

## Coaches:

- Travis Herron, Head Coach
- Kristopher Crandall, Asst Coach
- Nick Lydon

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE TRANSPORTATION / NON- LEAGUE
Aug 21, 2023	Mon	Practice	N/A	8:00 AM	11:00 AM	Pat Riley Sports Center- Pool	
Aug 22, 2023	Tue	Practice	N/A	8:00 AM	11:00 AM	Pat Riley Sports Center- Pool	
Aug 23, 2023	Wed	Practice	N/A	8:00 AM	11:00 AM	Pat Riley Sports Center- Pool	
Aug 24, 2023	Thu	Practice	N/A	8:00 AM	11:00 AM	Pat Riley Sports Center- Pool	
Aug 25, 2023	Fri	Practice	N/A	8:00 AM	11:00 AM	Pat Riley Sports Center- Pool	
Aug 26, 2023	Sat	Practice	N/A	7:00 AM	9:00 AM	Pat Riley Sports Center- Pool	
Aug 28, 2023	Mon	Practice	N/A	8:00 AM	11:00 AM	Pat Riley Sports Center- Pool	
Aug 29, 2023	Tue	Practice	N/A	8:00 AM	11:00 AM	Pat Riley Sports Center- Pool	
Aug 30, 2023	Wed	Practice	N/A	8:00 AM	11:00 AM	Pat Riley Sports Center- Pool	
Aug 31, 2023	Thu	Practice	N/A	8:00 AM	11:00 AM	Pat Riley Sports Center- Pool	
Sep 1, 2023	Fri	Practice	N/A	8:00 AM	11:00 AM	Pat Riley Sports Center- Pool	
Sep 5, 2023	Tue	Practice	N/A	3:15 AM	5:15 PM	Pat Riley Sports Center- Pool	
Sep 7, 2023	Thu	Practice	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool	
Sep 7, 2023	Thu	Regular Season 73-97 L	@ Saratoga Springs High School	4:30 PM	5:55 PM	Skidmore	Departure Point: SHS Departure Time: 3:00 PM
Sep 8, 2023	Fri	Practice	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool	
Sep 11, 2023	Mon	Practice	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 12, 2023	Tue	Practice	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Sep 13, 2023	Wed	Regular Season 66-103 L	Shenendehowa High School	4:30 PM	5:55 PM	Pat Riley Sports Center- Pool		L
Sep 14, 2023	Thu	Practice	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Sep 15, 2023	Fri	Practice	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Sep 18, 2023	Mon	Practice	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Sep 19, 2023	Tue	Regular Season 70-110 L	Shaker High School	4:30 PM	5:55 PM	Pat Riley Sports Center- Pool		L
Sep 20, 2023	Wed	Practice	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Sep 21, 2023	Thu	Practice	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Sep 22, 2023	Fri	Regular Season	@ Guilderland High School (Guilderville)	4:30 PM	5:55 PM	Voorheesville High School Pool	Departure Point: SHS Departure Time: 3:00 PM	L
Sep 25, 2023	Mon	Practice	N/A	8:00 AM	10:00 AM	Pat Riley Sports Center- Pool		
Sep 26, 2023	Tue	Practice	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Sep 27, 2023	Wed	Regular Season 34-57 L	@ Troy	4:30 PM	5:55 PM	High School	Departure Point: SHS Departure Time: 3:00 PM	L
Sep 28, 2023	Thu	Practice	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Sep 29, 2023	Fri	Regular Season	Emma Willard	4:30 PM		Pat Riley Sports Center- Main Gym		NL
Oct 2, 2023	Mon	Regular Season	Ballston Spa High School	4:30 PM	5:55 PM	Pat Riley Sports Center- Pool		L
Oct 3, 2023	Tue	Practice	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Oct 4, 2023	Wed	Practice	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Oct 5, 2023	Thu	Practice	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Oct 6, 2023	Fri	Practice	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 7, 2023	Sat	Regular Season (Shen Breast Cancer Invitational)	Burnt Hills-Ballston Lake HS, Shaker High School, Niskayuna High School, Saratoga Springs High School, Troy, Ballston Spa High School @ Shenendehowa High School	9:00 AM		Shen Aquatic Center		NL
Oct 10, 2023	Tue	Regular Season 72-95 L	@ Burnt Hills-Ballston Lake HS	4:30 PM	5:55 PM	BH-BL HS Pool	Departure Point: SHS Departure Time: 3:00 PM	L
Oct 11, 2023	Wed	Practice	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Oct 12, 2023	Thu	Practice	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Oct 13, 2023	Fri	Practice	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Oct 16, 2023	Mon	Practice	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Oct 17, 2023	Tue	Practice	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Oct 18, 2023	Wed	Regular Season 97-55-1 W	Albany High School, Ballston Spa High School	4:30 PM	5:55 PM	Pat Riley Sports Center- Pool		L
Oct 19, 2023	Thu	Practice	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Oct 20, 2023	Fri	Practice	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Oct 23, 2023	Mon	Practice	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Oct 24, 2023	Tue	Practice	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Oct 25, 2023	Wed	Practice	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Oct 26, 2023	Thu	Practice	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Oct 27, 2023	Fri	Practice	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Oct 30, 2023	Mon	Practice	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Oct 31, 2023	Tue	Practice	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Nov 1, 2023	Wed	Practice	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		

DATE	WEEK DAY	<sup>(</sup> ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 3, 2023	Fri	Post-Season (Sectionals)	@ TBD	TBD		TBD	Departure Point: SHS Departure Time: 12:30 PM	L
Nov 6, 2023	Mon	Practice	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Nov 7, 2023	Tue	Practice	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Nov 8, 2023	Wed	Practice	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Nov 9, 2023	Thu	Practice	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Nov 13, 2023	Mon	Practice	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Nov 14, 2023	Tue	Practice	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Nov 15, 2023	Wed	Practice	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		

Date: 2024-04-10