

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	@ Glens Falls	4:30 PM		Glens Falls High School Pool	Departure Time: 2:45 PM	NL
Dec 11, 2025	Thu	Regular Season	Queensbury	4:30 PM		Ballston Spa High School pool		NL
Dec 16, 2025	Tue	Regular Season	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 @ Shenendehowa High School	9:00 AM		Shen Aquatic Center		L
Jan 5, 2026	Mon	Regular Season	@ Fonda-Fultonville (Fonda/Johnston)	TBD		TBD	Departure Time: 2:45 PM	L
Jan 6, 2026	Tue	Regular Season	@ 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	@ Bethlehem High School	4:30 PM	5:55 PM	High School	Departure Time: 2:45 PM	L
Jan 15, 2026	Thu	Regular Season	@ Shaker High School	4:30 PM		Shaker High School Pool	Departure Time: 3:05 PM	L
Jan 20, 2026	Tue	Regular Season	Christian Brothers Academy, Albany (Troy/CBA)	4:30 PM	5:55 PM	Ballston Spa High School pool		L
Jan 27, 2026	Tue	Regular Season	@ Niskayuna High School	4:30 PM	5:55 PM	Niskayuna High School	Departure Time: 3:05 PM	L
Jan 29, 2026	Thu	Regular Season	Burnt Hills-Ballston Lake HS	4:30 PM	5:55 PM	Ballston Spa High School pool		L
Feb 3, 2026	Tue	Regular Season	@ Ravena-Coeymans	4:30 PM		TBD	Departure Time: 2:35 PM	L
Feb 5, 2026	Thu	Regular Season	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: 2025-12-05