

Coaches:

• Sophie Fowler, Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE TRANSPORTATION / NON- LEAGUE
Aug 28, 2023	Mon	Practice	N/A	7:30 PM	9:00 PM	YMCA	
Aug 29, 2023	Tue	Practice (Divers Only)	N/A	10:30 AM	12:30 PM	Jamesville- DeWitt High School	Departure Point: House 1 Departure Time: 10:00 AM
Aug 29, 2023	Tue	Practice	N/A	7:30 PM	9:00 PM	YMCA	
Aug 30, 2023	Wed	Practice	N/A	7:30 PM	8:45 PM	YMCA	
Aug 31, 2023	Thu	Practice (Divers Only)	N/A	10:30 AM	12:30 PM	Jamesville- DeWitt High School	Departure Point: House 1 Departure Time: 10:00 AM
Aug 31, 2023	Thu	Practice	N/A	7:30 PM	8:45 PM	YMCA	
Sep 1, 2023	Fri	Practice	N/A	7:30 PM	9:00 PM	YMCA	
Sep 2, 2023	Sat	Practice	N/A	9:00 AM	10:00 AM	Cavalry Club	Departure Point: House 1 Departure Time: 8:45 AM
Sep 5, 2023	Tue	Practice (Divers Only)	N/A	3:30 PM	5:30 PM	Jamesville- DeWitt High School	Departure Point: House 1 Departure Time: 3:10 PM
Sep 5, 2023	Tue	Practice	N/A	7:30 PM	8:45 PM	YMCA	
Sep 6, 2023	Wed	Practice (Divers Only)	N/A	3:30 PM	5:30 PM	Jamesville- DeWitt High School	Departure Point: House 1 Departure Time: 3:10 PM
Sep 6, 2023	Wed	Practice	N/A	7:30 PM	8:45 PM	YMCA	
Sep 7, 2023	Thu	Practice (Divers Only)	N/A	3:30 PM	5:30 PM	Jamesville- DeWitt High School	Departure Point: House 1 Departure Time: 3:10 PM
Sep 7, 2023	Thu	Practice	N/A	7:30 PM	8:45 PM	YMCA	
Sep 8, 2023	Fri	Practice	N/A	7:30 PM	8:45 PM	YMCA	
Sep 9, 2023	Sat	Practice	N/A	10:00 AM		LeMoyne College	Departure Point: House 1 Departure Time: 9:45 AM
Sep 11, 2023	Mon	Practice	N/A	7:30 PM	8:45 PM	YMCA	
Sep 12, 2023	Tue	Practice	N/A	4:00 PM	5:00 PM	Cavalry Club	Departure Point: House 1 Departure Time: 3:45 PM

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Sep 13, 2023	Wed	Practice	N/A	7:30 PM	8:45 PM	YMCA		
Sep 14, 2023	Thu	Practice (Divers Only)	N/A	3:30 PM	5:30 PM	Jamesville- DeWitt High School	Departure Point: House 1 Departure Time: 3:10 PM	
Sep 14, 2023	Thu	Practice	N/A	7:30 PM	8:45 PM	YMCA		
Sep 18, 2023	Mon	Practice	N/A	7:30 PM	8:45 PM	YMCA		
Sep 19, 2023	Tue	Practice	N/A	4:00 PM	5:00 PM	Cavalry Club	Departure Point: House 1 Departure Time: 3:45 PM	
Sep 20, 2023	Wed	Practice	N/A	7:30 PM	8:45 PM	YMCA		
Sep 21, 2023	Thu	Regular Season	@ Cicero-North Syracuse	6:00 PM	8:00 PM	Nottingham Pool	Departure Point: House 1 Departure Time: 4:30 PM	L
Sep 22, 2023	Fri	Practice (Divers Only)	N/A	3:45 PM	5:15 PM	LeMoyne College	Departure Point: House 1 Departure Time: 3:10 PM	
Sep 26, 2023	Tue	Practice (Divers Only)	N/A	3:30 PM	5:30 PM	Jamesville- DeWitt High School	Departure Point: House 1 Departure Time: 3:10 PM	
Sep 26, 2023	Tue	Practice	N/A	7:30 PM	8:45 PM	YMCA		
Sep 27, 2023	Wed	Regular Season	@ Syracuse City (Syracuse City)	6:00 PM	7:00 PM	Nottingham High School Pool	Departure Point: House 1 Departure Time: 4:45 PM	L
Sep 28, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	Jamesville- DeWitt High School	Departure Point: House 1 Departure Time: 3:10 PM	
Sep 29, 2023	Fri	Practice	N/A	3:45 PM	5:15 PM	LeMoyne College	Departure Point: House 1 Departure Time: 3:15 PM	
Sep 29, 2023	Fri	Practice	N/A	7:30 PM	8:45 PM	YMCA		
Oct 2, 2023	Mon	Regular Season	@ Jamesville-Dewitt	5:00 PM		JD MS Pool	Departure Point: EH/WW Departure Time: 3:30 PM	L
Oct 6, 2023	Fri	Regular Season (Modified Swim Invitational)	Oswego, Baldwinsville, Cicero-North Syracuse, West Genesee, Liverpool, Mexico, Jamesville-Dewitt, Syracuse City (Syracuse City) @ TBD	5:00 PM	9:00 PM	Nottingham High School (Pool)	Departure Point: House 1 Departure Time: 3:30 PM	L
Oct 11, 2023	Wed	Regular Season	@ Baldwinsville	5:00 PM	7:00 PM	Bville - Baker HS Pool	Departure Point: House 1 Departure Time: 3:15 PM	L
Oct 16, 2023	Mon	Regular Season	@ Mexico	5:00 PM	6:30 PM	Mexico HS- Pool	Departure Point: EH/WW Departure Time: 3:00 PM	L

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TBD	Practice	N/A	TBD TBD	

Date: 2025-12-08