



# Oswego Girls Varsity Swimming/Diving 2023 - 2024

Athletics Director: Cynthia Lauzon  
Assistant: Angela Miller

2 Buccaneer Blvd  
Oswego, NY, 13126  
(315) 341-2019  
[www.oswego.org](http://www.oswego.org)

## Coaches:

- Josh Lerch, Head Coach
- Kevin Morgan, Asst Coach

## Players (15)

NAME	GRADE
Lauren Adkins	11
Jennah Bovay	12
Joscelyn Coniski	11
Grace Dawson	10
Sophie DeCaire	7
Helena Holmes	12
Alyssa Lofstrom	10
Mackenzie Mulcahey	12
Callyn Odom	12
Alexis Pappa	11
Kendyra Riley	9
Josephina Scanlon Howland	10
Ciarrah Tynan	12
Malia Upcraft	11
Olivia Williams	9

## Personnel (7)

NAME	POSITION
Ashley Bennett	Grade 12-Mexico
Emily Bennett	Grade 12-Mexico
Evie Fontana	Grade 12-Mexico
Chelsea Hitzschke	Grade 11-Mexico
Alle Magro	Grade 9-Mexico
Payge Tubolino	Grade 11-Mexico
Maria Vazquez	Grade 12-Mexico