

Coaches:

- Joe Shore, Head Coach
- Sara Rostedt

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Aug 8, 2022	Mon	Practice	N/A	8:45 AM	10:00 AM	Vestal High School Pool		
Aug 10, 2022	Wed	Practice	N/A	8:45 AM	10:00 AM	Vestal High School Pool		
Aug 12, 2022	Fri	Practice	N/A	8:45 AM	10:00 AM	Vestal High School Pool		
Aug 15, 2022	Mon	Practice	N/A	8:45 AM	10:00 AM	Vestal High School Pool		
Aug 17, 2022	Wed	Practice	N/A	8:45 AM	10:00 AM	Vestal High School Pool		
Aug 19, 2022	Fri	Practice	N/A	8:45 AM	10:00 AM	Vestal High School Pool		
Aug 22, 2022	Mon	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Aug 22, 2022	Mon	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Aug 23, 2022	Tue	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Aug 23, 2022	Tue	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Aug 24, 2022	Wed	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Aug 24, 2022	Wed	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Aug 25, 2022	Thu	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Aug 25, 2022	Thu	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Aug 26, 2022	Fri	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Aug 26, 2022	Fri	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Aug 27, 2022	Sat	Practice	N/A	8:45 AM	AM	Vestal High School Pool		
Aug 29, 2022	Mon	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Aug 29, 2022	Mon	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Aug 30, 2022	Tue	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Aug 30, 2022	Tue	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Aug 31, 2022	Wed	Practice	N/A	8:45 AM	AM	Vestal High School Pool		
Aug 31, 2022	Wed	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Sep 1, 2022	Thu	Practice	N/A	8:45 AM	AM	Vestal High School Pool		
Sep 1, 2022	Thu	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Sep 2, 2022	Fri	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		

Sep 2, 2022	DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 6, 2022 Tue Regular Season R	Sep 2, 2022	Fri	Practice	N/A					
Sep 6, 2022 Tue 92-90 L Endwell Paul Pa	Sep 3, 2022	Sat	Practice	N/A			•		
Sep 1, 2022 Thu Practice N/A PM PM School Pool	Sep 6, 2022	Tue					School Baseball		L
Sep 8, 2022	Sep 7, 2022	Wed	Practice	N/A					
Sep 10, 2022 Fri 52,47 W Endicott PM PM DEFS Polit 4:20 PM L	Sep 8, 2022	Thu	Practice	N/A	_				
Sep 10, 2022 Mon	Sep 9, 2022	Fri					UEHS Pool		L
Sep 12, 2022 Mon Practice N/A PM PM School Pool Sep 13, 2022 Tue Regular Season @ Elmira PM PM School Pool Sep 14, 2022 Wed Practice N/A PM PM School Pool Sep 15, 2022 Thu Practice N/A PM PM School Pool Sep 16, 2022 Fri Practice N/A 2.45 5.30 Vestal High School Pool Sep 16, 2022 Fri Practice N/A 2.45 5.30 Vestal High School Pool Sep 17, 2022 Sat Practice N/A 8.45 11:00 Vestal High School Pool Sep 19, 2022 Mon Practice N/A 2.45 5.30 Vestal High School Pool Sep 21, 2022 Wed Practice N/A 2.45 5.30 Vestal High School Pool Sep 22, 2022 Thu Practice N/A 2.45 5.30 Vestal High School Pool Sep 23, 2022 Thu Practice N/A 2.45 5.30 Vestal High School Pool Sep 24, 2022 Sat Practice N/A 2.45 5.30 Vestal High School Pool Sep 24, 2022 Sat Practice N/A 2.45 5.30 Vestal High School Pool Sep 24, 2022 Sat Practice N/A 2.45 5.30 Vestal High School Pool Sep 26, 2022 Mon Practice N/A 2.45 5.30 Vestal High School Pool Sep 27, 2022 Tue Practice N/A 2.45 5.30 Vestal High School Pool Sep 28, 2022 Wed Practice N/A 2.45 5.30 Vestal High School Pool Sep 28, 2022 Wed Practice N/A 2.45 5.30 Vestal High School Pool Sep 29, 2022 Thu Practice N/A 2.45 5.30 Vestal High School Pool Sep 29, 2022 Thu Practice N/A 2.45 5.30 Vestal High School Pool Sep 29, 2022 Thu Practice N/A 2.45 5.30 Vestal High School Pool Sep 29, 2022 Thu Practice N/A 2.45 5.30 Vestal High School Pool Sep 29, 2022 Thu Practice N/A 2.45 5.30 Vestal High School Pool Sep 29, 2022 Thu Practice N/A 2.45 5.30 Vestal High School Pool Sep 29, 2022 Thu Practice N/A 2.45 5.30 Vestal High School Pool Sep 29, 2022 Thu Practice N/A 2.45 5.30 Vestal High School Pool School Pool School Poo	Sep 10, 2022	Sat	Practice	N/A					
Sep 14, 2022 Wed Practice N/A 2.45 5.30 Vestal High School Pool	Sep 12, 2022	Mon	Practice	N/A			•		
Sep 14, 2022 Web Practice N/A PM PM School Pool	Sep 13, 2022	Tue		@ Elmira			EDA Pool		L
Practice N/A PM PM School Pool	Sep 14, 2022	Wed	Practice	N/A					
Pactice	Sep 15, 2022	Thu	Practice	N/A			•		
Sep 17, 2022 Sat Practice N/A AM AM School Pool	Sep 16, 2022	Fri	Practice	N/A	_				
Sep 19, 2022 Mon Practice N/A PM PM School Pool	Sep 17, 2022	Sat	Practice	N/A					
Sep 21, 2022 Wed Practice N/A PM PM School Pool	Sep 19, 2022	Mon	Practice	N/A					
Practice N/A PM PM School Pool	Sep 21, 2022	Wed	Practice	N/A			•		
Sep 24, 2022 Sat	Sep 22, 2022	Thu	Practice	N/A			•		
Sep 24, 2022 Sat	Sep 23, 2022	Fri	Practice	N/A					
Sep 26, 2022 Mon Practice N/A PM PM School Pool	Sep 24, 2022	Sat	Practice	N/A			•		
Sep 27, 2022 Tue Practice N/A PM PM School Pool Sep 28, 2022 Wed Practice N/A 4:00 pM 5:30 pM Vestal High pM pM School Pool Sep 28, 2022 Wed Regular Season 86-96 L Corning-Painted Post pM 5:30 pM 7:00 pM pM Vestal High pM pM School Baseball pilling L Sep 29, 2022 Thu Practice N/A 4:00 pM 5:30 pM Vestal High pM PM School Pool Sep 29, 2022 Thu Regular Season p2-78 w Johnson City pM 5:30 pM PM Vestal High pM School Pool L Sep 30, 2022 Fri Practice N/A 2:45 pM 5:30 pM Vestal High pM School Pool Oct 3, 2022 Mon Practice N/A 2:45 pM 5:30 pM Vestal High pM School Pool Oct 4, 2022 Tue Practice N/A 2:45 pM 5:30 pM Vestal High pM Oct 5, 2023 Wed Breatice N/A 2:45 pM 5:30 pM Vestal High pM <	Sep 26, 2022	Mon	Practice	N/A					
Sep 28, 2022 Wed Practice N/A PM PM School Pool Sep 28, 2022 Wed Regular Season 86-96 L Corning-Painted Post PM 5:30 PM 7:00 School Baseball Field L Sep 29, 2022 Thu Practice N/A 4:00 PM 5:30 PM Vestal High School Pool Sep 29, 2022 Thu Regular Season 92-78 W Johnson City PM You School Pool Vestal High School Baseball Field L Sep 30, 2022 Fri Practice N/A 2:45 5:30 Vestal High School Pool Vestal High School Pool Oct 3, 2022 Mon Practice N/A 2:45 5:30 Vestal High School Pool Oct 4, 2022 Tue Practice N/A 2:45 5:30 Vestal High School Pool Oct 5, 2022 Wed Practice N/A 2:45 5:30 Vestal High School Pool	Sep 27, 2022	Tue	Practice	N/A					
Sep 28, 2022 Wed 86-96 L Regular Season 86-96 L Corning-Painted Post PM 7:00 PM School Baseball Field L Sep 29, 2022 Thu Practice N/A 4:00 PM 5:30 PM Vestal High School Pool Sep 29, 2022 Thu Regular Season 92-78 W Johnson City PM 5:30 PM 7:00 PM Vestal High School Baseball Field L Sep 30, 2022 Fri Practice N/A 2:45 PM 5:30 PM Vestal High School Pool Oct 3, 2022 Mon Practice N/A 2:45 PM 5:30 PM Vestal High School Pool Oct 4, 2022 Tue Practice N/A 2:45 PM 5:30 PM Vestal High School Pool Oct 5, 2023 Wed Practice N/A 2:45 S:30 Vestal High Oct 5, 2023 Wed Practice N/A 2:45 S:30 Vestal High	Sep 28, 2022	Wed	Practice	N/A			•		
Sep 29, 2022 Thu Regular Season 92-78 W Johnson City 5:30 7:00 PM PM School Pool Sep 30, 2022 Fri Practice N/A 2:45 5:30 Vestal High School Pool Oct 3, 2022 Mon Practice N/A 2:45 5:30 Vestal High School Pool Oct 4, 2022 Tue Practice N/A 2:45 5:30 Vestal High School Pool Oct 5, 2022 Mod Practice N/A 2:45 5:30 Vestal High School Pool Oct 5, 2022 Mod Practice N/A 2:45 5:30 Vestal High School Pool	Sep 28, 2022	Wed					School Baseball		L
Sep 29, 2022 Thu Regular Season 92-78 W Johnson City PM PM PM School Baseball Field Sep 30, 2022 Fri Practice N/A 2:45 5:30 Vestal High School Pool Oct 3, 2022 Mon Practice N/A 2:45 5:30 Vestal High School Pool Oct 4, 2022 Tue Practice N/A 2:45 5:30 Vestal High School Pool Oct 5, 2022 Mod Practice N/A 2:45 5:30 Vestal High School Pool Oct 5, 2022 Mod Practice N/A 2:45 5:30 Vestal High School Pool	Sep 29, 2022	Thu	Practice	N/A					
Oct 3, 2022 Mon Practice N/A PM PM School Pool Oct 4, 2022 Tue Practice N/A 2:45 5:30 Vestal High PM School Pool Oct 5, 2022 Word Practice N/A 2:45 5:30 Vestal High PM School Pool Oct 5, 2022 Word Practice N/A 2:45 5:30 Vestal High PM School Pool	Sep 29, 2022	Thu		Johnson City			School Baseball		L
Oct 3, 2022 Mon Practice N/A PM PM School Pool Oct 4, 2022 Tue Practice N/A 2:45 5:30 Vestal High PM PM School Pool Oct 5, 2022 Word Practice N/A 2:45 5:30 Vestal High	Sep 30, 2022	Fri	Practice	N/A					
Oct 4, 2022 Tue Practice N/A PM School Pool Oct 5, 2022 West Bractice N/A 2:45 5:30 Vestal High	Oct 3, 2022	Mon	Practice	N/A					
	Oct 4, 2022	Tue	Practice	N/A					
	Oct 5, 2022	Wed	Practice	N/A					

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 6, 2022	Thu	Regular Season 74-112 L	@ Watkins Glen (Storm)	5:00 PM	7:00 PM	W G Pool	Departure Time: 2:10 PM	NL
Oct 7, 2022	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 8, 2022	Sat	Regular Season (Maine Endwell Invitational)	@ TBD	TBD		Maine Endwell High School	Departure Time: 11:30 AM	NL
Oct 10, 2022	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 11, 2022	Tue	Regular Season 96-76 W	Ithaca	5:30 PM	7:00 PM	Vestal High School Baseball Field		L
Oct 12, 2022	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 13, 2022	Thu	Practice	N/A	2:45 PM	4:35 PM	Vestal High School Pool		
Oct 14, 2022	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 15, 2022	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Oct 17, 2022	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 18, 2022	Tue	Regular Season 72-112 L	@ Horseheads	5:30 PM	7:00 PM	HHS HS Pool	Departure Time: 3:00 PM	L
Oct 19, 2022	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 20, 2022	Thu	Practice	N/A	2:45 PM	4:35 PM	Vestal High School Pool		
Oct 21, 2022	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 22, 2022	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Oct 24, 2022	Mon	Practice	N/A	2:45 PM	5:15 PM	Vestal High School Pool		
Oct 25, 2022	Tue	Regular Season 90-59 W	@ Binghamton	5:30 PM	7:00 PM	East Middle School Pool	Departure Time: 3:50 PM	L
Oct 26, 2022	Wed	Practice	N/A	2:45 PM	5:15 PM	Vestal High School Pool		
Oct 27, 2022	Thu	Practice	N/A	2:45 PM	5:15 PM	Vestal High School Pool		
Oct 28, 2022	Fri	Practice	N/A	2:45 PM	5:15 PM	Vestal High School Pool		
Oct 29, 2022	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Oct 31, 2022	Mon	Practice	N/A	2:45 PM	5:15 PM	Vestal High School Pool		
Nov 1, 2022	Tue	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Nov 2, 2022	Wed	Post-Season (Prelims)	@ TBD	4:30 PM		Ernie Davis	Departure Time: 2:00 PM	NL
Nov 3, 2022	Thu	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Nov 4, 2022	Fri	Regular Season (Sectionals)	TBD	12:00 PM		Maine Endwell High School	Departure Time: 12:15 PM	L
Nov 4, 2022	Fri	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Nov 5, 2022	Sat	Post-Season (Sectionals Diving)	@ TBD	TBD		TBD	Departure Time: 12:30 PM	NL

Date: 2024-04-26