



# Saratoga Springs High School

## (G) V Swimming/Diving

### Coaches:

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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 18, 2025	Mon	Practice (Tryouts)	N/A	3:15 PM	5:15 PM	Skidmore			
Aug 19, 2025	Tue	Practice (Tryouts)	N/A	5:45 AM	7:45 AM	Skidmore			
Aug 20, 2025	Wed	Practice (Tryouts)	N/A	5:45 AM	7:45 AM	Skidmore			
Aug 21, 2025	Thu	Practice	N/A	5:45 AM	7:45 AM	Skidmore			
Aug 22, 2025	Fri	Practice	N/A	5:45 PM	7:45 PM	Skidmore			
Aug 23, 2025	Sat	Practice (7am-10am PRACTICE, 8:30 New Parent Meeting, 9am everyone else)	N/A	7:00 AM	10:00 AM	Skidmore			
Aug 25, 2025	Mon	Practice	N/A	5:45 AM	7:45 AM	Skidmore			
Aug 26, 2025	Tue	Practice	N/A	5:45 AM	7:45 AM	Skidmore			
Aug 27, 2025	Wed	Practice	N/A	5:45 AM	7:45 AM	Skidmore			
Aug 28, 2025	Thu	Practice	N/A	5:45 AM	7:45 AM	Skidmore			
Aug 29, 2025	Fri	Practice	N/A	5:45 AM	7:45 AM	Skidmore			
Aug 30, 2025	Sat	Practice (TEAM Building )	N/A	7:00 AM	10:00 AM	Skidmore			
Sep 1, 2025	Mon	Practice	N/A	1:00 PM	3:00 PM	Skidmore			
Sep 2, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	Skidmore			
Sep 3, 2025	Wed	Regular Season	@ Shenendehowa High School	4:30 PM	5:55 PM	Shen Aquatic Center	Bus/Driver: 33	Departure Point: High School Departure Time: 2:45 PM	L
Sep 4, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	Skidmore			
Sep 5, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	Skidmore			
Sep 6, 2025	Sat	Practice	N/A	7:00 AM	10:00 AM	Skidmore			
Sep 8, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	Skidmore			
Sep 9, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	Skidmore			
Sep 10, 2025	Wed	Regular Season	Niskayuna High School	4:30 PM	5:55 PM	Skidmore			L
Sep 11, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	Skidmore			
Sep 12, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	Skidmore			
Sep 13, 2025	Sat	Practice	N/A	7:00 AM	10:00 AM	Skidmore			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 15, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	Skidmore			
Sep 16, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	Skidmore			
Sep 17, 2025	Wed	Regular Season 68-89 L	@ Burnt Hills-Ballston Lake HS	5:00 PM	8:55 PM	BH-BL HS Pool	Bus/Driver: 33	Departure Point: High School Departure Time: 2:45 PM	L
Sep 18, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	Skidmore			
Sep 19, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	Skidmore			
Sep 20, 2025	Sat	Practice	N/A	7:00 AM	10:00 AM	Skidmore			
Sep 22, 2025	Mon	Practice (3-4:30 Pool, Dryland to follow)	N/A	3:00 PM	5:00 PM	Skidmore			
Sep 23, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	Skidmore			
Sep 24, 2025	Wed	Regular Season	Ballston Spa High School	4:30 PM	5:55 PM	Skidmore			L
Sep 25, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	Skidmore			
Sep 26, 2025	Fri	Practice (3-4:30 Pool, Dryland to follow)	N/A	3:00 PM	5:00 PM	Skidmore			
Sep 27, 2025	Sat	Practice	N/A	7:00 AM	10:00 AM	Skidmore			
Sep 29, 2025	Mon	Practice (3-4:30 Pool, Dryland to follow)	N/A	3:00 PM	5:00 PM	Skidmore			
Sep 30, 2025	Tue	Regular Season	Shaker High School	4:30 PM	5:55 PM	Skidmore			L
Sep 30, 2025	Tue	Regular Season	Glens Falls	4:30 PM		Skidmore			NL
Oct 1, 2025	Wed	Practice	N/A	2:35 PM	4:30 PM	Skidmore			
Oct 2, 2025	Thu	Practice	N/A	1:30 PM	4:00 PM	Skidmore			
Oct 3, 2025	Fri	Practice (3-4:30 Pool, Dryland to follow)	N/A	3:00 PM	5:00 PM	Skidmore			
Oct 4, 2025	Sat	Regular Season (Shen Breast Cancer Invitational)	Shaker High School, Ballston Spa High School, Niskayuna High School, Albany High School, Burnt Hills-Ballston Lake HS, Bethlehem High School @ Shenendehowa High School	9:00 AM		Shen Aquatic Center	Bus/Driver: 33	Departure Point: High School Departure Time: 6:00 AM	NL
Oct 6, 2025	Mon	Practice (3-4:30 Pool, Dryland to follow)	N/A	3:00 PM	5:00 PM	Skidmore			
Oct 7, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	Skidmore			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 8, 2025	Wed	Regular Season	@ Schenectady High School (Schenectady/Colonie)	5:00 PM	6:25 PM	Pat Riley Sports Center-Pool	<b>Bus/Driver:</b> 33	<b>Departure Point:</b> High School <b>Departure Time:</b> 2:45 PM	L
Oct 9, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	Skidmore			
Oct 10, 2025	Fri	Practice (3-4:30 Pool, Dryland to follow)	N/A	3:00 PM	5:00 PM	Skidmore			
Oct 11, 2025	Sat	Practice	N/A	6:30 AM	8:15 AM	Skidmore			
Oct 11, 2025	Sat	Regular Season 61-52 W	@ Albany High School	10:00 AM	12:00 PM	Albany High School Pool	<b>Bus/Driver:</b> 33	<b>Departure Point:</b> Skidmore <b>Departure Time:</b> 8:30 AM	L
Oct 14, 2025	Tue	Regular Season	@ Queensbury	4:30 PM		Queensbury Elem. School Pool	<b>Bus/Driver:</b> 33	<b>Departure Point:</b> High School <b>Departure Time:</b> 2:45 PM	NL
Oct 15, 2025	Wed	Practice	N/A	2:35 PM	4:30 PM	Skidmore			
Oct 16, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	Skidmore			
Oct 17, 2025	Fri	Practice (3-4:30 Pool, Dryland to follow)	N/A	3:00 PM	5:00 PM	Skidmore			
Oct 18, 2025	Sat	Practice	N/A	7:00 AM	10:00 AM	Skidmore			
Oct 20, 2025	Mon	Practice (3-4:30 Pool, Dryland to follow)	N/A	3:00 PM	5:00 PM	Skidmore			
Oct 21, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	Skidmore			
Oct 22, 2025	Wed	Regular Season	Shenendehowa High School	4:30 PM	5:55 PM	Skidmore			L
Oct 23, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	Skidmore			
Oct 24, 2025	Fri	Practice (3-4:30 Pool, Dryland to follow)	N/A	3:00 PM	5:00 PM	Skidmore			
Oct 25, 2025	Sat	Practice	N/A	7:00 AM	10:00 AM	Skidmore			
Oct 27, 2025	Mon	Practice (3-4:30 Pool, Dryland to follow)	N/A	3:00 PM	5:00 PM	Skidmore			
Oct 28, 2025	Tue	Regular Season (Dive Meet )	Queensbury, Glens Falls	4:30 PM		Skidmore			NL
Oct 29, 2025	Wed	Practice	N/A	2:35 PM	4:30 PM	Skidmore			
Oct 30, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	Skidmore			
Oct 31, 2025	Fri	Practice (3-4:30 Pool, Dryland to follow)	N/A	3:00 PM	5:00 PM	Skidmore			
Nov 1, 2025	Sat	Practice	N/A	7:00 AM	10:00 AM	Skidmore			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 3, 2025	Mon	Practice (3-4:30 Pool, Dryland to follow)	N/A	3:00 PM	5:00 PM	Skidmore			
Nov 4, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	Skidmore			
Nov 5, 2025	Wed	Practice	N/A	2:35 PM	4:30 PM	Skidmore			
Nov 6, 2025	Thu	Post-Season (Sectional at SHEN 11/6, 11/7, 11/8 TBA)	TBD	9:00 AM		TBD			NL
Nov 6, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	Skidmore			
Nov 10, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	Skidmore			
Nov 12, 2025	Wed	Practice (3-4:30 Pool, Dryland to follow)	N/A	3:00 PM	5:00 PM	Skidmore			
Nov 13, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	Skidmore			
Nov 14, 2025	Fri	Practice	N/A	3:00 PM	4:30 PM	Skidmore			
Nov 17, 2025	Mon	Practice (3-4:30 Pool, Dryland to follow)	N/A	3:00 PM	5:00 PM	Skidmore			
Nov 18, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	Skidmore			
Nov 19, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	Skidmore			
Nov 20, 2025	Thu	Post-Season (NYSPHSAA Championships at Webster High School in Rochester, NY)	@ TBD	TBD		TBD	Bus/Driver: 33	Departure Point: High School	L
Nov 21, 2025	Fri	Post-Season (NYSPHSAA Championships at Webster High School in Rochester, NY)	TBD	TBD		TBD		Departure Point: High School	NL
Nov 22, 2025	Sat	Post-Season (NYSPHSAA Championships at Webster High School in Rochester, NY)	TBD	TBD		TBD		Departure Point: High School	NL

Date: 2025-12-05