



Utica Proctor

(G) V Cheerleading (Co-ed Winter)

Coaches:

- Christy Cannistra

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 14, 2022	Mon	Practice	N/A	3:30 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Nov 15, 2022	Tue	Practice	N/A	3:30 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Nov 16, 2022	Wed	Practice	N/A	3:30 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Nov 17, 2022	Thu	Practice	N/A	3:30 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Nov 18, 2022	Fri	Practice	N/A	3:30 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Nov 21, 2022	Mon	Practice	N/A	3:30 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Nov 22, 2022	Tue	Practice	N/A	3:30 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Nov 28, 2022	Mon	Practice	N/A	3:30 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Nov 28, 2022	Mon	Practice	N/A	4:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Nov 29, 2022	Tue	Practice	N/A	3:30 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Nov 30, 2022	Wed	Practice	N/A	3:30 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Dec 1, 2022	Thu	Practice	N/A	3:30 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Dec 2, 2022	Fri	Practice	N/A	3:30 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Dec 5, 2022	Mon	Practice	N/A	3:30 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Dec 5, 2022	Mon	Practice	N/A	4:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Dec 6, 2022	Tue	Practice	N/A	3:30 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
CANCELLED Dec 7, 2022	Wed	Practice	N/A	3:30 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Dec 8, 2022	Thu	Practice	N/A	3:30 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Dec 9, 2022	Fri	Practice	N/A	3:30 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Dec 12, 2022	Mon	Practice	N/A	3:30 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Dec 13, 2022	Tue	Practice	N/A	3:30 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Dec 14, 2022	Wed	Practice	N/A	3:30 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Dec 14, 2022	Wed	Practice	N/A	4:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Dec 15, 2022	Thu	Practice	N/A	3:30 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Dec 16, 2022	Fri	Practice	N/A	3:30 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Dec 19, 2022	Mon	Practice	N/A	3:30 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 20, 2022	Tue	Practice	N/A	3:30 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Dec 21, 2022	Wed	Practice	N/A	3:30 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Dec 22, 2022	Thu	Practice	N/A	3:30 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Dec 26, 2022	Mon	Practice	N/A	8:30 AM	11:30 AM	PHS Aux Gym ROTC (small gym)		
Dec 26, 2022	Mon	Practice	N/A	9:00 AM	12:00 PM	PHS AUX Gym (Volleyball gym)		
Dec 27, 2022	Tue	Practice	N/A	8:30 AM	11:30 AM	PHS Main Gym		
CANCELLED Dec 27, 2022	Tue	Practice	N/A	8:30 AM	11:30 AM	PHS Aux Gym ROTC (small gym)		
CANCELLED Dec 27, 2022	Tue	Practice	N/A	9:00 AM	12:00 PM	PHS AUX Gym (Volleyball gym)		
CANCELLED Dec 28, 2022	Wed	Practice	N/A	8:30 AM	11:30 AM	PHS Aux Gym ROTC (small gym)		
CANCELLED Dec 28, 2022	Wed	Practice	N/A	8:30 AM	11:30 AM	PHS Main Gym		
CANCELLED Dec 28, 2022	Wed	Practice	N/A	9:00 AM	12:00 PM	PHS AUX Gym (Volleyball gym)		
Jan 2, 2023	Mon	Practice	N/A	9:00 AM	12:00 PM	PHS Main Gym		
Jan 3, 2023	Tue	Practice	N/A	3:15 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Jan 4, 2023	Wed	Practice	N/A	3:15 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Jan 5, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Jan 6, 2023	Fri	Practice	N/A	3:15 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Jan 9, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Jan 10, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Jan 11, 2023	Wed	Practice	N/A	3:15 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Jan 12, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Jan 13, 2023	Fri	Practice	N/A	3:15 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Jan 16, 2023	Mon	Practice	N/A	8:30 AM	11:30 AM	PHS Aux Gym ROTC (small gym)		
Jan 17, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Jan 18, 2023	Wed	Practice	N/A	3:15 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Jan 19, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Jan 19, 2023	Thu	Practice	N/A	4:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Jan 20, 2023	Fri	Practice	N/A	3:15 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Jan 23, 2023	Mon	Practice	N/A	3:15 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Jan 23, 2023	Mon	Practice	N/A	4:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 24, 2023	Tue	Practice	N/A	3:15 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Jan 25, 2023	Wed	Practice	N/A	3:00 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Jan 26, 2023	Thu	Practice	N/A	3:00 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Jan 26, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Main Gym		
Jan 27, 2023	Fri	Practice	N/A	3:00 PM	4:30 PM	PHS Main Gym		
Jan 27, 2023	Fri	Practice	N/A	3:15 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Jan 30, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Jan 30, 2023	Mon	Practice	N/A	4:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Jan 31, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Feb 1, 2023	Wed	Practice	N/A	3:15 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Feb 1, 2023	Wed	Practice	N/A	3:30 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Feb 2, 2023	Thu	Practice	N/A	3:15 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Feb 2, 2023	Thu	Practice	N/A	4:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Feb 3, 2023	Fri	Practice	N/A	3:15 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Feb 6, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Feb 6, 2023	Mon	Practice	N/A	4:00 PM	5:30 PM	PHS AUX Gym (Volleyball gym)		
Feb 7, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Feb 8, 2023	Wed	Practice	N/A	3:15 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Feb 9, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Feb 10, 2023	Fri	Practice	N/A	3:15 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Feb 13, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Feb 14, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
TBD		Practice	N/A	3:00 PM	5:30 PM	PHS Main Gym		

Date: 2024-05-03