



# Vestal

## (B) V Swimming/Diving

### Coaches:

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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 3, 2025	Mon	Practice	N/A	4:45 PM	6:00 PM	Vestal High School Pool		
Nov 4, 2025	Tue	Practice	N/A	4:45 PM	6:00 PM	Vestal High School Pool		
Nov 6, 2025	Thu	Practice	N/A	4:45 PM	6:00 PM	Vestal High School Pool		
Nov 7, 2025	Fri	Practice	N/A	4:45 PM	6:00 PM	Vestal High School Pool		
Nov 10, 2025	Mon	Practice	N/A	2:45 PM	4:15 PM	Vestal High School Pool		
Nov 12, 2025	Wed	Practice	N/A	2:45 PM	4:15 PM	Vestal High School Pool		
Nov 13, 2025	Thu	Practice	N/A	2:45 PM	4:15 PM	Vestal High School Pool		
Nov 14, 2025	Fri	Practice	N/A	2:45 PM	4:15 PM	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		
Nov 20, 2025	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 21, 2025	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 22, 2025	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Nov 24, 2025	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 25, 2025	Tue	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 26, 2025	Wed	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Nov 28, 2025	Fri	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Nov 29, 2025	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 1, 2025	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 2, 2025	Tue	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 3, 2025	Wed	Regular Season 66-52 W	Binghamton	5:30 PM	8:00 PM	Vestal High School Pool		L
Dec 4, 2025	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 5, 2025	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 6, 2025	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 8, 2025	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 9, 2025	Tue	Regular Season	@ Maine-Endwell	5:30 PM	8:00 PM	Maine-Endwell HS Pool		L
Dec 10, 2025	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 11, 2025	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 12, 2025	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 15, 2025	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 16, 2025	Tue	Regular Season	Elmira	5:30 PM	8:00 PM	Vestal High School Pool		L
Dec 17, 2025	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 18, 2025	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 19, 2025	Fri	Regular Season	@ Corning-Painted Post	5:30 PM	8:00 PM	C P P High School		L
Dec 20, 2025	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 22, 2025	Mon	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 22, 2025	Mon	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Dec 23, 2025	Tue	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 23, 2025	Tue	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Dec 24, 2025	Wed	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 26, 2025	Fri	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 26, 2025	Fri	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Dec 27, 2025	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 29, 2025	Mon	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 29, 2025	Mon	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Dec 30, 2025	Tue	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 30, 2025	Tue	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Dec 31, 2025	Wed	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Jan 2, 2026	Fri	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Jan 2, 2026	Fri	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Jan 3, 2026	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Jan 6, 2026	Tue	Regular Season	@ Johnson City	5:30 PM	8:00 PM	JC HS Pool		L
Jan 16, 2026	Fri	Regular Season	Union-Endicott	5:30 PM	8:00 PM	Vestal High School Pool		L
Jan 23, 2026	Fri	Regular Season	@ Ithaca	5:30 PM	8:00 PM	IHS Pool (C150)		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 29, 2026	Thu	Regular Season	Horseheads	5:30 PM	8:00 PM	Vestal High School Pool		L

Date: 2025-12-17