

Coaches:

- Brian Melanson, Head Coach
- Kristopher Crandall, Asst Coach
- Nick Lydon

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE TRANSPORTATION / NON- LEAGUE
Nov 14, 2022	Mon	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool	
Nov 15, 2022	Tue	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool	
Nov 16, 2022	Wed	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool	
Nov 17, 2022	Thu	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool	
Nov 18, 2022	Fri	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool	
Nov 21, 2022	Mon	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool	
Nov 22, 2022	Tue	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool	
Nov 23, 2022	Wed	Practice	N/A	9:00 AM	11:00 AM	Pat Riley Sports Center- Pool	
Nov 25, 2022	Fri	Practice	N/A	9:00 AM	11:00 AM	Pat Riley Sports Center- Pool	
Nov 26, 2022	Sat	Practice	N/A	9:00 AM	11:00 AM	Pat Riley Sports Center- Pool	
Nov 28, 2022	Mon	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool	
Nov 29, 2022	Tue	Practice	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool	
Nov 30, 2022	Wed	Practice (Boys Varsity Swim 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
Dec 1, 2022	Thu	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Dec 2, 2022	Fri	Regular Season	Glens Falls	5:00 PM		Pat Riley Sports Center- Pool		L
Dec 5, 2022	Mon	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Dec 6, 2022	Tue	Regular Season	@ Troy (Troy/CBA)	4:30 PM	5:55 PM	Troy HS Pool	Departure Point: SHS Departure Time: 3:00 PM	L
Dec 7, 2022	Wed	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Dec 8, 2022	Thu	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Dec 9, 2022	Fri	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Dec 12, 2022	Mon	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Dec 13, 2022	Tue	Regular Season 157-130 W	Ballston Spa High School	4:30 PM	5:55 PM	Pat Riley Sports Center- Pool		L
Dec 14, 2022	Wed	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Dec 15, 2022	Thu	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Dec 16, 2022	Fri	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Dec 17, 2022	Sat	Regular Season (SHEN HOLIDAY INVITATIONAL)	Colonie High School, Burnt Hills-Ballston Lake HS, Niskayuna High School, Ballston Spa High School, New Hartford, Shaker High School, Saratoga Springs High School @ Shenendehowa High School			Shen Aquatic Center		L
Dec 19, 2022	Mon	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE TRANSPORTATION / NON- LEAGUE
Dec 20, 2022	Tue	Regular Season	Burnt Hills-Ballston Lake HS	4:30 PM	5:55 PM	Pat Riley Sports Center- Pool	L
Dec 21, 2022	Wed	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool	
Dec 22, 2022	Thu	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool	
Dec 23, 2022	Fri	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool	
Dec 26, 2022	Mon	Practice	N/A	9:00 AM	11:00 AM	Pat Riley Sports Center- Pool	
Dec 27, 2022	Tue	Practice	N/A	9:00 AM	11:00 AM	Pat Riley Sports Center- Pool	
Dec 28, 2022	Wed	Practice	N/A	9:00 AM	11:00 AM	Pat Riley Sports Center- Pool	
Dec 29, 2022	Thu	Practice	N/A	9:00 AM	11:00 AM	Pat Riley Sports Center- Pool	
Dec 30, 2022	Fri	Practice	N/A	9:00 AM	11:00 AM	Pat Riley Sports Center- Pool	
Jan 2, 2023	Mon	Practice	N/A	9:00 AM	11:00 AM	Pat Riley Sports Center- Pool	
Jan 3, 2023	Tue	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool	
Jan 4, 2023	Wed	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool	
Jan 5, 2023	Thu	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool	
Jan 6, 2023	Fri	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool	
Jan 7, 2023	Sat	Regular Season (Schenectady Invitational)	Burnt Hills-Ballston Lake HS, Queensbury, Scotia-Glenville, Glens Falls, Albany High School	8:00 AM		Pat Riley Sports Center- Pool	L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 9, 2023	Mon	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Jan 10, 2023	Tue	Regular Season 70-100 L	@ Albany High School	4:30 PM	5:55 PM	Albany High School Pool	Departure Point: SHS Departure Time: 3:00 PM	L
Jan 11, 2023	Wed	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Jan 12, 2023	Thu	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Jan 13, 2023	Fri	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Jan 16, 2023	Mon	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Jan 17, 2023	Tue	Regular Season	Colonie High School @ Niskayuna High School	TBD		High School	Departure Point: SHS Departure Time: 3:00 PM	NL
Jan 18, 2023	Wed	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Jan 20, 2023	Fri	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Jan 23, 2023	Mon	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Jan 24, 2023	Tue	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Jan 25, 2023	Wed	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Jan 26, 2023	Thu	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Jan 27, 2023	Fri	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Jan 27, 2023	Fri	Regular Season	@ Albany Academies	4:30 PM		Albany Academies	Departure Point: SHS Departure Time: 3:00 PM	L
Jan 30, 2023	Mon	Practice (Boys Varsity Swim 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
Jan 31, 2023	Tue	Regular Season	Colonie High School @ Bethlehem High School	4:30 PM	6:15 PM	High School	Departure Point: SHS Departure Time: 3:00 PM	NL
Feb 1, 2023	Wed	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Feb 2, 2023	Thu	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Feb 2, 2023	Thu	Regular Season	Queensbury, Colonie High School	4:30 PM		Pat Riley Sports Center- Pool		L
Feb 3, 2023	Fri	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Feb 6, 2023	Mon	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Feb 7, 2023	Tue	Regular Season	Shenendehowa High School	4:30 PM		Pat Riley Sports Center- Pool		NL
Feb 8, 2023	Wed	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Feb 9, 2023	Thu	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Feb 9, 2023	Thu	Regular Season	Shaker High School	5:00 PM		Pat Riley Sports Center- Pool		NL
Feb 10, 2023	Fri	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Feb 13, 2023	Mon	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	5:30 PM	Pat Riley Sports Center- Pool		
Feb 14, 2023	Tue	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	5:30 PM	Pat Riley Sports Center- Pool		
Feb 15, 2023	Wed	Practice (Boys Varsity Swim Practice/Psyche Party)	N/A	3:45 PM	8:00 PM	Pat Riley Sports Center- Pool		
Feb 20, 2023	Mon	Practice	N/A	9:00 AM	11:00 AM	Pat Riley Sports Center- Pool		
Feb 21, 2023	Tue	Practice	N/A	9:00 AM	11:00 AM	Pat Riley Sports Center- Pool		

DATE	WEE! DAY	^K TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Feb 22, 2023	Wed	Practice	N/A	9:00 AM	11:00 AM	Pat Riley Sports Center- Pool		
Feb 23, 2023	Thu	Practice	N/A	9:00 AM	11:00 AM	Pat Riley Sports Center- Pool		
Feb 24, 2023	Fri	Practice	N/A	9:00 AM	11:00 AM	Pat Riley Sports Center- Pool		
Feb 27, 2023	Mon	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Feb 28, 2023	Tue	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		
Mar 1, 2023	Wed	Practice (Boys Varsity Swim Practice)	N/A	3:45 PM	6:00 PM	Pat Riley Sports Center- Pool		

Date: 2024-04-17