

Coaches:

- Bri DiPresso
- Cooper Tewksbury

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 13, 2019	Wed	Practice (Practice)	N/A	3:00 PM	5:00 PM	Weight Room		
Nov 14, 2019	Thu	Practice (Practice)	N/A	3:00 PM	5:00 PM	Weight Room		
Nov 18, 2019	Mon	Practice (Practice)	N/A	3:00 PM	5:00 PM	Weight Room		
Nov 19, 2019	Tue	Practice (Practice)	N/A	3:00 PM	5:00 PM	Weight Room		
Nov 20, 2019	Wed	Practice (Practice)	N/A	3:00 PM	5:00 PM	Weight Room		
Nov 21, 2019	Thu	Practice (Practice)	N/A	3:00 PM	5:00 PM	Weight Room		
Nov 25, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	Weight Room		
Nov 26, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	Weight Room		
Dec 2, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	Weight Room		
Dec 3, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	Weight Room		
Dec 4, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	Weight Room		
Dec 5, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	Weight Room		
Dec 6, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	Weight Room		
Dec 7, 2019	Sat	Regular Season (Indoor Meet #1)	@ TBD	8:00 AM		Union College	Departure Time: 6:00 AM	L
Dec 9, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	Weight Room		
Dec 10, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	Weight Room		
Dec 11, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	Weight Room		
Dec 12, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	Weight Room		
Dec 13, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	Weight Room		
Dec 14, 2019	Sat	Regular Season (League Meet #2)	@ TBD	8:00 AM		Union College	Departure Time: 6:00 AM	L
Dec 16, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	Weight Room		
POSTPONED De 17, 2019	^C Tue	Practice	N/A	3:00 PM	5:00 PM	Weight Room		
Dec 18, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	Weight Room		
Dec 19, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	Weight Room		
Dec 20, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	Weight Room		
Dec 21, 2019	Sat	Regular Season (League Meet #3)	@ TBD	8:00 AM		Union College	Departure Time: 6:00 AM	L

	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 6, 2020	Mon	Practice	N/A	3:00 PM	5:00 PM	Weight Room		
Jan 7, 2020	Tue	Practice	N/A	3:00 PM	5:00 PM	Weight Room		
Jan 8, 2020	Wed	Practice	N/A	3:00 PM	5:00 PM	Weight Room		
Jan 9, 2020	Thu	Practice	N/A	3:00 PM	5:00 PM	Weight Room		
Jan 10, 2020	Fri	Practice	N/A	3:00 PM	5:00 PM	Weight Room		
POSTPONED Jan 11, 2020	Sat	Regular Season (League Meet #4)	@ TBD	8:00 AM		Union College	Departure Time: 6:00 AM	L
Jan 13, 2020	Mon	Practice	N/A	3:00 PM	5:00 PM	Weight Room		
Jan 14, 2020	Tue	Practice	N/A	3:00 PM	5:00 PM	Weight Room		
Jan 15, 2020	Wed	Practice	N/A	3:00 PM	5:00 PM	Weight Room		
Jan 16, 2020	Thu	Practice	N/A	3:00 PM	5:00 PM	Weight Room		
Jan 17, 2020	Fri	Practice	N/A	3:00 PM	5:00 PM	Weight Room		
Jan 18, 2020	Sat	Regular Season (League Meet #5)	@ TBD	8:00 AM		Hudson Valley Community College	Departure Time: 6:00 AM	L
Jan 21, 2020	Tue	Practice	N/A	3:00 PM	5:00 PM	Weight Room		
Jan 22, 2020	Wed	Practice	N/A	3:00 PM	5:00 PM	Weight Room		
Jan 23, 2020	Thu	Practice	N/A	3:00 PM	5:00 PM	Weight Room		
Jan 27, 2020	Mon	Practice	N/A	3:00 PM	5:00 PM	Weight Room		
Jan 28, 2020	Tue	Practice	N/A	3:00 PM	5:00 PM	Weight Room		
Jan 29, 2020	Wed	Practice	N/A	3:00 PM	5:00 PM	Weight Room		
Jan 30, 2020	Thu	Practice	N/A	3:00 PM	5:00 PM	Weight Room		
Jan 31, 2020	Fri	Practice	N/A	3:00 PM	5:00 PM	Weight Room		
Feb 2, 2020	Sun	Post-Season (League Championship Meet)	@ TBD	8:00 AM		University of Albany	Departure Time: 6:00 AM	L
Feb 4, 2020	Tue	Practice	N/A	3:00 PM	5:00 PM	Weight Room		
	Wed	Practice	N/A	3:00 PM	5:00 PM	Weight Room		
POSTPONED Feb 6, 2020	Thu	Practice	N/A	3:00 PM	5:00 PM	Weight Room		
Feb 10, 2020	Mon	Practice	N/A	3:00 PM	5:00 PM	Weight Room		
Feb 11, 2020	Tue	Practice	N/A	3:00 PM	5:00 PM	Weight Room		
Feb 12, 2020	Wed	Practice	N/A	3:00 PM	5:00 PM	Weight Room		
Feb 13, 2020	Thu	Practice	N/A	3:00 PM	5:00 PM	Weight Room		
Feb 14, 2020	Fri	Practice	N/A	3:00 PM	5:00 PM	Weight Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START END	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Feb 16, 2020	Sun	Post-Season (Sectionals)	@ TBD	2:30 PM	University of Albany	Departure Time: 12:00 PM	NL
Feb 16, 2020	Sun	Regular Season (Meet #1)	@ TBD	8:00 PM	Union College	Departure Time: 6:15 AM	L

Date: 2024-08-18