



# Vestal

## (G) V Swimming/Diving

### Coaches:

- Joe Shore, Head Coach
- Sara Rostedt

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE
Aug 4, 2025	Mon	Practice	N/A	6:45 PM	8:00 PM	Vestal High School Pool	
Aug 5, 2025	Tue	Practice	N/A	6:45 PM	8:00 PM	Vestal High School Pool	
Aug 7, 2025	Thu	Practice	N/A	6:45 PM	8:00 PM	Vestal High School Pool	
Aug 8, 2025	Fri	Practice	N/A	6:45 PM	8:00 PM	Vestal High School Pool	
Aug 11, 2025	Mon	Practice	N/A	4:45 PM	6:15 PM	Vestal High School Pool	
Aug 12, 2025	Tue	Practice	N/A	4:45 PM	6:15 PM	Vestal High School Pool	
Aug 13, 2025	Wed	Practice	N/A	4:45 PM	6:15 PM	Vestal High School Pool	
Aug 14, 2025	Thu	Practice	N/A	4:45 PM	6:15 PM	Vestal High School Pool	
Aug 15, 2025	Fri	Practice	N/A	4:45 PM	6:15 PM	Vestal High School Pool	
Aug 18, 2025	Mon	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool	
Aug 18, 2025	Mon	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool	
Aug 19, 2025	Tue	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool	
Aug 19, 2025	Tue	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool	
Aug 20, 2025	Wed	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool	
Aug 20, 2025	Wed	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool	
Aug 21, 2025	Thu	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool	
Aug 21, 2025	Thu	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool	
Aug 22, 2025	Fri	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool	
Aug 22, 2025	Fri	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool	
Aug 23, 2025	Sat	Practice	N/A	9:45 AM	11:15 AM	TBD	
Aug 25, 2025	Mon	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool	
Aug 25, 2025	Mon	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool	
Aug 26, 2025	Tue	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool	
Aug 26, 2025	Tue	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool	
Aug 27, 2025	Wed	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool	
Aug 27, 2025	Wed	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 28, 2025	Thu	Regular Season 97-87 W	Elmira	5:30 PM	8:00 PM	Vestal High School Pool		L
Aug 29, 2025	Fri	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Aug 29, 2025	Fri	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Aug 30, 2025	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Sep 1, 2025	Mon	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Sep 2, 2025	Tue	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 3, 2025	Wed	Regular Season 82-101 L	@ Maine-Endwell	5:30 PM	8:00 PM	Maine-Endwell HS Pool		L
Sep 4, 2025	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 5, 2025	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 6, 2025	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Sep 8, 2025	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 9, 2025	Tue	Regular Season 94-78 W	Union-Endicott	5:30 PM	8:00 PM	Vestal High School Pool		L
Sep 10, 2025	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 11, 2025	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 12, 2025	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 13, 2025	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Sep 15, 2025	Mon	Regular Season 87-73 W	@ Johnson City	5:30 PM	7:30 PM	JC HS Pool		L
Sep 16, 2025	Tue	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 17, 2025	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 18, 2025	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 19, 2025	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 19, 2025	Fri	Regular Season (Watkins Glen Invitational)	Southern Cayuga, Clarence, Corning-Painted Post, Hilton, Horseheads, Ithaca, Lansing, Notre Dame, Elmira, Our Lady of Lourdes, Owego Apalachin, Union-Endicott, Valley Central @ Watkins Glen (Storm)	5:00 PM	8:00 PM	W G Pool		L
Sep 20, 2025	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 20, 2025	Sat	Regular Season (Watkins Glen Invitational Finals)	Southern Cayuga, Clarence, Corning-Painted Post, Fairport, Hilton, Ithaca, Lansing, New Paltz, Notre Dame, Elmira, Our Lady of Lourdes, Owego Apalachin, Union-Endicott, Valley Central @ Watkins Glen (Storm)	9:00 AM	3:00 PM	W G Pool		L
Sep 22, 2025	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 23, 2025	Tue	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 24, 2025	Wed	Regular Season 85-96 L	@ Corning-Painted Post	5:30 PM	8:00 PM	C P P High School		L
Sep 25, 2025	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 26, 2025	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 27, 2025	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Sep 29, 2025	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 30, 2025	Tue	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 1, 2025	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 2, 2025	Thu	Practice	N/A	2:45 PM	4:40 PM	Vestal High School Pool		
Oct 3, 2025	Fri	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool Gym		
Oct 6, 2025	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 7, 2025	Tue	Regular Season 83-100 L	@ Ithaca	5:30 PM	8:00 PM	IHS Pool (C150)		L
Oct 8, 2025	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 9, 2025	Thu	Practice	N/A	2:45 PM	4:40 PM	Vestal High School Pool		
Oct 10, 2025	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 11, 2025	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Oct 13, 2025	Mon	Practice	N/A	8:15 AM	10:30 AM	Vestal High School Pool		
Oct 14, 2025	Tue	Regular Season 78-107 L	Horseheads	5:30 PM	8:00 PM	Vestal High School Pool		L
Oct 15, 2025	Wed	Practice	N/A	2:45 PM		Vestal High School Pool		
Oct 16, 2025	Thu	Practice	N/A	2:45 PM	4:40 PM	Vestal High School Pool		
Oct 17, 2025	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 20, 2025	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 21, 2025	Tue	Regular Season 86-69 W	Binghamton	5:15 PM	8:00 PM	Vestal High School Pool		L

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Oct 22, 2025	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 23, 2025	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 24, 2025	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 25, 2025	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Oct 27, 2025	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 28, 2025	Tue	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 29, 2025	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 30, 2025	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 31, 2025	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 1, 2025	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Nov 3, 2025	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 4, 2025	Tue	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 5, 2025	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 6, 2025	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 7, 2025	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 10, 2025	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
CANCELLED Nov 11, 2025	Tue	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 12, 2025	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 13, 2025	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 14, 2025	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
CANCELLED Nov 15, 2025	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Nov 17, 2025	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 18, 2025	Tue	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 19, 2025	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		

Date: 2025-12-05