



Norwich

(G) V Swimming/Diving

Coaches:

- Saundra Gant, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE
Aug 19, 2024	Mon	Practice (Open NHS Fitness Room 7-8pm)	N/A	6:00 PM	8:00 PM	NHS Pool, NHS Fitness Room		
Aug 22, 2024	Thu	Practice (Open NHS Fitness Room 7-8pm)	N/A	6:00 PM	8:00 PM	NHS Pool, NHS Fitness Room		
Aug 26, 2024	Mon	Practice (Varsity Swimming - Girls)	N/A	6:00 AM	8:00 AM	NHS Pool		
Aug 26, 2024	Mon	Practice (Varsity Swimming - Girls NHS Pool 6-7pm, NHS Fitness Room 7-8pm)	N/A	6:00 PM	8:00 PM	NHS Pool, NHS Fitness Room		
Aug 27, 2024	Tue	Practice (Varsity Swimming - Girls Practice)	N/A	8:00 AM	10:00 AM	NHS Pool		
Aug 27, 2024	Tue	Practice (Varsity Swimming - Girls Practice)	N/A	6:00 PM	8:00 PM	NHS Pool		
Aug 28, 2024	Wed	Practice (Varsity Swimming - Girls Practice)	N/A	8:00 AM	10:00 AM	NHS Pool		
Aug 28, 2024	Wed	Practice (Varsity Swimming - Girls Practice)	N/A	6:00 PM	8:00 PM	NHS Pool		
Aug 29, 2024	Thu	Practice (Varsity Girls Swimming Practice)	N/A	8:00 AM	10:00 AM	NHS Pool		
Aug 29, 2024	Thu	Practice (Varsity Swimming - Girls NHS Pool 6-7pm, NHS Fitness Room 7-8pm)	N/A	6:00 PM	8:00 PM	NHS Pool, NHS Fitness Room		
Aug 30, 2024	Fri	Practice (Varsity Swimming - Girls Practice)	N/A	8:00 AM	10:00 AM	NHS Pool		
Aug 30, 2024	Fri	Practice (Varsity Swimming - Girls Practice)	N/A	6:00 PM	8:00 PM	NHS Pool		
Sep 2, 2024	Mon	Practice (Varsity Swimming Girls 4-6pm Pool, 6-7 Weight Room)	N/A	4:00 PM	7:00 PM	NHS Pool, NHS Fitness Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 3, 2024	Tue	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		
Sep 4, 2024	Wed	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		
Sep 5, 2024	Thu	Practice (Varsity Swimming Girls 4-6pm Pool, 6-7 Weight Room)	N/A	4:00 PM	7:00 PM	NHS Pool, NHS Fitness Room		
Sep 5, 2024	Thu	Regular Season 74-36 W	@ Greene	5:30 PM	8:00 PM	Greene HS Pool	Departure Point: NHS Gym Doors Departure Time: 4:00 PM	L
Sep 6, 2024	Fri	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		
Sep 7, 2024	Sat	Practice (Varsity Swimming - Girls 8:30-9:45am Pool 9:45-10:30 Yoga NMS Gym)	N/A	8:30 AM	10:30 AM	NHS Pool, NMS Gym		
Sep 7, 2024	Sat	Regular Season (Wolverine Invite - Waverly High School)	@ TBD	12:00 PM		TBD	Bus/Driver: Lisa Santillo Departure Point: High School Gym Doors Departure Time: 10:00 AM	L
Sep 9, 2024	Mon	Practice (Varsity Swimming Girls 4-6pm Pool, 6-7 Weight Room)	N/A	4:00 PM	7:00 PM	NHS Pool, NHS Fitness Room		
Sep 10, 2024	Tue	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		
Sep 10, 2024	Tue	Regular Season 74-51 W	@ Susquehanna Valley	5:30 PM	8:00 PM	SVHS Pool	Departure Point: NHS Gym Doors Departure Time: 3:30 PM	L
Sep 11, 2024	Wed	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		
Sep 12, 2024	Thu	Practice (Varsity Swimming Girls 4-6pm Pool, 6-7 Weight Room)	N/A	4:00 PM	7:00 PM	NHS Pool, NHS Fitness Room		
Sep 13, 2024	Fri	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE
Sep 14, 2024	Sat	Practice (Varsity Swimming - Girls 8:30-9:45am Pool 9:45-10:30 Yoga NMS Gym)	N/A	8:30 AM	10:30 AM	NHS Pool, NMS Gym		
Sep 16, 2024	Mon	Practice (Varsity Swimming Girls 4-6pm Pool, 6-7 Weight Room)	N/A	4:00 PM	7:00 PM	NHS Pool, NHS Fitness Room		
Sep 17, 2024	Tue	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		
Sep 17, 2024	Tue	Regular Season 32-96 L	Waverly	5:30 PM	8:00 PM	NHS Pool		L
Sep 18, 2024	Wed	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		
Sep 19, 2024	Thu	Practice (Varsity Swimming Girls 4-6pm Pool, 6-7 Weight Room)	N/A	4:00 PM	7:00 PM	NHS Pool, NHS Fitness Room		
Sep 20, 2024	Fri	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		
Sep 21, 2024	Sat	Practice (Varsity Swimming - Girls 8:30-9:45am Pool 9:45-10:30 Yoga Multipurpose Gym)	N/A	8:30 AM	10:30 AM	NHS Pool, NMS Gym		
Sep 23, 2024	Mon	Practice (Varsity Swimming Girls 4-6pm Pool, 6-7 Weight Room)	N/A	4:00 PM	7:00 PM	NHS Pool, NHS Fitness Room		
Sep 24, 2024	Tue	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		
Sep 24, 2024	Tue	Regular Season 63-107 L	Owego Apalachin	5:30 PM		NHS Pool		L
Sep 25, 2024	Wed	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		

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Sep 26, 2024	Thu	Practice (Varsity Swimming Girls 4-6pm Pool, 6-7 Weight Room)	N/A	4:00 PM	7:00 PM	NHS Pool, NHS Fitness Room		
Sep 27, 2024	Fri	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		
CANCELLED Sep 28, 2024	Sat	Practice (Varsity Swimming - Girls 8:30-9:45am Pool 9:45-10:30 Yoga Multipurpose Gym)	N/A	8:30 AM	10:30 AM	NHS Pool, NHS Multipurpose Room		
Sep 28, 2024	Sat	Regular Season (ME Invitational - ME High School)	@ TBD	10:00 AM		TBD	Departure Point: High School Gym Doors Departure Time: 10:00 AM	L
Sep 30, 2024	Mon	Practice (Varsity Swimming Girls 4-6pm Pool, 6-7 Weight Room)	N/A	4:00 PM	7:00 PM	NHS Pool, NHS Fitness Room		
Oct 1, 2024	Tue	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		
Oct 1, 2024	Tue	Regular Season 73-89 L	Chenango Forks	5:30 PM	8:00 PM	NHS Pool		L
Oct 2, 2024	Wed	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		
Oct 3, 2024	Thu	Practice (Varsity Swimming Girls 4-6pm Pool, 6-7 Weight Room)	N/A	4:00 PM	7:00 PM	NHS Pool, NHS Fitness Room		
Oct 4, 2024	Fri	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		
Oct 5, 2024	Sat	Practice (Varsity Swimming - Girls 8:30-9:45am Pool 9:45-10:30 Yoga NMS Gym)	N/A	8:30 AM	10:30 AM	NHS Pool, NMS Gym		
Oct 7, 2024	Mon	Practice (Varsity Swimming Girls 4-6pm Pool, 6-7 Weight Room)	N/A	4:00 PM	7:00 PM	NHS Pool, NHS Fitness Room		

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Oct 8, 2024	Tue	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		
Oct 8, 2024	Tue	Regular Season 49-85 L	Chenango Valley	5:30 PM	8:00 PM	NHS Pool		L
Oct 9, 2024	Wed	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		
Oct 10, 2024	Thu	Practice (Varsity Swimming Girls 4-6pm Pool, 6-7 Weight Room)	N/A	4:00 PM	7:00 PM	NHS Pool, NHS Fitness Room		
Oct 11, 2024	Fri	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		
Oct 12, 2024	Sat	Practice (Varsity Swimming - Girls 8:30-9:45am Pool 9:45-10:30 Yoga NMS Gym)	N/A	8:30 AM	10:30 AM	NHS Pool, NMS Gym		
Oct 14, 2024	Mon	Practice (Varsity Swimming Girls 4-6pm Pool, 6-7 Weight Room)	N/A	4:00 PM	7:00 PM	NHS Pool, NHS Fitness Room		
Oct 15, 2024	Tue	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		
Oct 16, 2024	Wed	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		
Oct 17, 2024	Thu	Practice (Varsity Swimming Girls 4-6pm Pool, 6-7 Weight Room)	N/A	4:00 PM	7:00 PM	NHS Pool, NHS Fitness Room		
Oct 17, 2024	Thu	Regular Season 56-107 L	Maine-Endwell	5:30 PM	7:00 PM	NHS Pool	Departure Point: High School Gym Doors	NL
Oct 18, 2024	Fri	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		
Oct 19, 2024	Sat	Practice (Varsity Swimming - Girls 8:30-9:45am Pool 9:45-10:30 Yoga NMS Gym)	N/A	8:30 AM	10:30 AM	NHS Pool, NMS Band Room		

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Oct 21, 2024	Mon	Practice (Varsity Swimming Girls 4-6pm Pool, 6-7 Weight Room)	N/A	4:00 PM	7:00 PM	NHS Pool, NHS Fitness Room		
Oct 22, 2024	Tue	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		
Oct 22, 2024	Tue	Regular Season 78-71 W	@ Windsor	5:30 PM	8:00 PM	Windsor High School Pool	Departure Point: NHS Gym Doors Departure Time: 3:45 PM	L
Oct 23, 2024	Wed	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		
Oct 24, 2024	Thu	Practice (Varsity Swimming Girls 4-6pm Pool, 6-7 Weight Room)	N/A	4:00 PM	7:00 PM	NHS Pool, NHS Fitness Room		
Oct 25, 2024	Fri	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		
Oct 26, 2024	Sat	Practice (Varsity Swimming - Girls 8:30-9:45am Pool 9:45-10:30 Yoga NMS Gym)	N/A	8:30 AM	10:30 AM	NHS Pool, NMS Gym		
Oct 29, 2024	Tue	Regular Season 60-101 L	Oneonta	5:30 PM	8:00 PM	NHS Pool		L
Nov 6, 2024	Wed	Regular Season (Swimming Prelims @ Maine Endwell)	@ TBD	4:30 PM	TBD	Class Dismissal: 1:00 PM	Departure Point: High School Gym Doors Departure Time: 1:15 PM	L
Nov 9, 2024	Sat	Regular Season (Swimming Finals @ Maine Endwell)	@ TBD	3:00 PM	TBD		Departure Point: High School Gym Doors Departure Time: 10:30 PM	L
Nov 18, 2024	Mon	Practice	N/A	4:30 PM	6:30 PM	NHS Pool		
Nov 19, 2024	Tue	Practice	N/A	4:30 PM	6:30 PM	NHS Pool		
Nov 20, 2024	Wed	Practice	N/A	4:30 PM	6:30 PM	NHS Pool		
Nov 21, 2024	Thu	Practice	N/A	4:30 PM	6:30 PM	NHS Pool		
Nov 22, 2024	Fri	Practice	N/A	4:30 PM	6:30 PM	NHS Pool		

Date: 2026-02-08