



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 13, 2023	Mon	Practice (Varsity and JV cheerleading)	N/A	4:30 PM	6:30 PM	PHS Aux Gym ROTC (small gym)		
Nov 14, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Nov 15, 2023	Wed	Practice (Varsity and JV cheerleading)	N/A	4:30 PM	6:30 PM	PHS Aux Gym ROTC (small gym)		
Nov 16, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Nov 17, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Nov 20, 2023	Mon	Practice (Varsity and JV cheerleading)	N/A	4:30 PM	6:30 PM	PHS Aux Gym ROTC (small gym)		
Nov 21, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Nov 22, 2023	Wed	Practice	N/A	12:00 PM		PHS Aux Gym ROTC (small gym)		
Nov 27, 2023	Mon	Practice (Varsity and JV cheerleading)	N/A	4:30 PM	6:30 PM	PHS Aux Gym ROTC (small gym)		
Nov 28, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Nov 29, 2023	Wed	Practice (Varsity and JV cheerleading)	N/A	4:30 PM	6:30 PM	PHS Aux Gym ROTC (small gym)		
Nov 30, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Dec 4, 2023	Mon	Practice (Varsity and JV cheerleading)	N/A	4:30 PM	6:30 PM	PHS Aux Gym ROTC (small gym)		
Dec 5, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Dec 6, 2023	Wed	Practice (Varsity and JV cheerleading)	N/A	4:30 PM	6:30 PM	PHS Aux Gym ROTC (small gym)		
Dec 7, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Dec 8, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Dec 11, 2023	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 12, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Dec 13, 2023	Wed	Practice	N/A	3:30 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Dec 14, 2023	Thu	Practice (Varsity and JV cheerleading)	N/A	4:30 PM	6:30 PM	PHS Aux Gym ROTC (small gym)		
Dec 15, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Dec 18, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Dec 19, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Dec 20, 2023	Wed	Practice	N/A	3:30 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Dec 21, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	PHS Aux Gym ROTC (small gym)		
Jan 13, 2024	Sat	Practice (Varsity and JV Cheerleading Practice)	N/A	10:00 AM	12:00 PM	PHS Aux Gym ROTC (small gym)		
Feb 3, 2024	Sat	Practice (Varsity and JV cheerleading Practice)	N/A	1:00 PM	3:00 PM	PHS Main Gym		

Date: 2024-05-03