



# Union-Endicott (G) V Swimming/Diving

## Coaches:

- Doug Peters, Head Coach
- Sara Rostedt
- Jessie Daglio

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 14, 2023	Mon	Practice	N/A	5:00 PM	7:00 PM	UEHS Cardio Room		
Aug 14, 2023	Mon	Practice (Swim & Dive Practice)	N/A	TBD		UEHS Weight Room		
Aug 15, 2023	Tue	Practice (Girls varsity swimming )	N/A	8:30 AM	10:00 AM	UEHS Cardio Room		
Aug 15, 2023	Tue	Practice	N/A	8:30 AM	10:00 AM	UEHS Weight Room		
Aug 16, 2023	Wed	Practice (Girls varsity swimming )	N/A	8:30 AM	10:00 AM	UEHS Cardio Room		
Aug 16, 2023	Wed	Practice	N/A	8:30 AM	10:00 AM	UEHS Weight Room		
Aug 17, 2023	Thu	Practice	N/A	5:00 PM	7:00 PM	UEHS Cardio Room		
Aug 17, 2023	Thu	Practice (Swim & Dive Practice)	N/A	5:00 PM	7:00 PM	UEHS Weight Room		
CANCELLED Aug 18, 2023	Fri	Practice	N/A	8:30 AM	10:00 AM	UEHS Weight Room		
CANCELLED Aug 18, 2023	Fri	Practice (Girls varsity swimming )	N/A	8:30 AM	10:00 AM	UEHS Cardio Room		
Aug 21, 2023	Mon	Practice (Swim & Dive Practice (Swim 8-10:30am; Dive 11:15am -1pm))	N/A	8:00 AM	1:00 PM	UEHS Pool		
Aug 22, 2023	Tue	Practice (Swim & Dive Practice (Swim 8-10:30am; Dive 11:15am -1pm))	N/A	8:00 AM	1:00 PM	UEHS Pool		
Aug 23, 2023	Wed	Practice (Swim & Dive Practice (Swim 8-10:30am; Dive 11:15am -1pm))	N/A	8:00 AM	1:00 PM	UEHS Pool		
Aug 24, 2023	Thu	Practice (Swim & Dive Practice (Swim 8-10:30am; Dive 11:15am -1pm))	N/A	8:00 AM	1:00 PM	UEHS Pool		
Aug 24, 2023	Thu	Practice (Swimming & Diving Parent Meeting 7pm HS Pool)	N/A	7:00 PM	8:00 PM	UEHS Pool		
Aug 25, 2023	Fri	Practice (Swim & Dive Practice (Swim 8-10:30am; Dive 11:15am -1pm))	N/A	8:00 AM	1:00 PM	UEHS Pool		
Aug 28, 2023	Mon	Practice (Swim & Dive Practice (Swim 8-10:30am; Dive 11:15am -1pm))	N/A	8:00 AM	1:00 PM	UEHS Pool		
Aug 29, 2023	Tue	Practice (Swim & Dive Practice (Swim 8-10:30am; Dive 11:15am -1pm))	N/A	8:00 AM	1:00 PM	UEHS Pool		

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Aug 30, 2023	Wed	Practice (Swim & Dive Practice (Swim 8-10:30am; Dive 11:15am -1pm))	N/A	8:00 AM	1:00 PM	UEHS Pool		
Sep 1, 2023	Fri	Practice (Swim & Dive Practice (Swim 8-10:30am; Dive 11:15am -1pm))	N/A	8:00 AM	1:00 PM	UEHS Pool		
Sep 2, 2023	Sat	Practice (Swim & Dive Practice (Swim 8-10:30am; Dive 11:15am -1pm))	N/A	8:00 AM	1:00 PM	UEHS Pool		
Sep 4, 2023	Mon	Practice (Swim & Dive Practice (Swim 8-10:30am; Dive 11:15am -1pm))	N/A	8:00 AM	1:00 PM	UEHS Pool		
Sep 5, 2023	Tue	Regular Season 56-46 W	Elmira	5:30 PM	8:00 PM	UEHS Pool		L
Sep 6, 2023	Wed	Practice (Swim & Dive Practice (Swim 3:30-6:30pm; Dive 6:30-8pm))	N/A	3:30 PM	8:00 PM	UEHS Pool		
Sep 7, 2023	Thu	Practice (Swim & Dive Practice (Swim 3:30-6:15pm; Dive 6:30-8pm))	N/A	3:30 PM	8:00 PM	UEHS Pool		
Sep 9, 2023	Sat	Practice (Swim & Dive Practice (Swim 8-10:30am; Dive 11:15am -1pm))	N/A	8:00 AM	1:00 PM	UEHS Pool		
Sep 11, 2023	Mon	Practice (Swim & Dive Practice (Swim 3:30-6:30pm; Dive 6:30-8pm))	N/A	3:30 PM	8:00 PM	UEHS Pool		
Sep 13, 2023	Wed	Practice (Swim & Dive Practice (Swim 3:30-6:30pm; Dive 6:30-8pm))	N/A	3:30 PM	8:00 PM	UEHS Pool		
Sep 14, 2023	Thu	Practice (Swim & Dive Practice (Swim 3:30-6:15pm; Dive 6:30-8pm))	N/A	3:30 PM	8:00 PM	UEHS Pool		
Sep 15, 2023	Fri	Practice (Swim & Dive Practice (Swim 3:30-6:15pm; Dive 6:30-8pm))	N/A	3:30 PM	8:00 PM	UEHS Pool		
Sep 18, 2023	Mon	Practice (Swim & Dive Practice (Swim 3:30-6:30pm; Dive 6:30-8pm))	N/A	3:30 PM	8:00 PM	UEHS Pool		
Sep 19, 2023	Tue	Regular Season 43-58 L	Corning- Painted Post	5:30 PM	8:00 PM	UEHS Pool		L
Sep 20, 2023	Wed	Practice (Swim & Dive Practice (Swim 3:30-6:30pm; Dive 6:30-8pm))	N/A	3:30 PM	8:00 PM	UEHS Pool		
Sep 21, 2023	Thu	Practice (Swim & Dive Practice (Swim 3:30-6:15pm; Dive 6:30-8pm))	N/A	3:30 PM	8:00 PM	UEHS Pool		
Sep 22, 2023	Fri	Practice (Swim & Dive Practice (Swim 3:30-6:15pm; Dive 6:30-8pm))	N/A	3:30 PM	8:00 PM	UEHS Pool		
Sep 23, 2023	Sat	Practice (Swim & Dive Practice (Swim 8-10:30am; Dive 11:15am -1pm))	N/A	8:00 AM	1:00 PM	UEHS Pool		
Sep 25, 2023	Mon	Practice (Swim & Dive Practice (Swim 3:30-6:30pm; Dive 6:30-8pm))	N/A	3:30 PM	8:00 PM	UEHS Pool		
Sep 27, 2023	Wed	Practice (Swim & Dive Practice (Swim 3:30-6:30pm; Dive 6:30-8pm))	N/A	3:30 PM	8:00 PM	UEHS Pool		
Sep 28, 2023	Thu	Practice (Swim & Dive Practice (Swim 3:30-6:15pm; Dive 6:30-8pm))	N/A	3:30 PM	8:00 PM	UEHS Pool		

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Sep 29, 2023	Fri	Practice (Swim & Dive Practice (Swim 3:30-6:15pm; Dive 6:30-8pm))	N/A	3:30 PM	8:00 PM	UEHS Pool		
Sep 30, 2023	Sat	Practice (Swim & Dive Practice (Swim 8-10:30am; Dive 11:15am -1pm))	N/A	8:00 AM	1:00 PM	UEHS Pool		
Oct 2, 2023	Mon	Practice (Swim & Dive Practice (Swim 3:30-6:30pm; Dive 6:30-8pm))	N/A	3:30 PM	8:00 PM	UEHS Pool		
Oct 3, 2023	Tue	Regular Season 41-58 L	Ithaca	5:30 PM	8:00 PM	UEHS Pool		L
Oct 4, 2023	Wed	Practice (Swim & Dive Practice (Swim 3:30-6:30pm; Dive 6:30-8pm))	N/A	3:30 PM	8:00 PM	UEHS Pool		
Oct 5, 2023	Thu	Practice (Swim & Dive Practice (Swim 3:30-6:15pm; Dive 6:30-8pm))	N/A	3:30 PM	8:00 PM	UEHS Pool		
Oct 6, 2023	Fri	Practice (Swim & Dive Practice (Swim 3:30-6:15pm; Dive 6:30-8pm))	N/A	3:30 PM	8:00 PM	UEHS Pool		
Oct 7, 2023	Sat	Practice (Swim & Dive Practice (Swim 8-10:30am; Dive 11:15am -1pm))	N/A	8:00 AM	1:00 PM	UEHS Pool		
Oct 10, 2023	Tue	Practice (Swim & Dive Practice (Swim 3:30-6:15pm; Dive 6:30-8pm))	N/A	3:30 PM	8:00 PM	UEHS Pool		
Oct 11, 2023	Wed	Practice (Swim & Dive Practice (Swim 3:30-6:30pm; Dive 6:30-8pm))	N/A	3:30 PM	8:00 PM	UEHS Pool		
Oct 13, 2023	Fri	Practice (Swim & Dive Practice (Swim 3:30-6:15pm; Dive 6:30-8pm))	N/A	3:30 PM	8:00 PM	UEHS Pool		
Oct 16, 2023	Mon	Practice (Swim & Dive Practice (Swim 3:30-6:30pm; Dive 6:30-8pm))	N/A	3:30 PM	8:00 PM	UEHS Pool		
Oct 17, 2023	Tue	Regular Season (UE Senior Night) 40-60 L	Maine-Endwell	5:30 PM	8:00 PM	UEHS Pool		L
Oct 18, 2023	Wed	Practice (Swim & Dive Practice (Swim 3:30-6:30pm; Dive 6:30-8pm))	N/A	3:30 PM	8:00 PM	UEHS Pool		
Oct 19, 2023	Thu	Practice (Swim & Dive Practice (Swim 3:30-6:15pm; Dive 6:30-8pm))	N/A	3:30 PM	8:00 PM	UEHS Pool		
Oct 21, 2023	Sat	Practice (Swim & Dive Practice (Swim 8-10:30am; Dive 11:15am -1pm))	N/A	8:00 AM	1:00 PM	UEHS Pool		
Oct 23, 2023	Mon	Practice (Swim & Dive Practice (Swim 3:30-6:30pm; Dive 6:30-8pm))	N/A	3:30 PM	8:00 PM	UEHS Pool		
Oct 24, 2023	Tue	Practice (Swim & Dive Practice (Swim 3:30-6:15pm; Dive 6:30-8pm))	N/A	3:30 PM	8:00 PM	UEHS Pool		
Oct 25, 2023	Wed	Practice (Swim & Dive Practice (Swim 3:30-6:30pm; Dive 6:30-8pm))	N/A	3:30 PM	8:00 PM	UEHS Pool		
Oct 26, 2023	Thu	Practice (Swim & Dive Practice (Swim 3:30-6:15pm; Dive 6:30-8pm))	N/A	3:30 PM	8:00 PM	UEHS Pool		
Oct 27, 2023	Fri	Practice (Swim & Dive Practice (Swim 3:30-6:15pm; Dive 6:30-8pm))	N/A	3:30 PM	8:00 PM	UEHS Pool		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 28, 2023	Sat	Practice (Swim & Dive Practice (Swim 8-10:30am; Dive 11:15am -1pm))	N/A	8:00 AM	1:00 PM	UEHS Pool		
Oct 30, 2023	Mon	Practice (Swim & Dive Practice (Swim 3:30-6:30pm; Dive 6:30-8pm))	N/A	3:30 PM	8:00 PM	UEHS Pool		
Oct 31, 2023	Tue	Practice (Swim & Dive Practice (Swim 3:30-6:15pm; Dive 6:30-8pm))	N/A	3:30 PM	8:00 PM	UEHS Pool		
Nov 2, 2023	Thu	Practice (Swim & Dive Practice (Swim 3:30-6:15pm; Dive 6:30-8pm))	N/A	3:30 PM	8:00 PM	UEHS Pool		
Nov 3, 2023	Fri	Practice (Swim & Dive Practice (Swim 3:30-6:15pm; Dive 6:30-8pm))	N/A	3:30 PM	8:00 PM	UEHS Pool		

Date: 2024-04-23