

## Coaches:

- Joe Shore, Head Coach
- Sara Rostedt, Asst Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	LEAGU TRANSPORTATION NON- LEAGU	
Nov 7, 2023	Tue	Practice	N/A	2:45 PM	4:15 PM	Vestal High School Pool		
Nov 8, 2023	Wed	Practice	N/A	2:45 PM	4:15 PM	Vestal High School Pool		
Nov 9, 2023	Thu	Practice	N/A	2:45 PM	4:15 PM	Vestal High School Pool		
Nov 10, 2023	Fri	Practice	N/A	9:00 AM	10:30 AM	Vestal High School Pool		
Nov 13, 2023	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 14, 2023	Tue	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 15, 2023	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 16, 2023	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 17, 2023	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 18, 2023	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Nov 20, 2023	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 21, 2023	Tue	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 22, 2023	Wed	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Nov 24, 2023	Fri	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Nov 25, 2023	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Nov 27, 2023	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 29, 2023	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 30, 2023	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 30, 2023	Thu	Regular Season 84-97 L	Union- Endicott	5:30 PM	8:00 PM	Vestal High School Pool	L	
Dec 1, 2023	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 2, 2023	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 4, 2023	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 6, 2023	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 7, 2023	Thu	Practice	N/A	2:45 PM	4:35 PM	Vestal High School Pool		
Dec 8, 2023	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 9, 2023	Sat	Practice (JC Relay Meet)	N/A	12:00 PM	4:00 PM	Johnson City High School		

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Dec 11, 2023	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 12, 2023	Tue	Regular Season 90-85 W	Elmira	5:30 PM	8:00 PM	Vestal High School Pool		L
Dec 13, 2023	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 14, 2023	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 15, 2023	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 16, 2023	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 18, 2023	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 20, 2023	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 21, 2023	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 22, 2023	Fri	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 23, 2023	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 27, 2023	Wed	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 27, 2023	Wed	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Dec 28, 2023	Thu	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 28, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Dec 29, 2023	Fri	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 29, 2023	Fri	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Dec 30, 2023	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Jan 2, 2024	Tue	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 3, 2024	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 5, 2024	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 6, 2024	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Jan 8, 2024	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 9, 2024	Tue	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 10, 2024	Wed	Practice	N/A	2:45 PM	PIVI	Vestal High School Pool		
Jan 11, 2024	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 12, 2024	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 13, 2024	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
CANCELLED Jan 15, 2024	Mon	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		

Jan 17, 2024         Wed         Practice         N/A         2.45 PM         5.30 PM         Westal High MS           Jan 18, 2024         Thu         Practice         N/A         2.45 PM         5.30 Seption Pool         Vestal High School Pool           Jan 19, 2024         Fri         Practice         N/A         2.45 PM         5.30 Septial High School Pool           Jan 20, 2024         Sat         Practice         N/A         2.45 PM         5.30 Septial High School Pool           Jan 22, 2024         Tue         Practice         N/A         2.45 PM         5.30 Septial High School Pool           Jan 23, 2024         Tue         Practice         N/A         2.45 PM         5.30 Septial High School Pool           Jan 24, 2024         Wed         Practice         N/A         2.45 PM         5.30 Septial High School Pool           Jan 25, 2024         Thu         Practice         N/A         2.45 PM         5.30 Septial High School Pool           Jan 26, 2024         Fri         Practice         N/A         2.45 PM         5.30 Septial High School Pool           Jan 27, 2024         Sat         Practice         N/A         2.45 PM         5.30 Septial High School Pool           Jan 30, 2024         Tue         Practice         N/A	DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 19, 2024	Jan 17, 2024	Wed	Practice	N/A	2:45 PM		•		
Jan 20, 2024   Sat   Practice   N/A   2.45 PM   PM   School Pool	Jan 18, 2024	Thu	Practice	N/A	2:45 PM		•		
Jan 22, 2024   Mon   Practice   N/A   2.45 PM   5.30   Vestal High   School Pool	Jan 19, 2024	Fri	Practice	N/A	2:45 PM				
Jan 22, 2024   Tue   Practice   N/A   2.45 PM   PM   School Pool	Jan 20, 2024	Sat	Practice	N/A	8:45 AM				
Jan 24, 2024   Wed   Practice   N/A   2:45 PM   PM   School Pool	Jan 22, 2024	Mon	Practice	N/A	2:45 PM				
Jan 25, 2024	Jan 23, 2024	Tue	Practice	N/A	2:45 PM				
Jan 26, 2024	Jan 24, 2024	Wed	Practice	N/A	2:45 PM				
Jan 27, 2024   Sat	Jan 25, 2024	Thu	Practice	N/A	2:45 PM				
Jan 29, 2024   Mon	Jan 26, 2024	Fri	Practice	N/A	2:45 PM		•		
Jan 29, 2024         Mon         Practice         N/A         2:45 PM PM School Pool         School Pool           Jan 30, 2024         Tue         Regular Season 73-105 L         Horseheads         5:30 PM PM School Pool         Vestal High School Pool           Feb 1, 2024         Thu         Practice         N/A         2:45 PM PM School Pool         Vestal High School Pool           Feb 2, 2024         Fri         Practice         N/A         2:45 PM PM School Pool         Vestal High School Pool           Feb 3, 2024         Sat         Practice         N/A         2:45 PM PM School Pool         Vestal High School Pool           Feb 5, 2024         Mon         Practice         N/A         2:45 PM PM School Pool         Vestal High School Pool           Feb 6, 2024         Tue         Regular Season 90-72 W         Binghamton 5:30 PM 8:00 PM School Pool         Vestal High School Pool           Feb 7, 2024         Wed         Practice         N/A         2:45 PM 9M School Pool         Vestal High School Pool           Feb 8, 2024         Thu         Practice         N/A         2:45 PM 5:30 Vestal High School Pool           Feb 9, 2024         Fri         Practice         N/A         2:45 PM 5:30 Vestal High School Pool           Feb 10, 2024         Sat         Practice         N/A	Jan 27, 2024	Sat	Practice	N/A	8:45 AM				
Jan 31, 2024         Wed         Practice         N/A         2:45 PM PM School Pool         School Pool           Feb 1, 2024         Thu         Practice         N/A         2:45 PM PM School Pool         Vestal High School Pool           Feb 2, 2024         Fri         Practice         N/A         2:45 PM PM School Pool         Vestal High School Pool           Feb 3, 2024         Sat         Practice         N/A         8:45 AM 11:00 School Pool         Vestal High School Pool           Feb 5, 2024         Mon         Practice         N/A         2:45 PM PM School Pool         Vestal High School Pool           Feb 6, 2024         Tue         Regular Season 90-72 W PM School Pool         Vestal High School Pool         L           Feb 7, 2024         Wed         Practice         N/A         2:45 PM PM School Pool         L           Feb 8, 2024         Thu         Practice         N/A         2:45 PM Si30 School Pool         Vestal High School Pool           Feb 9, 2024         Fri         Practice         N/A         2:45 PM PM School Pool         Vestal High School Pool           Feb 10, 2024         Sat         Practice         N/A         2:45 PM PM School Pool         Vestal High School Pool           Feb 13, 2024         Tue         Practice         N/A	Jan 29, 2024	Mon	Practice	N/A	2:45 PM				
Feb 1, 2024	Jan 30, 2024	Tue		Horseheads	5:30 PM		•		L
Feb 1, 2024	Jan 31, 2024	Wed	Practice	N/A	2:45 PM				
Feb 2, 2024	Feb 1, 2024	Thu	Practice	N/A	2:45 PM				
Feb 5, 2024	Feb 2, 2024	Fri	Practice	N/A	2:45 PM				
Feb 5, 2024   Tue   Regular Season go-72 W   Binghamton   5:30 PM go-72 W   School Pool   L	Feb 3, 2024	Sat	Practice	N/A	8:45 AM		•		
Feb 7, 2024   Wed   Practice   N/A   2:45 PM   PM   School Pool   E	Feb 5, 2024	Mon	Practice	N/A	2:45 PM				
Feb 7, 2024         Wed         Practice         N/A         2:45 PM         PM         School Pool           Feb 8, 2024         Thu         Practice         N/A         2:45 PM         5:30 PM         Vestal High School Pool           Feb 9, 2024         Fri         Practice         N/A         2:45 PM         5:30 PM         Vestal High School Pool           Feb 10, 2024         Sat         Practice         N/A         2:45 PM         5:30 Vestal High School Pool           Feb 12, 2024         Mon         Practice         N/A         2:45 PM         5:30 Vestal High School Pool           Feb 13, 2024         Tue         Practice         N/A         2:45 PM         5:30 Vestal High School Pool           Feb 15, 2024         Thu         Practice         N/A         2:45 PM         5:30 Vestal High School Pool           Feb 16, 2024         Fri         Practice         N/A         10:00 11:30 Vestal High School Pool           Feb 16, 2024         Fri         Practice         N/A         10:00 11:30 Vestal High School Pool           Mar 18, 2024         Mon         Practice         N/A         2:45 PM PM School Pool           Mar 19, 2024         Tue         Practice         N/A         2:45 PM PM School Pool	Feb 6, 2024	Tue		Binghamton	5:30 PM				L
Feb 9, 2024         Fri         Practice         N/A         2:45 PM         PM         School Pool           Feb 9, 2024         Fri         Practice         N/A         2:45 PM         5:30 Vestal High School Pool           Feb 10, 2024         Sat         Practice         N/A         8:45 AM         11:00 Vestal High School Pool           Feb 12, 2024         Mon         Practice         N/A         2:45 PM         5:30 Vestal High School Pool           Feb 13, 2024         Tue         Practice         N/A         2:45 PM         5:30 Vestal High School Pool           Feb 15, 2024         Thu         Practice         N/A         2:45 PM         5:30 Vestal High School Pool           Feb 16, 2024         Fri         Practice         N/A         10:00 AM         11:30 Vestal High School Pool           Mar 18, 2024         Mon         Practice         N/A         2:45 PM         4:00 Vestal High School Pool           Mar 19, 2024         Tue         Practice         N/A         2:45 PM         4:00 Vestal High School Pool           Mor 21, 2024         Thu         Practice         N/A         2:45 PM         4:00 Vestal High School Pool	Feb 7, 2024	Wed	Practice	N/A	2:45 PM				
Feb 9, 2024         Fri         Practice         N/A         2:45 PM         PM         School Pool           Feb 10, 2024         Sat         Practice         N/A         8:45 AM         11:00 Vestal High School Pool           Feb 12, 2024         Mon         Practice         N/A         2:45 PM         5:30 Vestal High School Pool           Feb 13, 2024         Tue         Practice         N/A         2:45 PM         5:30 School Pool           Feb 15, 2024         Thu         Practice         N/A         2:45 PM         5:30 School Pool           Feb 16, 2024         Fri         Practice         N/A         10:00 11:30 Vestal High School Pool           Mar 18, 2024         Mon         Practice         N/A         2:45 PM         4:00 Vestal High School Pool           Mar 19, 2024         Tue         Practice         N/A         2:45 PM         4:00 Vestal High School Pool           Mar 21, 2024         Thu         Practice         N/A         2:45 PM         4:00 Vestal High School Pool	Feb 8, 2024	Thu	Practice	N/A	2:45 PM				
Feb 10, 2024         Sat         Practice         N/A         8:45 AM AM         School Pool           Feb 12, 2024         Mon         Practice         N/A         2:45 PM 5:30 Vestal High School Pool           Feb 13, 2024         Tue         Practice         N/A         2:45 PM PM School Pool           Feb 15, 2024         Thu         Practice         N/A         2:45 PM PM School Pool           Feb 16, 2024         Fri         Practice         N/A         10:00 11:30 Vestal High School Pool           Mar 18, 2024         Mon         Practice         N/A         2:45 PM PM School Pool           Mar 19, 2024         Tue         Practice         N/A         2:45 PM PM School Pool           Mar 21, 2024         Thu         Practice         N/A         2:45 PM PM School Pool	Feb 9, 2024	Fri	Practice	N/A	2:45 PM		•		
Feb 13, 2024 Tue Practice N/A 2:45 PM PM School Pool  Feb 13, 2024 Tue Practice N/A 2:45 PM 5:30 Vestal High School Pool  Feb 15, 2024 Thu Practice N/A 2:45 PM PM School Pool  Feb 16, 2024 Fri Practice N/A 10:00 11:30 Vestal High School Pool  Mar 18, 2024 Mon Practice N/A 2:45 PM 4:00 Vestal High School Pool  Mar 19, 2024 Tue Practice N/A 2:45 PM 4:00 Vestal High School Pool  Mar 21, 2024 Thu Practice N/A 2:45 PM 4:00 Vestal High School Pool  Mar 21, 2024 Thu Practice N/A 2:45 PM 4:00 Vestal High School Pool	Feb 10, 2024	Sat	Practice	N/A	8:45 AM		•		
Feb 15, 2024 Thu Practice N/A 2:45 PM PM School Pool  Feb 15, 2024 Thu Practice N/A 2:45 PM 5:30 Vestal High School Pool  Feb 16, 2024 Fri Practice N/A 10:00 11:30 Vestal High School Pool  Mar 18, 2024 Mon Practice N/A 2:45 PM 4:00 Vestal High School Pool  Mar 19, 2024 Tue Practice N/A 2:45 PM 4:00 Vestal High School Pool  Mar 21, 2024 Thu Practice N/A 2:45 PM 4:00 Vestal High School Pool  Mar 21, 2024 Thu Practice N/A 2:45 PM 4:00 Vestal High	Feb 12, 2024	Mon	Practice	N/A	2:45 PM				
Feb 15, 2024 Triu Practice N/A 2:45 PM PM School Pool  Feb 16, 2024 Fri Practice N/A 10:00 11:30 Vestal High AM School Pool  Mar 18, 2024 Mon Practice N/A 2:45 PM 4:00 Vestal High School Pool  Mar 19, 2024 Tue Practice N/A 2:45 PM 4:00 Vestal High School Pool  Mar 21, 2024 Thu Practice N/A 2:45 PM 4:00 Vestal High School Pool	Feb 13, 2024	Tue	Practice	N/A	2:45 PM				
Mar 18, 2024 Mon Practice N/A 2:45 PM 4:00 Vestal High School Pool  Mar 19, 2024 Tue Practice N/A 2:45 PM 4:00 Vestal High School Pool  Mar 21, 2024 Thu Practice N/A 2:45 PM 4:00 Vestal High School Pool  Mar 21, 2024 Thu Practice N/A 2:45 PM 4:00 Vestal High	Feb 15, 2024	Thu	Practice	N/A	2:45 PM				
Mar 19, 2024 Tue Practice N/A 2:45 PM PM School Pool  Mar 21, 2024 Tue Practice N/A 2:45 PM 4:00 Vestal High School Pool  Mar 21, 2024 Thu Practice N/A 2:45 PM 4:00 Vestal High	Feb 16, 2024	Fri	Practice	N/A					
Mar 19, 2024 Tue Practice N/A 2:45 PM PM School Pool  Mar 21, 2024 Thu Practice N/A 2:45 PM 4:00 Vestal High	Mar 18, 2024	Mon	Practice	N/A	2:45 PM				
	Mar 19, 2024	Tue	Practice	N/A	2:45 PM				
	Mar 21, 2024	Thu	Practice	N/A	2:45 PM				

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE / TRANSPORTATION NON- LEAGUE
Mar 25, 2024	Mon	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool	
Mar 26, 2024	Tue	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool	
Mar 28, 2024	Thu	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool	
Apr 8, 2024	Mon	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool	
Apr 9, 2024	Tue	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool	
Apr 11, 2024	Thu	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool	
Apr 15, 2024	Mon	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool	
Apr 16, 2024	Tue	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool	
Apr 18, 2024	Thu	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool	
Apr 22, 2024	Mon	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool	
Apr 23, 2024	Tue	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool	
Apr 25, 2024	Thu	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool	
Apr 29, 2024	Mon	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool	
Apr 30, 2024	Tue	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool	
May 2, 2024	Thu	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool	
May 6, 2024	Mon	Practice	N/A	2:45 PM	PIVI	Vestal High School Pool	
May 7, 2024	Tue	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool	
May 9, 2024	Thu	Practice	N/A	2:45 PM	PIVI	Vestal High School Pool	
May 13, 2024	Mon	Practice	N/A	2:45 PM	PIVI	Vestal High School Pool	
May 14, 2024	Tue	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool	
May 16, 2024	Thu	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool	
May 20, 2024	Mon	Practice	N/A	2:45 PM	PIVI	Vestal High School Pool	
May 21, 2024	Tue	Practice	N/A	2:45 PM	FIVI	Vestal High School Pool	
May 23, 2024	Thu	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool	
May 28, 2024	Tue	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool	
May 30, 2024	Thu	Practice	N/A	2:45 PM	FIVI	Vestal High School Pool	
Jun 3, 2024	Mon	Practice	N/A	2:45 PM	PIVI	Vestal High School Pool	
Jun 4, 2024	Tue	Practice	N/A	2:45 PM	PIVI	Vestal High School Pool	
Jun 6, 2024	Thu	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool	

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE / TRANSPORTATION NON- LEAGUE
Jun 10, 2024	Mon	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool	
Jun 11, 2024	Tue	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool	
Jun 13, 2024	Thu	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool	

Date: 2024-05-06