | Practice                                    | N/A                  | 9:00<br>AM    | 12:00<br>PM | JC HS<br>Pool     |                                |   |                          |
| Feb 12, 2018 | Mon         | Practice                                    | N/A                  | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool     |                                |   |                          |
| Feb 13, 2018 | Tue         | Practice                                    | N/A                  | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool     |                                |   |                          |
| Feb 14, 2018 | Wed         | Post-Season<br>(Sectional<br>Preliminaries) | TBD                  | 4:00<br>PM    | 8:00<br>PM  | OFA Pool          |                                | Departure Point: HS - South Entrance Departure Time: 2:00 PM Return Date: Return Time: 9:00 PM        | NL                       |
| Feb 15, 2018 | Thu         | Practice                                    | N/A                  | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool     |                                |   |                          |
| Feb 16, 2018 | Fri         | Post-Season<br>(Diving<br>Preliminaries)    | TBD                  | 10:30<br>AM   | 3:00<br>PM  | TBD               | <b>Bus/Driver:</b><br>Suburban | Departure Point:<br>Suburban<br>Departure Time:<br>8:00 AM<br>Return Date:<br>Return Time: 5:00<br>PM | NL                       |
| Feb 16, 2018 | Fri         | Practice                                    | N/A                  | 3:00<br>PM    | 5:30<br>PM  | JC HS<br>Pool     |                                |   |                          |
| Feb 17, 2018 | Sat         | Post-Season<br>(Sectional<br>Finals)        | TBD                  | 5:00<br>PM    | 8:00<br>PM  | OFA Pool          |                                |   | NL                       |

Date: 2024-04-30