

## Coaches:

- Robert Bewley, Head Coach
- Ryan Pietrzak, Asst Coach

DATE	WEEK DAY	<sup>(</sup> TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE I / NON- LEAGUE
Nov 18, 2019	Mon	Practice	N/A	4:00 PM	6:30 PM	JD MS Pool		
Nov 19, 2019	Tue	Practice	N/A	4:00 PM	6:30 PM	JD MS Pool		
Nov 20, 2019	Wed	Practice	N/A	4:00 PM	6:30 PM	JD MS Pool		
Nov 21, 2019	Thu	Practice	N/A	4:00 PM	6:30 PM	JD MS Pool		
Nov 22, 2019	Fri	Practice	N/A	4:00 PM	6:30 PM	JD MS Pool		
Nov 23, 2019	Sat	Practice	N/A	8:00 AM	11:30 AM	JD MS Pool		
Nov 25, 2019	Mon	Practice	N/A	4:00 PM	6:30 PM	JD MS Pool		
Nov 26, 2019	Tue	Practice	N/A	4:00 PM	6:30 PM	JD MS Pool		
Nov 27, 2019	Wed	Practice	N/A	8:00 AM	10:00 AM	JD MS Pool		
Nov 29, 2019	Fri	Practice	N/A	8:00 AM	10:00 AM	JD MS Pool		
Nov 30, 2019	Sat	Practice	N/A	8:00 AM	11:30 AM	JD MS Pool		
Dec 2, 2019	Mon	Practice	N/A	4:00 PM	6:30 PM	JD MS Pool		
Dec 3, 2019	Tue	Practice	N/A	4:00 PM	6:30 PM	JD MS Pool		
Dec 4, 2019	Wed	Practice	N/A	4:00 PM	6:30 PM	JD MS Pool		
Dec 5, 2019	Thu	Regular Season	Baldwinsville	5:00 PM		JD MS Pool		L
Dec 6, 2019	Fri	Practice	N/A	4:00 PM	6:30 PM	JD MS Pool		
Dec 7, 2019	Sat	Practice	N/A	8:00 AM	11:30 AM	JD MS Pool		
Dec 9, 2019	Mon	Practice	N/A	4:00 PM	6:30 PM	JD MS Pool		
Dec 10, 2019	Tue	Practice	N/A	4:00 PM	6:30 PM	JD MS Pool		
Dec 11, 2019	Wed	Practice	N/A	4:00 PM	6:30 PM	JD MS Pool		
Dec 12, 2019	Thu	Practice	N/A	4:00 PM	6:30 PM	JD MS Pool		
Dec 13, 2019	Fri	Regular Season 100-83 W	New Hartford	5:00 PM		JD MS Pool		L
Dec 14, 2019	Sat	Practice	N/A	8:00 AM	11:30 AM	JD MS Pool		
Dec 16, 2019	Mon	Practice	N/A	4:00 PM	6:30 PM	JD MS Pool		
Dec 17, 2019	Tue	Regular Season	@ Cicero-North Syracuse	7:00 PM	9:00 PM	Lemoyne College	Departure Point: JDHS Departure Time: 6:00 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE   / NON-   LEAGUE
Dec 18, 2019	Wed	Practice	N/A	4:00 PM	6:30 PM	JD MS Pool		
Dec 19, 2019	Thu	Practice	N/A	4:00 PM	6:30 PM	JD MS Pool		
Dec 20, 2019	Fri	Regular Season	Auburn	5:00 PM		JD MS Pool		L
Dec 21, 2019	Sat	Practice	N/A	8:00 AM	11:30 AM	JD MS Pool		
Dec 21, 2019	Sat	Regular Season (Dive Invitational)	@ Shenendehowa High School	TBD		Shen Aquatic Center		NL
Dec 23, 2019	Mon	Practice	N/A	8:00 AM	10:00 AM	JD MS Pool		
Dec 26, 2019	Thu	Practice	N/A	8:00 AM	10:00 AM	JD MS Pool		
Dec 27, 2019	Fri	Practice	N/A	8:00 AM	10:00 AM	JD MS Pool		
Dec 28, 2019	Sat	Practice	N/A	8:00 AM	11:30 AM	JD MS Pool		
Dec 30, 2019	Mon	Practice	N/A	8:00 AM	10:00 AM	JD MS Pool		
Dec 31, 2019	Tue	Practice	N/A	8:00 AM	10:00 AM	JD MS Pool		
Jan 2, 2020	Thu	Practice	N/A	8:00 AM	10:00 AM	JD MS Pool		
Jan 3, 2020	Fri	Practice	N/A	8:00 AM	10:00 AM	JD MS Pool		
Jan 4, 2020	Sat	Practice	N/A	8:00 AM	11:30 AM	JD MS Pool		
Jan 6, 2020	Mon	Practice	N/A	4:30 PM	6:30 PM	JD MS Pool		
Jan 7, 2020	Tue	Regular Season	Fulton	5:00 PM		JD MS Pool		L
Jan 8, 2020	Wed	Practice	N/A	4:30 PM	6:30 PM	JD MS Pool		
Jan 9, 2020	Thu	Regular Season	Fayetteville-Manlius	5:30 PM		JD MS Pool		L
Jan 11, 2020	Sat	Practice	N/A	8:00 AM	11:30 AM	JD MS Pool		
Jan 11, 2020	Sat	Regular Season (11am Warm Up)	Liverpool, Watertown	12:00 PM		JD MS Pool		L
Jan 13, 2020	Mon	Practice	N/A	4:30 PM	6:30 PM	JD MS Pool		
Jan 14, 2020	Tue	Regular Season 108-78 W	@ Mexico	5:00 PM		Mexico HS- Pool	Departure Point: JDHS Departure Time: 3:00 PM	L
Jan 15, 2020	Wed	Practice	N/A	4:30 PM	6:30 PM	JD MS Pool		
Jan 16, 2020	Thu	Practice	N/A	4:30 PM	6:30 PM	JD MS Pool		
Jan 17, 2020	Fri	Regular Season (SCAC Swim )	Baldwinsville, Cicero- North Syracuse, West Genesee, Fayetteville- Manlius, Liverpool, Auburn, Oswego, Fulton @ Nottingham (Syracuse City)	5:00 PM	9:00 PM	Nottingham High School (Pool)	Departure Point: JDHS Departure Time: 3:30 PM	L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	/ NON- LEAGUE
Jan 17, 2020	Fri	Meet (SCAC Swim)	Vs. Multiple	5:00 PM		Nottingham High School (Pool)		NL
Jan 18, 2020	Sat	Practice	N/A	8:00 AM	11:30 AM	JD MS Pool		
Jan 18, 2020	Sat	Regular Season (SCAC Swim)	Cicero-North Syracuse, Liverpool, Fayetteville- Manlius, Auburn, Oswego, Fulton @ Nottingham (Syracuse City)	10:00 AM		Nottingham High School (Pool)	Departure Point: JDHS Departure Time: 8:00 AM	L
Jan 21, 2020	Tue	Practice	N/A	4:30 PM	6:30 PM	JD MS Pool		
Jan 23, 2020	Thu	Practice	N/A	4:30 PM	6:30 PM	JD MS Pool		
Jan 24, 2020	Fri	Regular Season	@ Syracuse City (Syracuse City)	6:00 PM		Nottingham High School (Pool)	Departure Point: JDHS Departure Time: 4:30 PM	L
Jan 25, 2020	Sat	Practice	N/A	8:00 AM	11:30 AM	JD MS Pool		
Jan 27, 2020	Mon	Practice	N/A	4:30 PM	6:30 PM	JD MS Pool		
Jan 28, 2020	Tue	Practice	N/A	3:00 PM	4:30 PM	JD MS Pool		
Jan 30, 2020	Thu	Practice	N/A	3:15 PM	4:30 PM	JD MS Pool		
Jan 30, 2020	Thu	Regular Season	West Genesee, Oswego	5:00 PM		JD MS Pool		NL
Jan 31, 2020	Fri	Practice	N/A	4:30 PM	6:30 PM	JD MS Pool		
Feb 1, 2020	Sat	Practice	N/A	8:00 AM	11:30 AM	JD MS Pool		
Feb 1, 2020	Sat	Regular Season (Dennis Burgos Dive)	TBD	10:00 AM		Nottingham High School Pool	Departure Point: JDHS Departure Time: 7:30 AM	L
Feb 3, 2020	Mon	Practice	N/A	4:30 PM	6:30 PM	JD MS Pool		
Feb 4, 2020	Tue	Practice	N/A	3:00 PM	4:30 PM	JD MS Pool		
Feb 5, 2020	Wed	Practice	N/A	4:30 PM	6:30 PM	JD MS Pool		
Feb 6, 2020	Thu	Practice	N/A	3:15 PM	4:30 PM	JD MS Pool		
Feb 7, 2020	Fri	Practice	N/A	4:30 PM	6:30 PM	JD MS Pool		
Feb 8, 2020	Sat	Practice	N/A	8:00 AM	11:30 AM	JD MS Pool		
Feb 8, 2020	Sat	Post-Season (Sectional Dive)	@ Nottingham (Syracuse City)	10:00 AM		Nottingham High School (Pool)	Departure Point: JDHS Departure Time: 7:30 AM	NL
Feb 10, 2020	Mon	Practice	N/A	4:30 PM	6:30 PM	JD MS Pool		
Feb 11, 2020	Tue	Practice	N/A	4:00 PM	6:30 PM	JD MS Pool		
Feb 12, 2020	Wed	Post-Season (State Quals - DIVE)	@ Nottingham (Syracuse City)	10:00 AM		Nottingham High School (Pool)	Departure Point: JDHS Departure Time: 8:30 AM	NL

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Feb 13, 2020	Thu	Post-Season (Sectional Swim )	@ Nottingham (Syracuse City)	TBD		Nottingham High School (Pool)	Departure Point: JDHS Departure Time: 7:15 AM	NL
Feb 14, 2020	Fri	Practice	N/A	3:15 PM	4:30 PM	JD MS Pool		
Feb 15, 2020	Sat	Post-Season (STATE Quals - SWIM)	@ Nottingham (Syracuse City)	TBD		Nottingham High School (Pool)	Departure Point: JDHS Departure Time: 10:30 AM	NL
Feb 17, 2020	Mon	Practice	N/A	8:00 AM	10:00 AM	JD MS Pool		
Feb 18, 2020	Tue	Practice	N/A	8:00 AM	10:00 AM	JD MS Pool		
Feb 19, 2020	Wed	Practice	N/A	8:00 AM	10:00 AM	JD MS Pool		
Feb 20, 2020	Thu	Practice	N/A	8:00 AM	10:00 AM	JD MS Pool		
Feb 21, 2020	Fri	Practice	N/A	8:00 AM	10:00 AM	JD MS Pool		
Feb 22, 2020	Sat	Practice	N/A	8:00 AM	11:30 AM	JD MS Pool		
Feb 24, 2020	Mon	Practice	N/A	4:00 PM	6:30 PM	JD MS Pool		
Feb 25, 2020	Tue	Practice	N/A	4:30 PM	6:30 PM	JD MS Pool		
Feb 26, 2020	Wed	Practice	N/A	4:30 PM	6:30 PM	JD MS Pool		
Feb 27, 2020	Thu	Practice	N/A	4:30 PM	6:30 PM	JD MS Pool		
Feb 28, 2020	Fri	Practice	N/A	4:00 PM	6:30 PM	JD MS Pool		
Feb 29, 2020	Sat	Practice	N/A	8:00 AM	11:30 AM	JD MS Pool		
Mar 5, 2020	Thu	Post-Season (NYSPHSAA)	@ TBD	TBD		TBD		NL
Mar 6, 2020	Fri	Post-Season (NYSPHSAA)	@ TBD	TBD		TBD		NL
Mar 7, 2020	Sat	Post-Season (NYSPHSAA)	@ TBD	TBD		TBD		NL

Date: 2025-12-28