

Ballston Spa High School

(B) V Swimming/Diving

Coaches:

- Matt Nafus, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 9, 2025	Tue	Regular Season 91-78 W	@ Glens Falls	4:30 PM		Glens Falls High School Pool	Departure Time: 2:45 PM	NL
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
Dec 20, 2025	Sat	Regular Season (Shen Invy)	Shaker High School, Albany High School, Niskayuna High School, Burnt Hills-Ballston Lake HS, Colonie High School (Schenectady-Colonie), Guilderland High School (Guilderville) @ Shenendehowa High School	9:00 AM		Shen Aquatic Center	Departure Time: 10:30 AM	L
Jan 5, 2026	Mon	Regular Season 94-79 W	@ Fonda-Fultonville (Fonda/Johnston)	TBD		TBD	Departure Time: 2:45 PM	L
Jan 6, 2026	Tue	Regular Season 75-92 L	@ Guilderland High School (Guilderville)	4:30 PM	5:55 PM	Voorheesville High School Pool	Departure Time: 2:45 PM	L
Jan 13, 2026	Tue	Regular Season 63-101 L	@ Bethlehem High School	4:30 PM	5:55 PM	High School	Departure Time: 2:45 PM	L
Jan 15, 2026	Thu	Regular Season 86-84 W	@ Shaker High School	4:30 PM		Shaker High School Pool	Departure Time: 3:05 PM	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 27, 2026	Tue	Regular Season 69-96 L	@ Niskayuna High School	4:30 PM	5:55 PM	Niskayuna High School	Departure Time: 3:05 PM	L
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 3, 2026	Tue	Regular Season 81-94 L	@ Ravena-Coeymans	4:30 PM		TBD	Departure Time: 2:35 PM	L
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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
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
CANCELLED Feb 12, 2026	Thu	Post-Season (Diving Sectionals at Shen)	@ TBD		TBD	TBD		L
Feb 13, 2026	Fri	Post-Season (Swim Sectionals at Shen)	@ TBD	3:00 PM		TBD	Departure Time: 12:45 PM	L
Feb 14, 2026	Sat	Post-Season (Swim Sectionals at Shen)	@ TBD	3:00 PM		TBD	Departure Time: 12:45 PM	L
Mar 6, 2026	Fri	Post-Season (State Championships @ Ithaca College)	@ TBD		TBD	TBD		NL
Mar 7, 2026	Sat	Post-Season (State Championships at Ithaca College)	@ TBD		TBD	TBD		NL

Date: 2026-04-17