

Ballston Spa High School

(B) V Swimming/Diving

Coaches:

- Matt Nafus, Head Coach

DATE	WEEK DAY	TYPE	OPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 11, 2025	Thu	Regular Season 85-83 W	Queensbury	4:30 PM		Ballston Spa High School Pool		NL
Dec 16, 2025	Tue	Regular Season 75-95 L	Saratoga Springs High School	4:30 PM	5:55 PM	Ballston Spa High School Pool		L
Jan 20, 2026	Tue	Regular Season 75-92 L	Christian Brothers Academy, Albany (Troy/CBA)	4:30 PM	5:55 PM	Ballston Spa High School Pool		L
Jan 24, 2026	Sat	Practice	N/A	TBD		Burnt Hills High School	Departure Time: 8:30 AM	
Jan 29, 2026	Thu	Regular Season 85-85 T	Burnt Hills-Ballston Lake HS	4:30 PM	5:55 PM	Ballston Spa High School Pool		L
Jan 31, 2026	Sat	Practice	N/A	TBD		Burnt Hills High School	Departure Time: 8:30 AM	
Feb 5, 2026	Thu	Regular Season 88-90-0 L	Schenectady High School (Schenectady/Colonie Boys Varsity Swimming), Colonie High School (Schenectady-Colonie)	4:30 PM	5:55 PM	Ballston Spa High School Pool		L
Feb 7, 2026	Sat	Regular Season (Last Chance Meet)	Burnt Hills-Ballston Lake HS, Bethlehem High School, Shaker High School, Albany High School, Schenectady High School (Schenectady/Colonie Boys Varsity Swimming), Guilderland High School (Guilderville), Christian Brothers Academy, Albany (Troy/CBA), Saratoga Springs High School, Colonie High School (Schenectady-Colonie)	10:00 AM		Ballston Spa High School Pool		L

Date: 2026-05-14