

Coaches:

- Alan Baker, Head Coach
- Jennifer Larkin, Asst Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	/ NON- LEAGU
Aug 21, 2023	Mon	Practice	N/A	4:00 PM		Middle School Pool			
Aug 22, 2023	Tue	Practice	N/A	4:00 PM		Middle School Pool			
Aug 23, 2023	Wed	Practice	N/A	4:00 PM	6:00 PM	Middle School Pool			
Aug 24, 2023	Thu	Practice	N/A	4:00 PM	6:00 PM	Middle School Pool			
Aug 25, 2023	Fri	Practice	N/A	4:00 PM	6:00 PM	Middle School Pool			
Aug 28, 2023	Mon	Practice	N/A	4:00 PM		Middle School Pool			
Aug 29, 2023	Tue	Practice	N/A	4:00 PM		Middle School Pool			
Aug 30, 2023	Wed	Practice	N/A	4:00 PM		Middle School Pool			
Aug 31, 2023	Thu	Practice	N/A	4:00 PM	6:00 PM	Middle School Pool			
Sep 1, 2023	Fri	Practice	N/A	4:00 PM		Middle School Pool			
Sep 7, 2023	Thu	Regular Season 93-85 W	Carthage	5:00 PM		Middle School Pool			L
Sep 11, 2023	Mon	Practice	N/A	3:30 PM		Middle School Pool			
Sep 12, 2023	Tue	Regular Season	@ Lowville	5:00 PM		Lowville High School	Bus/Driver: Coach Baker/Coach Larkin/14 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:30 PM Return Date: Return Time: 8:30 PM	L
Sep 13, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	Middle School Pool			
Sep 14, 2023	Thu	Regular Season	Beaver River	5:30 PM	7:00 PM	Middle School Pool			L
Sep 15, 2023	Fri	Practice	N/A	3:30 PM	5:00 PM	Middle School Pool			
Sep 18, 2023	Mon	Practice	N/A	3:30 PM		Middle School Pool			
Sep 19, 2023	Tue	Regular Season	Thousand Islands	5:00 PM		Middle School Pool			L
Sep 20, 2023	Wed	Practice	N/A	3:30 PM		Middle School Pool			
Sep 21, 2023	Thu	Regular Season	@ South Lewis	5:00 PM		South Lewis High School Pool	Bus/Driver: Coach Baker/Coach Larkin/14 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:15 PM Return Date: Return Time: 8:30 PM	L
Sep 22, 2023	Fri	Practice	N/A	3:30 PM	5:00 PM	Middle School Pool			

Sep 23, 2023 Sat Sequent Season Industrial Season Se	DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 26, 2023 Mon Practice N/A PM PM School Pool	Sep 23, 2023	Sat	Season	Jefferson, Thousand Islands, South Lewis, Beaver River, Lowville @	AM			Coach Baker/Coach Larkin/14	High School Athletic Doors Departure Time: 8:30 AM Return Date: Return Time: 3:30	
Sep 26, 2023 Tue Season Jefferson PM School Pool	Sep 25, 2023	Mon	Practice	N/A						
Sep 27, 2023 Wed Practice N/A PM PM School Pool	Sep 26, 2023	Tue								L
Sep 29, 2023	Sep 27, 2023	Wed	Practice	N/A						
Practice	Sep 28, 2023	Thu		Watertown						L
Oct 3, 2023 Tue Regular Season 99-81 W Oct 4, 2023 Wed Practice N/A PM School Pool Carthage PM School Pool Carthage HS Pool Carthage HS Pool Bus/Driver: Coach Baker/Coach Larkin/14 Athletes PM Return Date: Return Time: 8:30 PM Oct 5, 2023 Thu Regular Season Oct 5, 2023 Thu Regular Season Oct 5, 2023 Thu Regular Season PM School Pool School Pool School Pool Departure Point: High School Return Time: 8:30 PM Return Date: Return Date: Return Time: 8:30 PM School Pool L Oct 6, 2023 Fri Practice N/A Sign School Pool School Pool Carthage HS Pool School Pool School Pool Bus/Driver: Coach Baker/Coach Baker/Coach Baker/Coach Baker/Coach Coach Baker/Coach Bake	Sep 29, 2023	Fri	Practice	N/A						
Oct 3, 2023 Tue Regular Season 99-81 W @ Carthage PM PM School Athletic Doors Departure Time: 2:45 PM Return Date: Return Time: 8:30 PM Carthage HS Pool Middle School Pool CANCELLED Oct 5, 2023 Thu Regular Season Thu Regular Season PM Return Date: Return Time: 8:30 PM Middle School Pool Coach Baker/Coach Larkin/14 Athletes Return Date: Return Date: Return Time: 8:30 PM School Pool L Departure Point: High School Athletic Doors Departure Time: 2:45 PM Return Date: Return Time: 8:30 PM Substitute Time: 3:30 PM Return Date: Return Date: Return Time: 8:30 PM Oct 6, 2023 Fri Practice N/A Sign Sign Middle PM School Pool Return Date: Return Time: 8:30 PM Return Date: Return Date: Return Time: 8:30 PM Return Date: Retu	Oct 2, 2023	Mon	Practice	N/A						
CANCELLED Oct 5, 2023 Thu Regular Season Watertown 5:00 Middle School Pool Cot 5, 2023 Thu Regular Season Watertown 5:00 PM School Pool Bus/Driver: Coach Baker/Coach Larkin/14 Athletes PM PM School Pool L Cot 6, 2023 Fri Practice N/A 3:30 5:00 Middle Oct 9, 2023 Man Practice N/A 3:30 5:00 Middle Oct 9, 2023 Man Practice N/A 3:30 5:00 Middle	Oct 3, 2023	Tue	Season	@ Carthage				Coach Baker/Coach Larkin/14	High School Athletic Doors Departure Time: 2:45 PM Return Date: Return Time: 8:30	L
Season Watertown PM School Pool Oct 5, 2023 Thu Regular Season	Oct 4, 2023	Wed	Practice	N/A						
Oct 5, 2023 Thu Regular Season PM SJ HS/MS - Return Date: Return Time: 8:30 PM Pool The Practice N/A School Pool Regular Season Regular Season PM School SJ HS/MS - Pool SJ HS/MS - Pool SJ HS/MS - Return Date: Return Time: 8:30 PM Return Date: Return Time: 8:30 PM School Pool Oct 9, 2023 Mon Practice N/A 3:30 5:00 Middle School Pool		Thu		Watertown						L
Oct 6, 2023 Fri Practice N/A PM School Pool Oct 9, 2023 Mon Practice N/A 3:30 5:00 Middle		Thu						Coach Baker/Coach Larkin/14	High School Athletic Doors Departure Time: 3:30 PM Return Date: Return Time: 8:30	L
Clot U 2022 Man Dractica N/A	Oct 6, 2023	Fri	Practice	N/A						
PM PM School Pool	Oct 9, 2023	Mon	Practice	N/A	3:30 PM					
Oct 10, 2023 Tue Practice N/A 3:30 5:00 Middle PM PM School Pool	Oct 10, 2023	Tue	Practice	N/A						
Oct 11, 2023 Wed Practice N/A 3:30 5:00 Middle PM PM School Pool	Oct 11, 2023	Wed	Practice	N/A						
Oct 12, 2023 Thu Regular Season @ Watertown PM H S Bus/Driver: Coach Baker/Coach Larkin/14 Athletes Return Date: Return Time: 8:30 PM	Oct 12, 2023	Thu		@ Watertown			Watertown	Coach Baker/Coach Larkin/14	High School Athletic Doors Departure Time: 3:40 PM Return Date: Return Time: 8:30	L
Oct 16, 2023 Mon Practice N/A 3:30 5:00 Middle PM School Pool	Oct 16, 2023	Mon	Practice	N/A						
Oct 17, 2023 Tue Practice N/A 3:30 5:00 Middle PM PM School Pool	Oct 17, 2023	Tue	Practice	N/A						
Oct 18, 2023 Wed Practice N/A 3:30 5:00 Middle PM School Pool	Oct 18, 2023	Wed	Practice	N/A						

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 19, 2023	Thu	Practice	N/A	3:30 PM	5:00 PM	Middle School Pool			
Oct 20, 2023	Fri	Practice	N/A	3:30 PM	5:00 PM	Middle School Pool			
Oct 21, 2023	Sat	Regular Season (Legaue Meet)	South Jefferson, Carthage, Thousand Islands, South Lewis, Beaver River, Lowville @ Watertown	11:00 AM		Middle School Pool, Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Mezzanine	Baker/Larkin/14	Departure Point: High School Athletic Doors Departure Time: 8:30 AM Return Date: Return Time: 3:00 PM	L
Oct 23, 2023	Mon	Practice	N/A	3:30 PM	5:00 PM	Middle School Pool			
Oct 24, 2023	Tue	Practice	N/A	3:30 PM	5:00 PM	Middle School Pool			
Oct 25, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	Middle School Pool			
Oct 26, 2023	Thu	Practice	N/A	3:30 PM	5:00 PM	Middle School Pool			
Oct 27, 2023	Fri	Practice	N/A	3:30 PM	5:00 PM	Middle School Pool			
Oct 30, 2023	Mon	Practice	N/A	3:30 PM	5:00 PM	Middle School Pool			
Nov 1, 2023	Wed	Post-Season (Sectional Class B/C Meet (Swimming))	@ TBD	2:30 PM		Nottingham High School (Pool)	Bus/Driver: Coach Baker/Larkin/14 Athletes	Departure Point: High School Athletic Doors Departure Time: 11:00 AM Return Date: Return Time: 10:00 PM	L
Nov 2, 2023	Thu	Practice	N/A	3:30 PM	5:00 PM	Middle School Pool			
Nov 3, 2023	Fri	Post-Season (State Qualifier (Swimming))	@ TBD	TBD		Nottingham High School (Pool)	Bus/Driver: Coach Baker/Larkin/14 Athletes	Departure Point: High School Athletic Doors Departure Time: 11:00 AM Return Date: Return Time: 10:00 PM	NL

Date: 2025-12-06