



Johnson City

(B) 7/8TH Swimming/Diving

Coaches:

- Alex Sprague-Getsy, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 1, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Dec 2, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Dec 3, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Dec 4, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Dec 5, 2025	Fri	Practice	N/A	3:00 PM	4:00 PM	JC HS Pool		
Dec 6, 2025	Sat	Practice	N/A	8:30 AM	10:30 AM	JC HS Pool		
Dec 8, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Dec 9, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Dec 10, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Dec 11, 2025	Thu	Regular Season	Union-Endicott @ Vestal	5:30 PM	7:00 PM	Vestal High School Pool	Departure Point: HS	L
Dec 12, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Dec 13, 2025	Sat	Practice	N/A	8:30 AM	10:30 AM	JC HS Pool		
Dec 15, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Dec 16, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Dec 18, 2025	Thu	Regular Season	Owego Apalachin, Horseheads	5:30 PM	7:00 PM	JC HS Pool	Departure Point: HS	L
Dec 19, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Dec 20, 2025	Sat	Practice	N/A	8:30 AM	10:30 AM	JC HS Pool		
Dec 22, 2025	Mon	Practice	N/A	8:30 AM	10:30 AM	JC HS Pool		
Dec 27, 2025	Sat	Practice	N/A	8:30 AM	10:30 AM	JC HS Pool		
Dec 29, 2025	Mon	Practice	N/A	8:30 AM	10:30 AM	JC HS Pool		
Jan 2, 2026	Fri	Practice	N/A	8:30 AM	10:30 AM	JC HS Pool		
Jan 3, 2026	Sat	Practice	N/A	8:30 AM	10:30 AM	JC HS Pool		
Jan 5, 2026	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Jan 6, 2026	Tue	Practice	N/A	3:00 PM	4:00 PM	JC HS Pool		
Jan 7, 2026	Wed	Regular Season	Horseheads @ Maine-Endwell	5:30 PM		Maine-Endwell HS Pool		L
Jan 8, 2026	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		

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Jan 9, 2026	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Jan 12, 2026	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Jan 13, 2026	Tue	Practice	N/A	3:00 PM	4:00 PM	JC HS Pool		
Jan 14, 2026	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Jan 15, 2026	Thu	Regular Season	Windsor, Corning-Painted Post	5:30 PM	7:00 PM	JC HS Pool	Departure Point: HS	L
Jan 16, 2026	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Jan 19, 2026	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Jan 20, 2026	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Jan 21, 2026	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Jan 22, 2026	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Jan 23, 2026	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Jan 24, 2026	Sat	Practice	N/A	8:30 AM	10:30 AM	JC HS Pool		
Jan 26, 2026	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Jan 27, 2026	Tue	Regular Season	Elmira, Chenango Valley	5:30 PM	7:00 PM	JC HS Pool	Departure Point: HS	L
Jan 28, 2026	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Jan 29, 2026	Thu	Regular Season	Norwich @ Susquehanna Valley	5:30 PM	8:00 PM	SVHS Pool		L

Date: 2025-12-16