

## Coaches:

- Jim Cerra, Head Coach
- Joe Nemecek, Asst Coach
- Flavia Cass

DATE	WEEK	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 15, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Nov 16, 2021	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Nov 17, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Nov 18, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Nov 19, 2021	Fri	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Nov 22, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Nov 23, 2021	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Nov 29, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Nov 30, 2021	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Dec 1, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Dec 2, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Dec 3, 2021	Fri	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Dec 6, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Dec 7, 2021	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Dec 8, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Dec 9, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Dec 10, 2021	Fri	Practice (Practice is cancelled for today)	N/A	TBD		TBD		
Dec 13, 2021	Mon	Practice (Practice Indoor Track and Field)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE TRANSPORTATION / NON- LEAGUE
Dec 14, 2021	Tue	Practice (Practice Indoor Track and Field)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Dec 15, 2021	Wed	Practice (Practice Indoor Track and Field)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Dec 16, 2021	Thu	Practice (Practice Indoor Track and Field)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Dec 17, 2021	Fri	Practice (Practice Indoor Track and Field)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Jan 3, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Jan 4, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Jan 5, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Jan 6, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Jan 7, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Jan 10, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Jan 11, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Jan 12, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Jan 13, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Jan 14, 2022	Fri	Practice (Early dismissal NO PRACTICE TODAY)	N/A	TBD		TBD	
Jan 18, 2022	Tue	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Jan 19, 2022	Wed	Practice (No practice today)	N/A	TBD		TBD	
Jan 20, 2022	Thu	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Jan 21, 2022	Fri	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Jan 24, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Jan 25, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Jan 26, 2022	Wed	Practice (Practice Indoor Track and Field)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	

Jan 27, 2022 Thu Practice (Practice is cancelled for today)  Jan 31, 2022 Mon Practice (Practice Indoor Track and Field)  Feb 1, 2022 Tue Practice (Practice Indoor Track and Field)  Feb 3, 2022 Thu Practice (Practice Indoor Track and Field)  Feb 4, 2022 Fri Practice (Practice Indoor Track and Field)  Feb 7, 2022 Mon Practice (Practice Indoor Track and Field)  Feb 7, 2022 Thu Practice (Practice Indoor Track and Field)  Feb 7, 2022 Thu Practice (Practice Indoor Track and Field)  Feb 7, 2022 Thu Practice (Practice Indoor Track and Field)  Feb 7, 2022 Thu Practice (Practice Indoor Track and Field)  Feb 7, 2022 Thu Practice (Practice Indoor Track and Field)  Feb 7, 2022 Thu Practice (Practice Indoor Track and Field)  Feb 7, 2022 Thu Practice (Practice)  Feb 8, 2022 Tue Practice (Practice)  N/A 3:00 5:00 Vestal High School Pool Gym  Feb 8, 2022 Tue Practice (Practice)  N/A 3:00 5:00 Vestal High School Pool Gym  Vestal High School Pool Gym  Vestal High School Pool Gym  Feb 8, 2022 Tue Practice (Practice)  N/A 3:00 5:00 Vestal High School Pool Gym	
Jan 31, 2022 Mon Practice (Practice Indoor Track and Field)  Feb 1, 2022 Tue Practice (Practice Indoor Track and Field)  Feb 2, 2022 Wed Practice (Practice Indoor Track and Field)  Feb 3, 2022 Thu Practice (Practice Indoor Track and Field)  Feb 4, 2022 Fri Practice (Practice Indoor Track and Field)  Feb 7, 2022 Mon Practice (Practice)  Feb 8, 2022 Tue Practice (Practice)  Find Practice (Practice)  N/A 3:00 5:00 Vestal High School Pool Gym  Feb 7, 2022 Mon Practice (Practice)  N/A 3:00 5:00 Vestal High School Pool Gym  Feb 7, 2022 Mon Practice (Practice)  N/A 3:00 5:00 Vestal High School Pool Gym  Vestal High School Pool Gym  Vestal High School Pool Gym  Feb 7, 2022 Mon Practice (Practice)  N/A 3:00 5:00 Vestal High School Pool Gym  Feb 7, 2022 Mon Practice (Practice)  N/A 3:00 5:00 Vestal High School Pool Gym	
Jan 31, 2022 Mon Practice (Practice Indoor Track and Field)  Feb 1, 2022 Tue Practice (Practice Indoor Track and Field)  Feb 2, 2022 Wed Practice (Practice is cancelled for today)  Feb 3, 2022 Thu Practice (Practice Indoor Track and Field)  Feb 4, 2022 Fri Practice (Practice Indoor Track and Field)  Feb 7, 2022 Mon Practice (Practice)  N/A 3:00 5:00 Vestal High School Pool Gym	
Feb 1, 2022  Tue Practice (Practice Indoor Track and Field)  Feb 2, 2022  Wed Practice (Practice is cancelled for today)  Feb 3, 2022  Thu Practice (Practice Indoor Track and Field)  Physical Practice (Practice Indoor Track and Field)  Feb 4, 2022  Fri Practice (Practice Indoor Track and Field)  Feb 7, 2022  Mon Practice (Practice)  N/A  TBD  TBD  Vestal High School Pool Gym  Vestal High School Pool Gym  PM  PM  PM  School Pool Gym  Vestal High School Pool Gym  N/A  3:00 5:00 Vestal High School Pool Gym  Vestal High School Pool Gym  Feb 7, 2022  Mon Practice (Practice)  N/A  3:00 5:00 Vestal High School Pool Gym	
Feb 3, 2022  Thu Practice (Practice Indoor Track and Field)  Feb 4, 2022  Fri Practice (Practice Indoor Track and Field)  Feb 7, 2022  Mon Practice (Practice)  N/A 3:00 5:00 Vestal High School Pool Gym  N/A 3:00 5:00 PM School Pool Gym  Vestal High School Pool Gym  N/A 3:00 5:00 Vestal High School Pool Gym  Feb 7, 2022  Mon Practice (Practice)  N/A 3:00 5:00 Vestal High School Pool Gym	
Feb 3, 2022  Thu Practice (Practice Indoor Track and Field)  Feb 4, 2022  Fri Practice (Practice Indoor Track and Field)  N/A 3:00 5:00 Vestal High School Pool Gym  Feb 7, 2022  Mon Practice (Practice)  N/A 3:00 5:00 Vestal High School Pool Gym  N/A 3:00 5:00 PM School Pool Gym  Feb 7, 2022  Mon Practice (Practice)  N/A 3:00 5:00 Vestal High School Pool Gym  N/A 3:00 5:00 Vestal High School Pool Gym  Feb 7, 2022  Tue Practice (Practice)  N/A 3:00 5:00 Vestal High School Pool Gym  Vestal High School Pool Gym  Vestal High School Pool Gym  N/A 3:00 5:00 Vestal High School Pool Gym	
Feb 4, 2022 Fri Practice (Practice indoor Track and Field)  N/A 3:00 School Pool Gym  Feb 7, 2022 Mon Practice (Practice)  N/A 3:00 School Pool Gym  Vestal High School Pool Gym  Feb 7, 2022 Mon Practice (Practice)  N/A 3:00 School Pool Gym  Vestal High School Pool Gym  N/A 3:00 School Pool Gym  Vestal High School Pool Gym  Vestal High School Pool Gym	
Feb 7, 2022 Mon Practice (Practice)  N/A  School Pool Gym  Feb 7, 2022 Mon Practice (Practice)  N/A  School Pool Gym  Vestal High School Pool Gym  School Pool Gym  School Pool Gym  N/A  3:00  School Pool Gym  School Pool Gym	
Feb 7, 2022 Mon Practice (Practice)  N/A  School Pool Gym  School Pool Gym  School Pool Gym	
Feb 8 2022 Tue Practice (Practice) N/A 3:00 5:00 School Pool	
PM PM Gym	
Feb 9, 2022 Wed Practice (Practice)  N/A  3:00 5:00 School Pool Gym	
Feb 10, 2022 Thu Practice (Practice) N/A 3:00 5:00 School Pool Gym	
Feb 11, 2022 Fri Practice (No Practice Today) N/A TBD TBD	
Feb 14, 2022 Mon Practice N/A 3:00 5:00 PM School Pool Gym	
Feb 15, 2022 Tue Practice N/A 3:00 5:00 School Pool Gym	
Feb 16, 2022 Wed Practice N/A 3:00 5:00 School Pool Gym	
Feb 17, 2022 Thu Practice N/A 3:00 5:00 Vestal High School Pool Gym	
Feb 22, 2022 Tue Practice (Voluntary Practice State Qualifiers N/A must attend) School Pool Gym	
Feb 23, 2022 Wed Practice (Voluntary Practice State Qualifiers N/A must attend)  Practice (Voluntary 3:00 PM School Pool Gym	
Feb 24, 2022 Thu Practice (Voluntary Practice State Qualifiers N/A must attend) 3:00 PM School Pool Gym	
Feb 25, 2022 Fri Practice (Voluntary Practice State Qualifiers N/A must attend) School Pool Gym	
Feb 28, 2022 Mon Practice (Voluntary Practice State Qualifiers N/A PM School Pool Gym	

DATE	WEEK DAY	OPPONENTS START END LOCATION	LEAGUE TRANSPORTATION / NON- LEAGUE
DAIL	DAY	TIME TIME TO TIME	LEAGUI

Mar 1, 2022	Tue	Practice (Voluntary Practice State Qualifiers must attend)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym
Mar 2, 2022	Wed	Practice (No practice today)	N/A	TBD		TBD
Mar 3, 2022	Thu	Practice (Voluntary Practice State Qualifiers must attend)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym
Mar 4, 2022	Fri	Practice (No practice today Travel day to states)	N/A	TBD		TBD

Date: 2024-05-01