

## Coaches:

- Alan Baker, Head Coach
- Marcia Pawling, Asst Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Dec 13, 2022	Tue	Regular Season	@ Gouverneur	5:00 PM		Governeur HS	<b>Bus/Driver:</b> Coach Baker/Pawling/Benner/30 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:45 PM Return Date: Return Time: 9:30 PM	L
Jan 5, 2023	Thu	Regular Season 72-83 L	@ Carthage	5:00 PM		Carthage HS Pool	<b>Bus/Driver:</b> Coach Baker/Pawling/13 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:50 PM Return Date: Return Time: 7:30 PM	L
Jan 10, 2023	Tue	Regular Season	@ Watertown	5:00 PM		Watertown H S	<b>Bus/Driver:</b> Coach Baker/Pawling/13 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:45 PM Return Date: Return Time: 8:00 PM	L
Jan 12, 2023	Thu	Regular Season	@ South Jefferson	5:00 PM		SJ HS/MS - Pool	<b>Bus/Driver:</b> Coach Baker/Pawling/13 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:30 PM Return Date: Return Time: 8:00 PM	L
Jan 14, 2023	Sat	Regular Season (Salt City Diving Invitational)	@ TBD	10:00 AM		Nottingham High School (Pool)			L
Jan 14, 2023	Sat	Regular Season (Tournament- Invitational)	TBD, Lowville, South Jefferson, Gouverneur @ Watertown	12:00 PM		Watertown H S	<b>Bus/Driver:</b> Coach Baker/Pawling/15 Athletes	Departure Point: High School Athletic Doors Departure Time: 9:20 AM Return Date: Return Time: 3:30 PM	L
Jan 24, 2023	Tue	Regular Season	@ Canton	4:30 PM	6:00 PM	Williams HS	<b>Bus/Driver:</b> Coach Baker/Pawling/15 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:15 PM Return Date: Return Time: 9:00 PM	L
Feb 11, 2023	Sat	Post-Season (Section 3 Class B Diving)	@ TBD	9:30 AM	10:00 AM	Nottingham High School (Pool)	<b>Bus/Driver:</b> Coach Baker/Pawling/1 Athlete (Small bus)	Departure Point: High School Athletic Doors Departure Time: 6:00 AM Return Date: Return Time: 3:30 PM	NL

DATE	WEEK DAY	<sup>(</sup> ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Feb 14, 2023	Tue	Regular Season	@ TBD	2:35 PM	7:00 PM	Nottingham High School (Pool)	<b>Bus/Driver:</b> Coach Baker/Pawling/1 Athlete (Small bus)	Departure Point: High School Athletic Doors Departure Time: 10:45 AM Return Date: Return Time: 7:30 PM	L
Feb 15, 2023	Wed	Post-Season (Class B/C Swimming Sectionals)	@ TBD	1:30 PM	5:00 PM	Nottingham High School (Pool)	<b>Bus/Driver:</b> Coach Baker/Pawling/11 Athletes	Departure Point: High School Athletic Doors Departure Time: 11:30 PM Return Date: Return Time: 10:00 PM	NL
Feb 17, 2023	Fri	Regular Season (Section 3 State Qualifier Swimming)	@ TBD	3:00 PM	7:00 PM	Nottingham High School (Pool)	<b>Bus/Driver:</b> Coach Baker/Pawling/8 Athletes	Departure Point: High School Athletic Doors Departure Time: 11:30 AM Return Date: Return Time: 8:30 PM	L
Mar 3, 2023	Fri	Post-Season (State Championships at Ithaca College)	s @ TBD	8:00 AM	5:00 PM	Ithaca College	Bus/Driver: Coach Pawling/1 Athlete (School Van or Small bus)	Departure Point: High School Athletic Doors Departure Date: Mar 2, 2023 Departure Time: 11:00 AM	NL

Date: 2024-07-17