



Saratoga Springs High School

(G) V Swimming/Diving

Coaches:

- Joshua Muldner, Head Coach
- David Longbreak, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 21, 2023	Mon	Practice	N/A	3:15 PM	5:15 PM	Skidmore		
Aug 22, 2023	Tue	Practice	N/A	5:45 AM	7:45 AM	Skidmore		
Aug 23, 2023	Wed	Practice	N/A	5:45 AM	7:45 AM	Skidmore		
Aug 24, 2023	Thu	Practice	N/A	5:45 AM	7:45 AM	Skidmore		
Aug 25, 2023	Fri	Practice	N/A	5:45 AM	7:45 AM	Skidmore		
Aug 26, 2023	Sat	Practice	N/A	7:00 AM	10:00 AM	Skidmore		
Aug 28, 2023	Mon	Practice	N/A	5:45 AM	7:45 AM	Skidmore		
Aug 29, 2023	Tue	Practice	N/A	5:45 AM	7:45 AM	Skidmore		
Aug 30, 2023	Wed	Practice	N/A	5:45 AM	7:45 AM	Skidmore		
Aug 31, 2023	Thu	Practice	N/A	5:45 AM	7:45 AM	Skidmore		
Sep 1, 2023	Fri	Practice	N/A	5:45 AM	7:45 AM	Skidmore		
Sep 4, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	Skidmore		
Sep 5, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	Skidmore		
Sep 6, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	Skidmore		
Sep 7, 2023	Thu	Regular Season 97-73 W	Schenectady High School (Schenectady/Colonie)	4:30 PM	5:55 PM	Skidmore		L
Sep 8, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	Skidmore		
Sep 9, 2023	Sat	Practice	N/A	7:00 AM	10:00 AM	Skidmore		
Sep 11, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	Skidmore		
Sep 12, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	Skidmore		
Sep 13, 2023	Wed	Regular Season 51-43 W	@ Troy	4:30 PM	5:55 PM	High School		L
Sep 14, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	Skidmore		
Sep 15, 2023	Fri	Regular Season (Saratoga Springs Teacher Appreciation Night) 97-89 W	Burnt Hills-Ballston Lake HS	4:30 PM	7:00 PM	Skidmore		L
Sep 16, 2023	Sat	Practice	N/A	7:00 AM	10:00 AM	Skidmore		
Sep 18, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	Skidmore		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 19, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	Skidmore		
Sep 20, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	Skidmore		
Sep 21, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	Skidmore		
Sep 22, 2023	Fri	Regular Season 100-86 W	Ballston Spa High School	4:30 PM	5:55 PM	Skidmore		L
Sep 22, 2023	Fri	Regular Season 142-28 W	Glens Falls	4:30 PM		Skidmore		L
Sep 23, 2023	Sat	Practice	N/A	7:00 AM	10:00 AM	Skidmore		
Sep 23, 2023	Sat	Regular Season	Queensbury	9:00 AM		Skidmore		NL
Sep 26, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	Skidmore		
Sep 27, 2023	Wed	Regular Season 99-81 W	Shaker High School	4:30 PM	5:55 PM	Skidmore		L
Sep 28, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	Skidmore		
Sep 29, 2023	Fri	Regular Season 87-72 W	@ Queensbury	4:30 PM		Queensbury Elem. School Pool		NL
Sep 30, 2023	Sat	Practice	N/A	7:00 AM	10:00 AM	Skidmore		
Oct 2, 2023	Mon	Practice	N/A	3:00 PM	4:30 PM	Skidmore		
Oct 3, 2023	Tue	Regular Season 92-94 L	@ Niskayuna High School	4:30 PM	5:55 PM	High School		L
Oct 5, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	Skidmore		
Oct 6, 2023	Fri	Practice	N/A	3:00 PM	4:30 PM	Skidmore		
Oct 7, 2023	Sat	Regular Season (Shen Breast Cancer Invitational)	Burnt Hills-Ballston Lake HS, Shaker High School, Niskayuna High School, Troy, Ballston Spa High School, Schenectady High School (Schenectady/Colonie) @ Shenendehowa High School	9:00 AM		Shen Aquatic Center		NL
Oct 10, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	Skidmore		
Oct 11, 2023	Wed	Practice	N/A	3:00 PM	4:30 PM	Skidmore		
Oct 12, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	Skidmore		
CANCELLED Oct 13, 2023	Fri	Regular Season (Saratoga Springs Senior Night)	Guilderland High School (Guilderville)	5:00 PM	6:30 PM	Skidmore		L
Oct 14, 2023	Sat	Practice	N/A	7:00 AM	10:00 AM	Skidmore		
Oct 16, 2023	Mon	Practice	N/A	3:00 PM	4:30 PM	Skidmore		
Oct 17, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	Skidmore		
Oct 18, 2023	Wed	Regular Season 99-87 W	@ Bethlehem High School	4:30 PM	5:55 PM	High School		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 19, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	Skidmore		
Oct 20, 2023	Fri	Regular Season	@ Shenendehowa High School	4:30 PM	5:55 PM	Shen Aquatic Center		L
Oct 21, 2023	Sat	Practice	N/A	7:00 AM	10:00 AM	Skidmore		
Oct 23, 2023	Mon	Practice	N/A	3:00 PM	4:30 PM	Skidmore		
Oct 24, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	Skidmore		
Oct 25, 2023	Wed	Practice	N/A	3:00 PM	4:30 PM	Skidmore		
Oct 26, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	Skidmore		
Oct 28, 2023	Sat	Practice	N/A	7:00 AM	10:00 AM	Skidmore		
Oct 30, 2023	Mon	Practice	N/A	3:00 PM	4:30 PM	Skidmore		
Oct 31, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	Skidmore		
Nov 1, 2023	Wed	Practice	N/A	3:00 PM	4:30 PM	Skidmore		
Nov 2, 2023	Thu	Practice	N/A	3:00 PM	4:30 PM	Skidmore		
Nov 2, 2023	Thu	Post-Season (Dive Sectional at Shen)	TBD	TBD		TBD	Departure Time: 12:00 PM	NL
Nov 3, 2023	Fri	Post-Season (Swim Sectional at Shen)	TBD	TBD		TBD	Departure Time: 11:40 AM	NL
Nov 4, 2023	Sat	Post-Season (Sectional at Shen)	TBD	TBD		TBD		NL
Nov 5, 2023	Sun	Post-Season (Sectionals at Shenendehowa)	TBD	TBD		TBD	Departure Time: 12:15 PM	NL
Nov 6, 2023	Mon	Practice	N/A	3:00 PM	4:30 PM	Skidmore		
Nov 7, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	Skidmore		
Nov 8, 2023	Wed	Practice	N/A	3:00 PM	4:30 PM	Skidmore		
Nov 9, 2023	Thu	Practice	N/A	1:00 PM	3:30 PM	Skidmore		
Nov 10, 2023	Fri	Practice	N/A	3:00 PM	4:30 PM	Skidmore		
Nov 11, 2023	Sat	Practice	N/A	7:00 AM	10:00 AM	Skidmore		
Nov 13, 2023	Mon	Practice	N/A	3:00 PM	4:30 PM	Skidmore		
Nov 14, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	Skidmore		
Nov 15, 2023	Wed	Practice	N/A	3:00 PM	4:30 PM	Skidmore		
Nov 16, 2023	Thu	Post-Season (NYSPHSAA Championships)	TBD	TBD		TBD		NL
Nov 17, 2023	Fri	Post-Season (NYSPHSAA Championships)	TBD	TBD		TBD		NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 18, 2023	Sat	Post-Season (NYSPHSAA Championships)	TBD	TBD		TBD		NL

Date: 2024-05-05