

Coaches:

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

Nov 7, 2022 Mon Practice Ni/A 2.45 4.00 Vestal High	DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 9, 2022 Tue Fractice N/A 2.45 4.00 Vestal High Nov 10, 2022 Thu Practice N/A 2.45 5.30 Vestal High School Pool	Nov 7, 2022	Mon	Practice	N/A	_		•		
Nov 10, 2022 Thu	Nov 8, 2022	Tue	Practice	N/A					
Nov 14, 2022 Mon Practice N/A 2.45 5.30 Vestal High School Pool	Nov 9, 2022	Wed	Practice	N/A	_		•		
Nov 14, 2022	Nov 10, 2022	Thu	Practice	N/A	_		•		
Nov 16, 2022 Wed Practice N/A 2.45 5.30 Vestal High Practice Simple School Pool	Nov 14, 2022	Mon	Practice	N/A			•		
Nov 17, 2022 Thu	Nov 15, 2022	Tue	Practice	N/A			•		
Nov 18, 2022	Nov 16, 2022	Wed	Practice	N/A	-				
Nov 18, 2022	Nov 17, 2022	Thu	Practice	N/A	_		•		
Nov 21, 2022 Mon Practice N/A 2.45 5.30 Vestal High PM School Pool	Nov 18, 2022	Fri	Practice	N/A	_				
Nov 21, 2022 Tue Practice N/A PM PM School Pool	Nov 19, 2022	Sat		N/A					
Nov 22, 2022 Nov 23, 2022 Wed Practice Swim Practice Swim Practice Swim Practice Swim Practice Swim Practice Swim Practice Size School Pool School Pool	Nov 21, 2022	Mon	Practice	N/A			•		
Nov 25, 2022 Fri	Nov 22, 2022	Tue	Practice	N/A	-				
Nov 26, 2022 Sat Practice N/A AM AM School Pool Nov 26, 2022 Sat Practice N/A 8:45 AM 11:00 Vestal High AM School Pool Nov 28, 2022 Mon Practice N/A 2:45 5:30 Vestal High PM PM School Pool Nov 29, 2022 Tue Regular Season 52-50 W @ Union-Endicott 5:30 PM PM PM School Pool Nov 30, 2022 Wed Practice N/A 2:45 5:30 Vestal High School Pool Dec 1, 2022 Thu Practice N/A 2:45 5:30 Vestal High School Pool Dec 2, 2022 Fri Practice N/A 2:45 PM PM School Pool Dec 3, 2022 Sat Practice (Swim Practice) N/A TBD Vestal High School Pool Dec 5, 2022 Mon Practice N/A 2:45 PM PM School Pool School Pool Dec 6, 2022 Tue Regular Season 80-91 L Maine-Endwell 5:30 PM PM PM School Pool Vestal High School Pool School Pool Pool Pool Pool Pool Pool Pool	Nov 23, 2022	Wed		N/A					
Nov 28, 2022 Mon Practice N/A AM AM School Pool Nov 28, 2022 Mon Practice N/A 2:45	Nov 25, 2022	Fri	Practice	N/A			•		
Nov 29, 2022 Tue Regular Season @ Union-Endicott	Nov 26, 2022	Sat	Practice	N/A					
Nov 30, 2022 Wed Practice N/A 2:45 5:30 Vestal High School Pool Dec 1, 2022 Thu Practice N/A 2:45 5:30 Vestal High School Pool Dec 2, 2022 Fri Practice N/A 2:45 5:30 Vestal High School Pool Dec 3, 2022 Sat Practice (Swim Practice) N/A TBD Vestal High School Pool Dec 5, 2022 Mon Practice N/A 2:45 5:30 Vestal High School Pool Dec 6, 2022 Tue Regular Season 80-91 L Maine-Endwell 5:30 7:00 School Pool Dec 6, 2022 Tue Regular Season 80-91 L Maine-Endwell Field	Nov 28, 2022	Mon	Practice	N/A	_		•		
Nov 30, 2022 Wed Practice N/A PM PM School Pool Dec 1, 2022 Thu Practice N/A 2:45 5:30 Vestal High School Pool Dec 2, 2022 Fri Practice N/A 2:45 5:30 Vestal High School Pool Dec 3, 2022 Sat Practice (Swim Practice) N/A TBD Vestal High School Pool Dec 5, 2022 Mon Practice N/A 2:45 5:30 Vestal High School Pool Dec 6, 2022 Tue Regular Season 80-91 L Size Pool Pool Pool Pool School Pool Dec 6, 2022 Tue Regular Season 80-91 L L L Endwell Field	Nov 29, 2022	Tue		@ Union-Endicott			UEHS Pool		L
Dec 2, 2022 Fri Practice N/A 2:45 5:30 Vestal High School Pool Dec 3, 2022 Sat Practice (Swim Practice) N/A TBD Vestal High School Pool Dec 5, 2022 Mon Practice N/A 2:45 5:30 Vestal High School Pool Dec 6, 2022 Tue Regular Season 80-91 L Maine-Endwell 5:30 7:00 School Pool Pool L L L	Nov 30, 2022	Wed	Practice	N/A					
Dec 3, 2022 Sat Practice (Swim Practice) N/A TBD Vestal High School Pool Dec 5, 2022 Mon Practice N/A 2:45 5:30 Vestal High School Pool Dec 6, 2022 Tue Regular Season 80-91 L Maine-Endwell 5:30 7:00 School Pool L L L L L L L L L L L L L	Dec 1, 2022	Thu	Practice	N/A					
Dec 5, 2022 Mon Practice) N/A 2:45 School Pool Practice N/A 2:45 PM PM Vestal High School Pool Vestal High School Pool Vestal High School Pool Vestal High School Pool PM PM Baseball Field L	Dec 2, 2022	Fri	Practice	N/A					
Dec 6, 2022 Tue Regular Season 80-91 L MA PM PM School Pool Vestal High 5:30 7:00 School PM PM Baseball Field	Dec 3, 2022	Sat	•	N/A	TBD				
Dec 6, 2022 Tue Regular Season Maine-Endwell 5:30 7:00 School L PM PM Baseball Field	Dec 5, 2022	Mon	Practice	N/A					
0.45 - 5.00 - M (-118-1.	Dec 6, 2022	Tue		Maine-Endwell			School Baseball		L
Dec 7, 2022 Wed Practice N/A PM PM School Pool	Dec 7, 2022	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 8, 2022 Thu Practice N/A 2:45 5:30 Vestal High PM School Pool	Dec 8, 2022	Thu	Practice	N/A					

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Dec 9, 2022	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 10, 2022	Sat	Practice (Swim Practice)	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 12, 2022	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 13, 2022	Tue	Regular Season 94-82 W	@ Elmira	5:30 PM	7:00 PM	EDA Pool	Departure Time: 3:15 PM	L
Dec 14, 2022	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
POSTPONED De 15, 2022	^C Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 16, 2022	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 16, 2022	Fri	Regular Season (Elmira Invitational- Divers)	@ TBD	3:30 PM		Ernie Davis	Departure Time: 2:00 PM	NL
Dec 17, 2022	Sat	Practice (Swim Practice)	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 19, 2022	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 20, 2022	Tue	Regular Season 97-80 W	Johnson City	5:30 PM	7:00 PM	Vestal High School Baseball Field		L
Dec 21, 2022	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 22, 2022	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 23, 2022	Fri	Practice (Swim Practice)	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 23, 2022	Fri	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Dec 24, 2022	Sat	Practice (Swim Practice)	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 26, 2022	Mon	Practice (Swim Practice)	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 26, 2022	Mon	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Dec 27, 2022	Tue	Practice (Swim Practice)	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 27, 2022	Tue	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Dec 28, 2022	Wed	Practice (Swim Practice)	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 28, 2022	Wed	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Dec 29, 2022	Thu	Practice (Swim Practice)	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 29, 2022	Thu	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Dec 30, 2022	Fri	Practice (Swim Practice)	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 30, 2022	Fri	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Jan 2, 2023	Mon	Practice	N/A	9:00 AM	11:00 AM	Vestal High School Pool		

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 3, 2023	Tue	Regular Season 77-98 L	Corning-Painted Post	5:30 PM	7:00 PM	Vestal High School Baseball Field		L
Jan 4, 2023	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 5, 2023	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 6, 2023	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 7, 2023	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Jan 9, 2023	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 10, 2023	Tue	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 11, 2023	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 12, 2023	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 13, 2023	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 14, 2023	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Jan 16, 2023	Mon	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Jan 17, 2023	Tue	Regular Season (Sr. Nite) 98-70 W	Ithaca	5:30 PM	7:00 PM	Vestal High School Baseball Field		L
Jan 18, 2023	Wed	Practice	N/A	2:45 PM	4:40 PM	Vestal High School Pool		
Jan 19, 2023	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 20, 2023	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
CANCELLED Jan 21, 2023	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Jan 21, 2023	Sat	Regular Season (JC Relays Invitational)	@ TBD	TBD		TBD	Departure Time: 8:00 AM	NL
Jan 23, 2023	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 24, 2023	Tue	Practice	N/A	3:30 PM	4:15 PM	TBD		
Jan 24, 2023	Tue	Regular Season 91-58 W	@ Binghamton	5:30 PM	7:00 PM	East Middle School Pool		L
Jan 25, 2023	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 26, 2023	Thu	Practice	N/A	4:30 PM	6:00 PM	Vestal High School Pool		
Jan 27, 2023	Fri	Practice	N/A	3:00 PM	5:30 PM	Vestal High School Pool		
Jan 28, 2023	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Jan 30, 2023	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 31, 2023	Tue	Regular Season 78-103 L	@ Horseheads	5:30 PM	7:00 PM	HHS HS Pool	Departure Time: 3:00 PM	L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Feb 1, 2023	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Feb 2, 2023	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Feb 3, 2023	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Feb 4, 2023	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Feb 6, 2023	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Feb 8, 2023	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Feb 9, 2023	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Feb 10, 2023	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Feb 11, 2023	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Feb 13, 2023	Mon	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Feb 14, 2023	Tue	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Feb 15, 2023	Wed	Post-Season (Prelims)	@ TBD	TBD		TBD	Departure Time: 7:30 AM	NL
Feb 16, 2023	Thu	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Feb 17, 2023	Fri	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Feb 17, 2023	Fri	Post-Season (Diving)	@ TBD	TBD		TBD	Departure Time: 7:30 AM	NL
Feb 18, 2023	Sat	Post-Season (Section IV Class A Swim Finals - Tickets Trough GoFan)	Elmira, Horseheads, Corning-Painted Post, Ithaca, Binghamton, Union- Endicott @ Watkins Glen (Storm)	3:30 PM	6:30 PM	W G Pool	Departure Time: 12:30 PM	NL

Date: 2024-05-01