

## Coaches:

- Jeremy Rose, Head Coach
- Braylin Sheppard, Asst CoachBraylin Sheppard

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE TRANSPORTATION / NON- LEAGUE
Sep 13, 2023	Wed	Regular Season	@ Holland Patent	5:00 PM	7:30 PM	Holland Patent HS- Pool	L
Sep 18, 2023	Mon	Regular Season	Adirondack	5:00 PM		New Hartford HS Pool	L
POSTPONED Sep 20, 2023	Wed	Regular Season	@ Utica Proctor (JFK/DMS)	4:30 PM		PHS Swimming Pool	L
Sep 22, 2023	Fri	Regular Season	@ Rome Free Academy	4:30 PM		RFA Pool	L
Sep 27, 2023	Wed	Regular Season	West Canada Valley	5:00 PM		New Hartford HS Pool	L
Sep 29, 2023	Fri	Regular Season	@ Adirondack	4:30 PM	7:30 PM	Pool	L
Oct 4, 2023	Wed	Regular Season	Holland Patent	5:00 PM		New Hartford HS Pool	L
Oct 11, 2023	Wed	Regular Season (Quad Meet )	West Canada Valley, Utica Proctor (JFK/DMS) @ Rome Free Academy	4:30 PM		RFA Pool	L
Oct 13, 2023	Fri	Regular Season	West Canada Valley	4:30 PM		New Hartford HS Pool	L
CANCELLED Oct 18, 2023	Wed	Regular Season	Utica Proctor (JFK/DMS)	5:00 PM		New Hartford HS Pool	L

Date: 2025-12-08