



Norwich

(G) V Swimming/Diving

Coaches:

- Sandra Gantt, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE	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		
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 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 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		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 10, 2024	Tue	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		
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		
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 25, 2024	Wed	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		
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		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
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 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		
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		
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		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 22, 2024	Tue	Practice (Varsity Girls Swimming Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		
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