

Coaches:

- Alan Baker, Head Coach
- Marcia Pawling, Asst Coach

Nov 13, 2023 Mon Practice N/A 3:00 5:00 Middle School Pool Middle School Pool Nov 14, 2023 Tue Practice N/A 3:00 5:00 Middle School Pool Nov 15, 2023 Wed Practice N/A 3:00 5:00 Middle School Pool Nov 16, 2023 Thu Practice N/A 3:00 5:00 Middle School Pool Nov 17, 2023 Fri Practice N/A 3:00 5:00 Middle School Pool Nov 20, 2023 Mon Practice N/A 10:45 12:00 Middle School Pool Nov 21, 2023 Tue Practice N/A 10:45 12:00 Middle School AM PM Pool Nov 22, 2023 Wed Practice N/A 10:00 12:00 Middle School Pool Nov 24, 2023 Fri Practice N/A 10:00 12:00 Middle School Pool Nov 27, 2023 Mon Practice N/A 10:00 12:00 Middle School Pool Nov 28, 2023 Tue Practice N/A 3:00 5:00 Middle School Pool Nov 29, 2023 Tue Practice N/A 3:00 5:00 Middle School Pool PM	
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Dec 4, 2023 Mon Practice N/A 3:00 5:00 Middle School PM PM Pool	
Dec 6, 2023 Wed Practice N/A 3:00 5:00 Middle School PM PM Pool	
Dec 7, 2023 Thu Practice N/A 3:00 5:00 Middle School PM PM Pool	
Dec 8, 2023 Fri Practice N/A 3:00 5:00 Middle School PM PM Pool	
Dec 9, 2023 Sat Regular Season (IR Invitational) Regular Season (IR Invitational) Watertown, South Jefferson, Lowville, AM Middle School Pool	L
Dec 9, 2023 Sat Regular Season (Invitational) Mexico 11:00 Middle School AM Pool	NL
Dec 9, 2023 Sat Meet (Indian River Invitational) Vs. Multiple 11:00 AM PM Middle School Pool, Indian River Middle School Gym #3 (Pool Side)	NL
Dec 11, 2023 Mon Practice N/A 3:00 5:00 Middle School PM PM Pool	
Dec 12, 2023 Tue Regular Season Gouverneur 5:00 6:30 Middle School PM PM Pool	L
Dec 13, 2023 Wed Practice N/A 3:00 5:00 Middle School PM PM Pool	
Dec 15, 2023 Fri Practice N/A 3:00 5:00 Middle School PM PM Pool	

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / N	AGUE ION- AGUE
Dec 18, 2023	Mon	Regular Season	South Jefferson	5:00 PM	6:30 PM	Middle School Pool	L	
Dec 19, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool		
Dec 26, 2023	Tue	Practice	N/A	9:00 AM	11:00 PM	Middle School Pool		
Dec 27, 2023	Wed	Practice	N/A	9:00 AM	11:00 AM	Middle School Pool		
Dec 28, 2023	Thu	Practice	N/A	9:00 AM	11:00 AM	Middle School Pool		
Jan 3, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool		
Jan 4, 2024	Thu	Regular Season	Carthage	5:00 PM	6:30 PM	Middle School Pool	L	
Jan 5, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool		
Jan 8, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool		
CANCELLED Jan 10, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool		
CANCELLED Jan 11, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool		
Jan 12, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool		
Jan 16, 2024	Tue	Regular Season	Canton	5:00 PM	6:30 PM	Middle School Pool	L	
Jan 17, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool		
Jan 20, 2024	Sat	Regular Season (League Championship Meet)	Watertown, South Jefferson, Carthage, Lowville, Gouverneur	11:00 AM		Middle School Pool	L	
Jan 22, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool		
CANCELLED Jan 24, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool		
Jan 26, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool		
Jan 29, 2024	Mon	Regular Season	Watertown	5:00 PM	6:30 PM	Middle School Pool	L	
Jan 30, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool		
Jan 31, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool		
Feb 1, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool		
Feb 2, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool		
Feb 5, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool		
Feb 6, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool		
Feb 7, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool		
Feb 8, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool		
CANCELLED Feb 9, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool		

DATE	WEEK DAY	OPPONENTS	START END TIME TIME LOCATION	LEAGUE TRANSPORTATION / NON- LEAGUE
Feb 12, 2024	Mon Practice	N/A	3:00 5:00 Middle School PM PM Pool	
Feb 13, 2024	Tue Practice	N/A	3:00 5:00 Middle School PM PM Pool	
Feb 15, 2024	Thu Practice	N/A	3:00 4:00 Middle School PM PM Pool	

Date: 2024-04-10