

Coaches:

- Kristen Tocheny, Head Coach
- Ashlee Kohlbach, Asst Coach

Aug 22, 2022MonPracticeN/A $3:30$ PM $6:00$ PMJC HS PoolAug 23, 2022TuePracticeN/A $3:30$ PM $6:00$ PMJC HS PoolAug 24, 2022WedPracticeN/A $3:30$ PM $6:00$ PMJC HS PoolAug 25, 2022ThuPracticeN/A $3:30$ PM $6:00$ PMJC HS PoolAug 26, 2022FriPracticeN/A $3:30$ PM $6:00$ PMJC HS PoolAug 27, 2022SatPracticeN/A $3:00$ PM $3:30$ PM $G:00$ PMJC HS PoolAug 29, 2022MonPracticeN/A $3:00$ PM $3:30$ PMJC HS PoolAug 29, 2022MonPracticeN/A $3:30$ PM $6:00$ PMJC HS PoolAug 30, 2022TuePracticeN/A $3:30$ PM $6:00$ PMJC HS PoolAug 30, 2022TuePracticeN/A $3:30$ PM $6:00$ PMJC HS PoolAug 31, 2022WedPracticeN/A $3:30$ PM $6:00$ PMJC HS PoolAug 31, 2022WedPracticeN/A $3:30$ PM $6:00$ PMJC HS PoolSep 1, 2022ThuPracticeN/A $3:30$ PM $6:00$ PMJC HS PoolSep 2, 2022FriPracticeN/A $3:30$ PM $6:00$ PMJC HS PoolSep 1, 2022ThuRegular Season T110-61 WWindsor $5:00$ PM $7:00$ PMJC HS	LEAGUE PORTATION / NON- LEAGUE
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Sep 9, 2022 Fri Practice N/A 5.50 6.00 JC HS Pool	
Sep 10, 2022SatPracticeN/A10:00 AM12:30 PMJC HS Pool	
Sep 12, 2022MonPracticeN/A2:30 PM5:30 PMJC HS Pool	

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	end Time	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 13, 2022	Tue	Regular Season 79-94 L	Corning- Painted Post	5:30 PM	7:00 PM	JC HS Pool		L
Sep 14, 2022	Wed	Practice	N/A	2:30 PM	5:30 PM	JC HS Pool		
Sep 15, 2022	Thu	Practice	N/A	2:30 PM	5:30 PM	JC HS Pool		
Sep 16, 2022	Fri	Practice	N/A	2:30 PM	5:30 PM	JC HS Pool		
Sep 17, 2022	Sat	Regular Season (JC Relays - Diving)	TBD	9:00 AM	10:15 AM	JC HS Pool		NL
Sep 17, 2022	Sat	Regular Season (JC Relays - Swimming)	TBD	11:00 AM	2:00 PM	JC HS Pool		NL
Sep 19, 2022	Mon	Practice	N/A	2:30 PM	5:30 PM	JC HS Pool		
Sep 21, 2022	Wed	Practice	N/A	2:30 PM	5:30 PM	JC HS Pool		
Sep 23, 2022	Fri	Practice	N/A	2:30 PM	5:30 PM	JC HS Pool		
Sep 24, 2022	Sat	Practice	N/A	10:00 AM	12:30 PM	JC HS Pool		
Sep 26, 2022	Mon	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		
Sep 27, 2022	Tue	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		
Sep 28, 2022	Wed	Regular Season 85-98 L	Ithaca	5:30 PM	7:00 PM	JC HS Pool		L
Sep 29, 2022	Thu	Practice	N/A	3:30 PM	4:30 PM	JC HS Pool		
Sep 30, 2022	Fri	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		
Oct 3, 2022	Mon	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		
Oct 5, 2022	Wed	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		
Oct 7, 2022	Fri	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		
Oct 10, 2022	Mon	Practice	N/A	10:00 AM	12:30 PM	JC HS Pool		
Oct 11, 2022	Tue	Regular Season 86-97 L	Maine- Endwell	5:30 PM	7:00 PM	JC HS Pool		L
Oct 12, 2022	Wed	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		
Oct 13, 2022	Thu	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		
Oct 14, 2022	Fri	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		
Oct 15, 2022	Sat	Practice	N/A	10:00 AM	12:30 PM	JC HS Pool		
Oct 17, 2022	Mon	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		
Oct 19, 2022	Wed	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		
Oct 20, 2022	Thu	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		
Oct 22, 2022	Sat	Practice	N/A	10:00 AM	12:30 PM	JC HS Pool		
Oct 24, 2022	Mon	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool		

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUI TRANSPORTATION / NON- LEAGUI
Oct 25, 2022	Tue	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool	
Oct 26, 2022	Wed	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool	
Oct 27, 2022	Thu	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool	
Oct 28, 2022	Fri	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool	
Oct 29, 2022	Sat	Practice	N/A	10:00 AM	12:30 PM	JC HS Pool	
Oct 31, 2022	Mon	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool	
Nov 1, 2022	Tue	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool	
Nov 3, 2022	Thu	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool	
Nov 4, 2022	Fri	Practice	N/A	3:30 PM	6:00 PM	JC HS Pool	

Date: 2024-07-13