

November 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4
6	7	8	9	10 Veterans Day	11
13 Tryouts Day 1 3:45pm-6:00pm Dive: 4:00-5:15	14 Tryouts Day 2 3:45pm-6:00pm Dive: 4:00-5:15	15 Tryouts Day 3 3:45pm-6:00pm Dive: 4:00-5:15	16 3:45pm-6:00pm Dive: 4:00-5:15	17 3:45pm-6:00pm No Diving	18 8:00am-10:30am No Diving
20 3:45pm-6:00pm Dive: 3:00-4:00	21 3:45pm-6:00pm Dive: 3:00-4:00	22 8:00am-10:00am Dive: No practice	23 Thanksgiving Day NO PRACTICE	24 NO PRACTICE	25 8:00am-10:30am
27 3:45pm-6:00pm Dive: 3:00-4:15	28 AWAY @ Shen @4:30pm Bus Leaves 3:00pm	29 3:45pm-6:00pm Dive: 4:00-5:15	30 3:45pm-6:00pm Dive 4:00-5:15		

December 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 3:45pm-6:00pm Dive: 3:00-4:15	2 NO PRACTICE
4 3:45pm-6:00pm Dive:3:00-4:15	5 HOME vs. CBA/T/C @4:30pm	6 4:00pm-6:00pm ***I have PD until 4pm at the HS Dive: Go into weight room after school.	7 4:00pm-6:00pm ***I have PD until 4pm at the HS Dive: 4:00-5:00	8 3:45pm-6:00pm Practice: 3:00-4:15 Dive: 3:00-4:00	9 8:00am-10:30am
11 3:45pm-6:00pm	12 AWAY @ Niskayuna @ 4:30pm Bus Leaves 3:00pm	13 3:45pm-6:00pm Dive: 4:00-5:00	14 3:45pm-6:00pm Dive: 4:00-5:00	15 3:45pm-6:00pm Dive: 3:00-4:00	16 SHEN INVITE @ Shen Swim WU-11:00, Start-1:30
18 3:45pm-6:00pm Dive: 3:00- 4:00	19 HOME vs. Albany HS @ 4:30pm	20 3:45pm-6:00pm Dive 4:00-5:00	21 3:45pm-6:00pm Dive: 4:00-5:00	22 3:45pm-6:00pm Dive: 3:00-4:00	23 8:00am-10:30am
25 NO PRACTICE	26 8-10:30am	27 8-10:30am	28 8-10:30am	29 8-10:30am	30 8-10:30am

January 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 NO PRACTICE	2 3:45pm-6:00pm Dive: 3:00-4:00 pm	3 3:45pm-6:00pm Dive: 3:45-4:45	4 3:45pm-6:00pm Dive: 3:00-4:00	5 HOME vs. Shaker @ 4:30pm	6 8:00am-10:30am
8 3:45pm-6:00pm Dive: 3:00-4:00	9 AWAY @ Schenectady @4:30pm Bus Leaves 3:00pm	10 3:45pm-6:00pm Dive: 3:00-4:00	11 3:45pm-6:00pm Dive: 3:00-4:00	12 3:45pm-6:00pm Dive: 3:00-4:00	13 8:00am-10:30am
15 No Practice	16 AWAY @ Saratoga @4:30pm Bus Leaves 2:30pm	17 3:45pm-6:00pm Dive: 3:00-4:00	18 3:45pm-6:00pm No Dive Practice	19 3:45pm-6:00pm Dive: 3:00-4:00	20 8:00am-10:30am
22 3:45pm-6:00pm Dive: 3:00-4:15 (Modified Try-outs)	23 3:45pm-6:00pm Dive: 3:00-4:15	24 3:45pm-6:00pm Dive: 3:00-4:15	25 4:00pm-6:00pm ***I have MS meeting until 3:45pm Dive: 3:00-4:15	26 3:45pm-6:00pm Dive: 3:00-4:15	27 8:00am-10:30am
29 3:45pm-6:00pm Dive: 3:00-4:15	30 HOME vs. Guilderland Voorheesville @4:30pm	31 3:45pm-6:00pm Dive Practice: 3:00-4:00			

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 3:45pm-6:00pm Dive Practice 3:00-4:00	2 MS Practice 3:15pm-5:15pm No Diving Practice	3 8:00am-10:30am
5 HS Practice 3:45pm-5:45pm Dive Practice 3:00-4:00	6 Senior Night HOME vs. Ravena @4:30pm	7 MS School Practice 3:45pm-5:45pm Dive Practice- 3:00-4:00	8 3:45pm-6:00pm Dive Practice: No practice - I have a meet with Modified	9 3:45pm-6:00pm Dive Practice: 3:00-4:00	10 Last Chance Meet @Ballston Spa WU-9:00am Start-10:00 am Bus leaves 8am.
12 3:45pm-6:00pm Dive Practice: 3-4	13 MS School Practice 3:45pm-5:30pm Dive Practice: 3-4	14 3:45pm-5:15pm Dive Practice - 3-4	15 SECTIONALS Diving Sectionals: Bus leaves at 1:00 Swim Practice 3:15-4:15	16 SECTIONALS Swim Prelims 3:00 Bus Leaves at 12:15pm	17 SECTIONALS Swim Finals 3:00 Bus Leaves at 12:15pm
19 States Practice TBD Off?	20 States Practice TBD	21 States Practice TBD	22 States Practice TBD	23 States Practice TBD	24 States Practice TBD
26 States Practice TBD	27 States Practice TBD	28 States Practice TBD	29 States Practice TBD	1 States	2 States

