



# Norwich

## (B) V Swimming/Diving

Coaches:

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 14, 2022	Mon	Practice (Boys Varsity Swim Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		
Nov 15, 2022	Tue	Practice (Boys Varsity Swim Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		
Nov 16, 2022	Wed	Practice (Boys Varsity Swim Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		
Nov 17, 2022	Thu	Practice (Boys Varsity Swim Practice)	N/A	4:00 PM	7:00 PM	NHS Pool		
Nov 18, 2022	Fri	Practice (Boys Varsity Swim Practice)	N/A	3:30 PM	5:30 PM	NHS Pool		
Nov 21, 2022	Mon	Practice (Boys Varsity Swim Practice)	N/A	4:00 PM	7:00 PM	NHS Pool		
Nov 21, 2022	Mon	Practice (Boys Varsity Swim Fitness Room)	N/A	6:00 PM	7:00 PM	NHS Fitness Room		
Nov 22, 2022	Tue	Practice (Boys Varsity Swim Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		
Nov 23, 2022	Wed	Practice (Varsity Boys Swim Practice)	N/A	8:30 AM	11:30 AM	NHS Pool		
Nov 26, 2022	Sat	Practice (Boys Varsity Swim Practice)	N/A	8:30 AM	10:30 AM	NHS Pool		
Nov 28, 2022	Mon	Practice (Boys Varsity Swim Practice)	N/A	4:00 PM	7:00 PM	NHS Pool		
Nov 28, 2022	Mon	Practice (Boys Varsity Swim Fitness Room)	N/A	6:00 PM	7:00 PM	NHS Fitness Room		
Nov 29, 2022	Tue	Practice (Varsity Boys Swim Practice)	N/A	3:30 PM	4:30 PM	NHS Pool		
Nov 30, 2022	Wed	Practice (Boys Varsity Swim Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		
Dec 1, 2022	Thu	Practice (Boys Varsity Swim Practice)	N/A	4:00 PM	7:00 PM	NHS Pool		
Dec 2, 2022	Fri	Practice (Boys Varsity Swim Practice)	N/A	3:30 PM	5:30 PM	NHS Pool		
Dec 5, 2022	Mon	Practice (Varsity Boys Swim Practice)	N/A	3:30 PM	6:30 PM	NHS Pool		
Dec 5, 2022	Mon	Practice (Boys Varsity Swim Fitness Room)	N/A	6:00 PM	7:00 PM	NHS Fitness Room		
Dec 6, 2022	Tue	Regular Season 57-69 L	Greene	5:30 PM	7:00 PM	NHS Pool		L
Dec 7, 2022	Wed	Practice (Boys Varsity Swim Practice)	N/A	3:30 PM	5:30 PM	NHS Pool		
Dec 8, 2022	Thu	Practice (Varsity Boys Swim Practice)	N/A	3:30 PM	6:30 PM	NHS Pool		
Dec 8, 2022	Thu	Practice (Boys Varsity Swim Fitness Room)	N/A	6:00 PM	7:00 PM	NHS Fitness Room		
Dec 9, 2022	Fri	Practice (Boys Varsity Swim Practice)	N/A	3:30 PM	5:30 PM	NHS Pool		
Dec 12, 2022	Mon	Practice (Varsity Boys Swim Practice)	N/A	3:30 PM	6:30 PM	NHS Pool		
Dec 12, 2022	Mon	Practice (Boys Varsity Swim Fitness Room)	N/A	6:00 PM	7:00 PM	NHS Fitness Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 13, 2022	Tue	Regular Season 64-48 W	@ Susquehanna Valley	5:30 PM	7:00 PM	SVHS Pool	<b>Departure Point:</b> High School Gym Doors <b>Departure Time:</b> 3:30 PM	L
Dec 14, 2022	Wed	Practice (Boys Varsity Swim Practice)	N/A	3:30 PM	5:30 PM	NHS Pool		
Dec 15, 2022	Thu	Practice (Varsity Boys Swim Practice)	N/A	3:30 PM	6:30 PM	NHS Pool		
Dec 15, 2022	Thu	Practice (Boys Varsity Swim Fitness Room)	N/A	6:00 PM	7:00 PM	NHS Fitness Room		
Dec 16, 2022	Fri	Practice (Boys Varsity Swim Practice)	N/A	3:30 PM	5:30 PM	NHS Pool		
Dec 19, 2022	Mon	Practice (Varsity Boys Swim Practice)	N/A	3:30 PM	6:30 PM	NHS Pool		
Dec 19, 2022	Mon	Practice (Boys Varsity Swim Fitness Room)	N/A	6:00 PM	7:00 PM	NHS Fitness Room		
Dec 20, 2022	Tue	Regular Season 55-80 L	@ Chenango Forks	5:30 PM	7:00 PM	High School - Pool	<b>Departure Point:</b> High School Gym Doors <b>Departure Time:</b> 3:45 PM	L
Dec 21, 2022	Wed	Practice (Boys Varsity Swim Practice)	N/A	3:30 PM	5:30 PM	NHS Pool		
Dec 22, 2022	Thu	Practice (Varsity Boys Swim Practice)	N/A	3:30 PM	6:30 PM	NHS Pool		
Dec 22, 2022	Thu	Practice (Boys Varsity Swim Fitness Room)	N/A	6:00 PM	7:00 PM	NHS Fitness Room		
Dec 23, 2022	Fri	Practice (Boys Varsity Swim Practice)	N/A	3:30 PM	5:30 PM	NHS Pool		
Dec 26, 2022	Mon	Practice (Varsity Boys Swim Practice)	N/A	8:30 AM	11:00 AM	NHS Pool		
Dec 26, 2022	Mon	Practice (Boys Varsity Swim Fitness Room)	N/A	6:00 PM	7:00 PM	NHS Fitness Room		
Dec 27, 2022	Tue	Practice (Varsity Boys Swim Practice)	N/A	8:30 AM	11:00 AM	NHS Pool		
Dec 28, 2022	Wed	Practice (Varsity Boys Swim Practice)	N/A	8:30 AM	11:00 AM	NHS Pool		
Dec 29, 2022	Thu	Practice (Varsity Boys Swim Practice)	N/A	8:30 AM	11:00 AM	NHS Pool		
Dec 29, 2022	Thu	Regular Season (Chenango Valley Invitational )	@ TBD	9:00 AM	1:00 PM	TBD	<b>Departure Point:</b> NHS Gym Doors <b>Departure Time:</b> 8:00 AM	L
Dec 29, 2022	Thu	Practice (Boys Varsity Swim Fitness Room)	N/A	6:00 PM	7:00 PM	NHS Fitness Room		
Dec 30, 2022	Fri	Practice (Varsity Boys Swim Practice)	N/A	8:30 AM	11:00 AM	NHS Pool		
Jan 2, 2023	Mon	Practice (Varsity Boys Swim Practice)	N/A	3:30 PM	6:30 PM	NHS Pool		
Jan 2, 2023	Mon	Practice (Boys Varsity Swim Fitness Room)	N/A	6:00 PM	7:00 PM	NHS Fitness Room		
Jan 3, 2023	Tue	Regular Season 41-71 L	Chenango Valley	6:00 PM	7:30 PM	NHS Pool		L
Jan 4, 2023	Wed	Practice (Boys Varsity Swim Practice)	N/A	3:30 PM	5:30 PM	NHS Pool		
Jan 5, 2023	Thu	Practice (Varsity Boys Swim Practice)	N/A	3:30 PM	6:30 PM	NHS Pool		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 5, 2023	Thu	Practice (Boys Varsity Swim Fitness Room)	N/A	6:00 PM	7:00 PM	NHS Fitness Room		
Jan 6, 2023	Fri	Practice (Boys Varsity Swim Practice)	N/A	3:30 PM	5:30 PM	NHS Pool		
Jan 9, 2023	Mon	Practice (Varsity Boys Swim Practice)	N/A	3:30 PM	6:30 PM	NHS Pool		
Jan 9, 2023	Mon	Practice (Boys Varsity Swim Fitness Room)	N/A	6:00 PM	7:00 PM	NHS Fitness Room		
Jan 10, 2023	Tue	Regular Season 55-68 L	Owego Apalachin	5:30 PM	7:00 PM	NHS Pool		L
Jan 11, 2023	Wed	Practice (Boys Varsity Swim Practice)	N/A	3:30 PM	5:30 PM	NHS Pool		
Jan 12, 2023	Thu	Practice (Boys Varsity Swim Practice)	N/A	4:00 PM	7:00 PM	NHS Pool		
Jan 12, 2023	Thu	Practice (Boys Varsity Swim Fitness Room)	N/A	6:00 PM	7:00 PM	NHS Fitness Room		
Jan 13, 2023	Fri	Practice (Boys Varsity Swim Practice)	N/A	3:30 PM	5:30 PM	NHS Pool		
Jan 16, 2023	Mon	Practice (Varsity Boys Swim Practice)	N/A	3:30 PM	6:30 PM	NHS Pool		
Jan 16, 2023	Mon	Practice (Boys Varsity Swim Fitness Room)	N/A	6:00 PM	7:00 PM	NHS Fitness Room		
Jan 17, 2023	Tue	Regular Season	@ Windsor	5:30 PM	7:00 PM	Windsor High School Pool	<b>Departure Point:</b> High School Gym Doors <b>Departure Time:</b> 3:30 PM	L
Jan 18, 2023	Wed	Practice (Boys Varsity Swim Practice)	N/A	3:30 PM	5:30 PM	NHS Pool		
Jan 19, 2023	Thu	Practice (Boys Varsity Swim Practice)	N/A	4:00 PM	7:00 PM	NHS Pool		
Jan 19, 2023	Thu	Practice (Boys Varsity Swim Fitness Room)	N/A	6:00 PM	7:00 PM	NHS Fitness Room		
Jan 20, 2023	Fri	Practice (Boys Varsity Swim Practice)	N/A	3:30 PM	5:30 PM	NHS Pool		
Jan 23, 2023	Mon	Practice (Boys Varsity Swim Practice)	N/A	4:00 PM	7:00 PM	NHS Pool		
Jan 23, 2023	Mon	Practice (Boys Varsity Swim Fitness Room)	N/A	6:00 PM	7:00 PM	NHS Fitness Room		
Jan 24, 2023	Tue	Practice (Boys Varsity Swim Practice)	N/A	3:30 PM	5:30 PM	NHS Pool		
Jan 25, 2023	Wed	Practice (Boys Varsity Swim Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		
Jan 26, 2023	Thu	Practice (Boys Varsity Swim Practice)	N/A	4:00 PM	7:00 PM	NHS Pool		
Jan 26, 2023	Thu	Practice (Boys Varsity Swim Fitness Room)	N/A	6:00 PM	7:00 PM	NHS Fitness Room		
Jan 27, 2023	Fri	Practice (Boys Varsity Swim Practice)	N/A	3:30 PM	5:30 PM	NHS Pool		
Jan 30, 2023	Mon	Practice (Boys Varsity Swim Practice)	N/A	4:00 PM	7:00 PM	NHS Pool		
Jan 30, 2023	Mon	Practice (Boys Varsity Swim Fitness Room)	N/A	6:00 PM	7:00 PM	NHS Fitness Room		
Jan 31, 2023	Tue	Regular Season	Oneonta	5:30 PM	7:00 PM	NHS Pool		L
Feb 1, 2023	Wed	Practice (Boys Varsity Swim Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		
Feb 2, 2023	Thu	Practice (Boys Varsity Swim Practice)	N/A	4:00 PM	7:00 PM	NHS Pool		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 2, 2023	Thu	Practice (Boys Varsity Swim Fitness Room)	N/A	6:00 PM	7:00 PM	NHS Fitness Room		
Feb 3, 2023	Fri	Practice (Boys Varsity Swim Practice)	N/A	3:30 PM	5:30 PM	NHS Pool		
Feb 6, 2023	Mon	Practice (Boys Varsity Swim Practice)	N/A	4:00 PM	7:00 PM	NHS Pool		
Feb 6, 2023	Mon	Practice (Boys Varsity Swim Fitness Room)	N/A	6:00 PM	7:00 PM	NHS Fitness Room		
Feb 7, 2023	Tue	Practice (Boys Varsity Swim Practice)	N/A	3:30 PM	5:30 PM	NHS Pool		
Feb 8, 2023	Wed	Practice (Boys Varsity Swim Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		
Feb 9, 2023	Thu	Practice (Boys Varsity Swim Practice)	N/A	4:00 PM	7:00 PM	NHS Pool		
Feb 9, 2023	Thu	Practice (Boys Varsity Swim Fitness Room)	N/A	6:00 PM	7:00 PM	NHS Fitness Room		
Feb 10, 2023	Fri	Practice (Boys Varsity Swim Practice)	N/A	3:30 PM	5:30 PM	NHS Pool		
Feb 13, 2023	Mon	Practice (Boys Varsity Swim Practice)	N/A	4:00 PM	7:00 PM	NHS Pool		
Feb 13, 2023	Mon	Practice (Boys Varsity Swim Fitness Room)	N/A	6:00 PM	7:00 PM	NHS Fitness Room		
Feb 14, 2023	Tue	Practice (Boys Varsity Swim Practice)	N/A	3:30 PM	5:30 PM	NHS Pool		
Feb 15, 2023	Wed	Post-Season (Sectional Prelims)	@ TBD	TBD		TBD		NL
Feb 16, 2023	Thu	Practice (Boys Varsity Swim Practice)	N/A	4:00 PM	7:00 PM	NHS Pool		
Feb 16, 2023	Thu	Practice (Boys Varsity Swim Fitness Room)	N/A	6:00 PM	7:00 PM	NHS Fitness Room		
Feb 17, 2023	Fri	Practice (Boys Varsity Swim Practice)	N/A	3:30 PM	5:30 PM	NHS Pool		
Feb 18, 2023	Sat	Post-Season (Sectional Finals)	@ TBD	TBD		TBD		NL

Date: 2025-12-06