

Coaches:

• Sophie Fowler, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE TRANSPORTATION / NON- LEAGUE
Jan 9, 2023	Mon	Practice	N/A	4:00 PM	5:00 PM	FM - Cazenovia College Aquatics Center	Departure Point: House 1 Departure Time: 3:30 PM
Jan 11, 2023	Wed	Practice	N/A	4:00 PM	5:00 PM	FM - Cazenovia College Aquatics Center	Departure Point: House 1 Departure Time: 3:30 PM
Jan 12, 2023	Thu	Practice	N/A	4:00 PM	5:00 PM	FM - Cazenovia College Aquatics Center	Departure Point: House 1 Departure Time: 3:30 PM
Jan 13, 2023	Fri	Practice	N/A	4:00 PM	5:00 PM	FM - Cazenovia College Aquatics Center	Departure Point: House 1 Departure Time: 3:30 PM
Jan 14, 2023	Sat	Practice	N/A	9:00 AM	10:00 AM	FM - Cazenovia College Aquatics Center	Departure Point: House 1 Departure Time: 8:30 AM
Jan 16, 2023	Mon	Practice	N/A	1:00 PM	2:00 PM	FM - Cazenovia College Aquatics Center	Departure Point: House 1 Departure Time: 12:30 PM
Jan 18, 2023	Wed	Practice	N/A	4:00 PM	5:00 PM	FM - Cazenovia College Aquatics Center	Departure Point: House 1 Departure Time: 3:30 PM
Jan 19, 2023	Thu	Practice	N/A	4:00 PM	5:00 PM	FM - Cazenovia College Aquatics Center	Departure Point: House 1 Departure Time: 3:30 PM
Jan 20, 2023	Fri	Practice	N/A	4:00 PM	5:00 PM	FM - Cazenovia College Aquatics Center	Departure Point: House 1 Departure Time: 3:30 PM
Jan 21, 2023	Sat	Practice	N/A	9:00 AM	10:00 AM	FM - Cazenovia College Aquatics Center	Departure Point: House 1 Departure Time: 8:30 AM
Jan 23, 2023	Mon	Regular Season	Baldwinsville	5:00 PM	7:00 PM	FM - Cazenovia College Aquatics Center	Departure Point: House 1 Departure Time: 3:30 PM

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION /	LEAGUE NON- LEAGUE
POSTPONED Jan 25, 2023	Wed	Practice	N/A	4:00 PM	5:00 PM	FM - Cazenovia College Aquatics Center	Departure Point: House 1 Departure Time: 3:30 PM	
Jan 26, 2023	Thu	Regular Season	@ West Genesee	5:00 PM	6:30 PM	WG-HS Pool	Departure Point: House 1 Departure Time: 3:30 PM	L
Jan 27, 2023	Fri	Practice	N/A	4:00 PM	5:00 PM	FM - Cazenovia College Aquatics Center	Departure Point: House 1 Departure Time: 3:30 PM	
Jan 30, 2023	Mon	Practice	N/A	4:00 PM	5:00 PM	FM - Cazenovia College Aquatics Center	Departure Point: House 1 Departure Time: 3:30 PM	
Jan 31, 2023	Tue	Practice	N/A	4:00 PM	5:00 PM	FM - Cazenovia College Aquatics Center	Departure Point: House 1 Departure Time: 3:30 PM	
Feb 1, 2023	Wed	Practice	N/A	4:00 PM	5:00 PM	FM - Cazenovia College Aquatics Center	Departure Point: House 1 Departure Time: 3:30 PM	
Feb 2, 2023	Thu	Practice	N/A	5:00 PM	6:00 PM	FM - Cazenovia College Aquatics Center	Departure Point: House 1 Departure Time: 4:30 PM	
Feb 3, 2023	Fri	Practice	N/A	5:00 PM	6:00 PM	FM - Cazenovia College Aquatics Center	Departure Point: House 1 Departure Time: 4:30 PM	
Feb 6, 2023	Mon	Practice	N/A	4:00 PM	5:00 PM	FM - Cazenovia College Aquatics Center	Departure Point: House 1 Departure Time: 3:30 PM	
Feb 7, 2023	Tue	Practice (Nottingham Extravaganza @ Nottingham HS)	N/A	4:00 PM	5:00 PM	TBD	Departure Point: House 1 Departure Time: 3:30 PM	
Feb 8, 2023	Wed	Practice	N/A	4:00 PM	5:00 PM	FM - Cazenovia College Aquatics Center	Departure Point: House 1 Departure Time: 3:30 PM	
Feb 9, 2023	Thu	Regular Season	Syracuse City (Syracuse City)	5:00 PM		FM - Cazenovia College Aquatics Center	Departure Point: House 1 Departure Time: 3:30 PM	L
Feb 10, 2023	Fri	Practice	N/A	4:00 PM	5:00 PM	FM - Cazenovia College Aquatics Center	Departure Point: House 1 Departure Time: 3:30 PM	

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Feb 10, 2023	Fri	Regular Season	@ Baldwinsville	5:00 PM	7:00 PM	Bville - Baker HS Pool	Departure Point: House 1 Departure Time: 3:30 PM	L
Feb 13, 2023	Mon	Practice	N/A	4:00 PM	5:00 PM	FM - Cazenovia College Aquatics Center	Departure Point: House 1 Departure Time: 3:30 PM	
Feb 14, 2023	Tue	Regular Season	Jamesville-Dewitt	5:00 PM		FM - Cazenovia College Aquatics Center	Departure Point: House 1 Departure Time: 3:30 PM	L
Feb 15, 2023	Wed	Practice	N/A	4:00 PM	5:00 PM	FM - Cazenovia College Aquatics Center	Departure Point: House 1 Departure Time: 3:30 PM	
Feb 16, 2023	Thu	Regular Season	@ Liverpool	5:00 PM		LIVERPOOL HS Pool	Departure Point: House 1 Departure Time: 3:30 PM	L
Feb 17, 2023	Fri	Practice	N/A	4:00 PM	5:00 PM	FM - Cazenovia College Aquatics Center	Departure Point: House 1 Departure Time: 3:30 PM	
Feb 27, 2023	Mon	Practice	N/A	4:00 PM	5:00 PM	FM - Cazenovia College Aquatics Center	Departure Point: House 1 Departure Time: 3:30 PM	
Feb 28, 2023	Tue	Practice	N/A	4:00 PM	5:00 PM	FM - Cazenovia College Aquatics Center	Departure Point: House 1 Departure Time: 3:30 PM	
Mar 1, 2023	Wed	Practice	N/A	4:00 PM	5:00 PM	FM - Cazenovia College Aquatics Center	Departure Point: House 1 Departure Time: 3:30 PM	
Mar 2, 2023	Thu	Regular Season	Cicero-North Syracuse	5:00 PM		FM - Cazenovia College Aquatics Center	Departure Point: House 1 Departure Time: 3:30 PM	L
Mar 3, 2023	Fri	Practice	N/A	4:00 PM	5:00 PM	FM - Cazenovia College Aquatics Center	Departure Point: House 1 Departure Time: 3:30 PM	
Mar 6, 2023	Mon	Practice	N/A	4:00 PM	5:00 PM	FM - Cazenovia College Aquatics Center	Departure Point: House 1 Departure Time: 3:30 PM	
Mar 7, 2023	Tue	Regular Season	Weedsport, Cicero- North Syracuse, Liverpool, Jamesville-Dewitt, Auburn @ Nottingham (Syracuse)	5:00 PM	7:00 PM	Nottingham High School (Pool)	Departure Point: House 1 Departure Time: 3:30 PM	L

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Mar 8, 2023	Wed	Practice	N/A	4:00 PM	5:00 PM	FM - Cazenovia College Aquatics Center	Departure Point: House 1 Departure Time: 3:30 PM
Mar 9, 2023	Thu	Practice	N/A	4:00 PM	5:00 PM	FM - Cazenovia College Aquatics Center	Departure Point: House 1 Departure Time: 3:30 PM
Mar 10, 2023	Fri	Practice	N/A	4:00 PM	5:00 PM	FM - Cazenovia College Aquatics Center	Departure Point: House 1 Departure Time: 3:30 PM
Mar 13, 2023	Mon	Practice	N/A	4:00 PM	5:00 PM	FM - Cazenovia College Aquatics Center	Departure Point: House 1 Departure Time: 3:30 PM
POSTPONED Mar 14, 2023	Tue	Regular Season	@ Oswego	5:00 PM		Oswego HS- Pool	Departure Point: House 1 Departure Time: 3:30 PM
Mar 15, 2023	Wed	Practice	N/A	4:00 PM	5:00 PM	FM - Cazenovia College Aquatics Center	Departure Point: House 1 Departure Time: 3:30 PM

Date: 2025-12-19