



Norwich

(G) V Swimming/Diving

Coaches:

- Sandra Gantt, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 19, 2024	Mon	Practice (Open NHS Fitness Room 7-8pm)	N/A	6:00 PM	8:00 PM	NHS Pool, NHS Fitness Room			
Aug 22, 2024	Thu	Practice (Open NHS Fitness Room 7-8pm)	N/A	6:00 PM	8:00 PM	NHS Pool, NHS Fitness Room			
Aug 26, 2024	Mon	Practice (Varsity Swimming - Girls NHS Pool 6-7pm, NHS Fitness Room 7-8pm)	N/A	6:00 PM	8:00 PM	NHS Pool, NHS Fitness Room			
Aug 27, 2024	Tue	Practice (Varsity Swimming - Girls Practice)	N/A	8:00 AM	10:00 AM	NHS Pool			
Aug 27, 2024	Tue	Practice (Varsity Swimming - Girls Practice)	N/A	6:00 PM	8:00 PM	NHS Pool			
Aug 28, 2024	Wed	Practice (Varsity Swimming - Girls Practice)	N/A	8:00 AM	10:00 AM	NHS Pool			
Aug 28, 2024	Wed	Practice (Varsity Swimming - Girls Practice)	N/A	6:00 PM	8:00 PM	NHS Pool			
Aug 29, 2024	Thu	Practice (Varsity Girls Swimming Practice)	N/A	8:00 AM	10:00 AM	NHS Pool			
Aug 29, 2024	Thu	Practice (Varsity Swimming - Girls NHS Pool 6-7pm, NHS Fitness Room 7-8pm)	N/A	6:00 PM	8:00 PM	NHS Pool, NHS Fitness Room			
Aug 30, 2024	Fri	Practice (Varsity Swimming - Girls Practice)	N/A	8:00 AM	10:00 AM	NHS Pool			
Aug 30, 2024	Fri	Practice (Varsity Swimming - Girls Practice)	N/A	6:00 PM	8:00 PM	NHS Pool			
Sep 2, 2024	Mon	Practice (Varsity Swimming Girls 4-6pm Pool, 6-7 Weight Room)	N/A	4:00 PM	7:00 PM	NHS Pool, NHS Fitness Room			
Sep 3, 2024	Tue	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool			

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Sep 4, 2024	Wed	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		
Sep 5, 2024	Thu	Practice (Varsity Swimming Girls 4-6pm Pool, 6-7 Weight Room)	N/A	4:00 PM	7:00 PM	NHS Pool, NHS Fitness Room		
Sep 5, 2024	Thu	Regular Season	@ Greene	5:30 PM	8:00 PM	TBD	Departure Point: NHS Gym Doors Departure Time: 4:00 PM	L
Sep 6, 2024	Fri	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		
Sep 7, 2024	Sat	Practice (Varsity Swimming - Girls 8:30-9:45am Pool 9:45-10:30 Yoga Multipurpose Gym)	N/A	8:30 AM	10:30 AM	NHS Pool, NHS Multipurpose Room		
Sep 7, 2024	Sat	Regular Season (Wolverine Invite - Waverly High School)	@ TBD	12:00 PM		TBD	Departure Point: High School Gym Doors Departure Time: 10:00 AM	L
Sep 9, 2024	Mon	Practice (Varsity Swimming Girls 4-6pm Pool, 6-7 Weight Room)	N/A	4:00 PM	7:00 PM	NHS Pool, NHS Fitness Room		
Sep 10, 2024	Tue	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		
Sep 10, 2024	Tue	Regular Season	@ Susquehanna Valley	5:30 PM	8:00 PM	SVHS Pool	Departure Point: NHS Gym Doors Departure Time: 3:30 PM	L
Sep 11, 2024	Wed	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		
Sep 12, 2024	Thu	Practice (Varsity Swimming Girls 4-6pm Pool, 6-7 Weight Room)	N/A	4:00 PM	7:00 PM	NHS Pool, NHS Fitness Room		
Sep 13, 2024	Fri	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		

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Sep 14, 2024	Sat	Practice (Varsity Swimming - Girls 8:30-9:45am Pool 9:45-10:30 Yoga Multipurpose Gym)	N/A	8:30 AM	10:30 AM	NHS Pool, NHS Multipurpose Room			
Sep 16, 2024	Mon	Practice (Varsity Swimming Girls 4-6pm Pool, 6-7 Weight Room)	N/A	4:00 PM	7:00 PM	NHS Pool, NHS Fitness Room			
Sep 17, 2024	Tue	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool			
Sep 17, 2024	Tue	Regular Season	Waverly	5:30 PM	8:00 PM	NHS Pool			L
Sep 18, 2024	Wed	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool			
Sep 19, 2024	Thu	Practice (Varsity Swimming Girls 4-6pm Pool, 6-7 Weight Room)	N/A	4:00 PM	7:00 PM	NHS Pool, NHS Fitness Room			
Sep 20, 2024	Fri	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool			
Sep 21, 2024	Sat	Practice (Varsity Swimming - Girls 8:30-9:45am Pool 9:45-10:30 Yoga Multipurpose Gym)	N/A	8:30 AM	10:30 AM	NHS Pool, NHS Multipurpose Room			
Sep 23, 2024	Mon	Practice (Varsity Swimming Girls 4-6pm Pool, 6-7 Weight Room)	N/A	4:00 PM	7:00 PM	NHS Pool, NHS Fitness Room			
Sep 24, 2024	Tue	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool			
Sep 24, 2024	Tue	Regular Season	@ Owego Apalachin	5:30 PM	8:00 PM	OFA Pool	Class Dismissal: 3:00 PM	Departure Point: NHS Gym Doors Departure Time: 3:15 PM	L
Sep 25, 2024	Wed	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool			

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Sep 26, 2024	Thu	Practice (Varsity Swimming Girls 4-6pm Pool, 6-7 Weight Room)	N/A	4:00 PM	7:00 PM	NHS Pool, NHS Fitness Room			
Sep 27, 2024	Fri	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool			
Sep 28, 2024	Sat	Practice (Varsity Swimming - Girls 8:30-9:45am Pool 9:45-10:30 Yoga Multipurpose Gym)	N/A	8:30 AM	10:30 AM	NHS Pool, NHS Multipurpose Room			
Sep 30, 2024	Mon	Practice (Varsity Swimming Girls 4-6pm Pool, 6-7 Weight Room)	N/A	4:00 PM	7:00 PM	NHS Pool, NHS Fitness Room			
Oct 1, 2024	Tue	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool			
Oct 1, 2024	Tue	Regular Season	Chenango Forks	5:30 PM	8:00 PM	NHS Pool			L
Oct 2, 2024	Wed	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool			
Oct 3, 2024	Thu	Practice (Varsity Swimming Girls 4-6pm Pool, 6-7 Weight Room)	N/A	4:00 PM	7:00 PM	NHS Pool, NHS Fitness Room			
Oct 4, 2024	Fri	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool			
Oct 5, 2024	Sat	Practice (Varsity Swimming - Girls 8:30-9:45am Pool 9:45-10:30 Yoga Multipurpose Gym)	N/A	8:30 AM	10:30 AM	NHS Pool, NHS Multipurpose Room			
Oct 5, 2024	Sat	Regular Season (ME Invitational - ME High School)	@ TBD	10:00 AM		TBD	Departure Point: High School Gym Doors Departure Time: 8:00 AM		L
Oct 7, 2024	Mon	Practice (Varsity Swimming Girls 4-6pm Pool, 6-7 Weight Room)	N/A	4:00 PM	7:00 PM	NHS Pool, NHS Fitness Room			

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Oct 8, 2024	Tue	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool			
Oct 8, 2024	Tue	Regular Season	Chenango Valley (Chenango Valley)	5:30 PM	8:00 PM	NHS Pool			L
Oct 9, 2024	Wed	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool			
Oct 10, 2024	Thu	Practice (Varsity Swimming Girls 4-6pm Pool, 6-7 Weight Room)	N/A	4:00 PM	7:00 PM	NHS Pool, NHS Fitness Room			
Oct 11, 2024	Fri	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool			
Oct 12, 2024	Sat	Practice (Varsity Swimming - Girls 8:30-9:45am Pool 9:45-10:30 Yoga Multipurpose Gym)	N/A	8:30 AM	10:30 AM	NHS Pool, NHS Multipurpose Room			
Oct 14, 2024	Mon	Practice (Varsity Swimming Girls 4-6pm Pool, 6-7 Weight Room)	N/A	4:00 PM	7:00 PM	NHS Pool, NHS Fitness Room			
Oct 15, 2024	Tue	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool			
Oct 16, 2024	Wed	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool			
Oct 17, 2024	Thu	Practice (Varsity Swimming Girls 4-6pm Pool, 6-7 Weight Room)	N/A	4:00 PM	7:00 PM	NHS Pool, NHS Fitness Room			
Oct 18, 2024	Fri	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool			
Oct 19, 2024	Sat	Practice (Varsity Swimming - Girls 8:30-9:45am Pool 9:45-10:30 Yoga Multipurpose Gym)	N/A	8:30 AM	10:30 AM	NHS Pool, NHS Multipurpose Room			

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Oct 21, 2024	Mon	Practice (Varsity Swimming Girls 4-6pm Pool, 6-7 Weight Room)	N/A	4:00 PM	7:00 PM	NHS Pool, NHS Fitness Room		
Oct 22, 2024	Tue	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		
Oct 22, 2024	Tue	Regular Season	@ Windsor	5:30 PM	8:00 PM	Windsor High School Pool	Departure Point: NHS Gym Doors Departure Time: 4:00 PM	L
Oct 23, 2024	Wed	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		
Oct 24, 2024	Thu	Practice (Varsity Swimming Girls 4-6pm Pool, 6-7 Weight Room)	N/A	4:00 PM	7:00 PM	NHS Pool, NHS Fitness Room		
Oct 25, 2024	Fri	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		
Oct 26, 2024	Sat	Practice (Varsity Swimming - Girls 8:30-9:45am Pool 9:45-10:30 Yoga Multipurpose Gym)	N/A	8:30 AM	10:30 AM	NHS Pool, NHS Multipurpose Room		
Oct 29, 2024	Tue	Regular Season	Oneonta	5:30 PM	8:00 PM	NHS Pool		L

Date: 2024-07-27