



Norwich

(G) V Swimming/Diving

Coaches:

- Saundra Gantt, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 21, 2023	Mon	Practice (Varsity Swimming - Girls)	N/A	7:30 AM	9:00 AM	NHS Pool		
Aug 21, 2023	Mon	Practice (Varsity Swimming - Girls)	N/A	6:00 PM	8:00 PM	NHS Pool		
Aug 22, 2023	Tue	Practice (Varsity Swimming - Girls)	N/A	7:30 AM	9:00 AM	NHS Pool		
Aug 22, 2023	Tue	Practice (Varsity Swimming - Girls)	N/A	6:00 PM	8:00 PM	NHS Pool		
Aug 23, 2023	Wed	Practice (Varsity Swimming - Girls)	N/A	7:30 AM	9:00 AM	NHS Pool		
Aug 23, 2023	Wed	Practice (Varsity Swimming - Girls)	N/A	6:00 PM	8:00 PM	NHS Pool		
Aug 24, 2023	Thu	Practice (Varsity Swimming - Girls)	N/A	7:30 AM	9:00 AM	NHS Pool		
Aug 24, 2023	Thu	Practice (Varsity Swimming - Girls)	N/A	6:00 PM	8:00 PM	NHS Pool		
Aug 25, 2023	Fri	Practice (Varsity Swimming - Girls)	N/A	7:30 AM	9:00 AM	NHS Pool		
Aug 25, 2023	Fri	Practice (Varsity Swimming - Girls)	N/A	6:00 PM	8:00 PM	NHS Pool		
Aug 26, 2023	Sat	Practice (Varsity Swimming - Girls Swim/ Yoga)	N/A	8:30 AM	10:30 AM	NHS Pool		
Aug 28, 2023	Mon	Practice (Varsity Swimming - Girls)	N/A	7:30 AM	9:00 AM	NHS Pool		
Aug 28, 2023	Mon	Practice (Varsity Swimming - Girls)	N/A	6:00 PM	8:00 PM	NHS Pool		
Aug 29, 2023	Tue	Practice (Varsity Swimming - Girls)	N/A	7:30 AM	9:00 AM	NHS Pool		
Aug 29, 2023	Tue	Practice (Varsity Swimming - Girls)	N/A	6:00 PM	8:00 PM	NHS Pool		
Aug 30, 2023	Wed	Practice (Varsity Swimming - Girls)	N/A	7:30 AM	9:00 AM	NHS Pool		
Aug 30, 2023	Wed	Practice (Varsity Swimming - Girls)	N/A	6:00 PM	8:00 PM	NHS Pool		
Aug 31, 2023	Thu	Practice (Varsity Swimming - Girls)	N/A	7:30 AM	9:00 AM	NHS Pool		
Aug 31, 2023	Thu	Practice (Varsity Swimming - Girls)	N/A	6:00 PM	8:00 PM	NHS Pool		
Sep 1, 2023	Fri	Practice (Varsity Swimming - Girls)	N/A	7:30 AM	9:00 AM	NHS Pool		
Sep 1, 2023	Fri	Practice (Varsity Swimming - Girls)	N/A	6:00 PM	8:00 PM	NHS Pool		
Sep 2, 2023	Sat	Practice (Varsity Swimming - Girls Swim/ Yoga)	N/A	8:30 AM	10:30 AM	NHS Pool		
Sep 4, 2023	Mon	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	7:00 PM	NHS Pool		
Sep 5, 2023	Tue	Regular Season 63-60 W	Susquehanna Valley	5:30 PM	8:00 PM	NHS Pool		L
Sep 6, 2023	Wed	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	6:30 PM	NHS Pool		
Sep 7, 2023	Thu	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	7:00 PM	NHS Pool		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 8, 2023	Fri	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	6:30 PM	NHS Pool		
Sep 11, 2023	Mon	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	7:00 PM	NHS Pool		
Sep 13, 2023	Wed	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	6:30 PM	NHS Pool		
Sep 14, 2023	Thu	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	7:00 PM	NHS Pool		
Sep 15, 2023	Fri	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	6:30 PM	NHS Pool		
Sep 18, 2023	Mon	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	7:00 PM	NHS Pool		
Sep 20, 2023	Wed	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	6:30 PM	NHS Pool		
Sep 21, 2023	Thu	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	7:00 PM	NHS Pool		
Sep 23, 2023	Sat	Practice (Varsity Swimming - Girls Swim/ Yoga)	N/A	8:30 AM	10:30 AM	NHS Pool		
Sep 25, 2023	Mon	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	7:00 PM	NHS Pool		
Sep 27, 2023	Wed	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	6:30 PM	NHS Pool		
Sep 28, 2023	Thu	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	7:00 PM	NHS Pool		
Sep 29, 2023	Fri	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	6:30 PM	NHS Pool		
Oct 3, 2023	Tue	Regular Season 73-42 W	Greene	5:30 PM	8:00 PM	NHS Pool		L
Oct 4, 2023	Wed	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	6:30 PM	NHS Pool		
Oct 5, 2023	Thu	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	7:00 PM	NHS Pool		
Oct 5, 2023	Thu	Regular Season 73-98 L	Chenango Forks	5:30 PM	8:00 PM	NHS Pool		L
Oct 7, 2023	Sat	Practice (Varsity Swimming - Girls Swim/ Yoga)	N/A	8:30 AM	10:30 AM	NHS Pool		
Oct 9, 2023	Mon	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	7:00 PM	NHS Pool		
Oct 10, 2023	Tue	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	6:30 PM	NHS Pool		
Oct 11, 2023	Wed	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	6:30 PM	NHS Pool		
Oct 12, 2023	Thu	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	7:00 PM	NHS Pool		
Oct 12, 2023	Thu	Regular Season 58-92 L	Owego Apalachin	5:30 PM	8:00 PM	NHS Pool		L
Oct 13, 2023	Fri	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	6:30 PM	NHS Pool		
Oct 14, 2023	Sat	Practice (Varsity Swimming - Girls Swim/ Yoga)	N/A	8:30 AM	10:30 AM	NHS Pool		
Oct 16, 2023	Mon	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	7:00 PM	NHS Pool		
Oct 17, 2023	Tue	Regular Season 84-73 W	Windsor	6:30 PM	8:00 PM	NHS Pool		L
Oct 18, 2023	Wed	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	6:30 PM	NHS Pool		
Oct 19, 2023	Thu	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	7:00 PM	NHS Pool		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE
Oct 20, 2023	Fri	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	6:30 PM	NHS Pool	
Oct 21, 2023	Sat	Practice (Varsity Swimming - Girls Swim/ Yoga)	N/A	8:30 AM	10:30 AM	NHS Pool	
Oct 23, 2023	Mon	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	7:00 PM	NHS Pool	
Oct 25, 2023	Wed	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	6:30 PM	NHS Pool	
Oct 26, 2023	Thu	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	7:00 PM	NHS Pool	
Oct 27, 2023	Fri	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	6:30 PM	NHS Pool	
Oct 28, 2023	Sat	Practice (Varsity Swimming - Girls Swim/ Yoga)	N/A	8:30 AM	10:30 AM	NHS Pool	
Oct 30, 2023	Mon	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	6:30 PM	NHS Pool	
Oct 31, 2023	Tue	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	6:30 PM	NHS Pool	
Nov 2, 2023	Thu	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	5:30 PM	NHS Pool	
Nov 3, 2023	Fri	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	5:30 PM	NHS Pool	

Date: 2024-05-05