



Utica Proctor

(G) V Cheerleading (Co-ed Fall)

Coaches:

- Christy Cannistra

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 15, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS Main Gym		
Aug 21, 2023	Mon	Practice (Varsity and JV Cheerleading Tryouts)	N/A	9:00 AM		PHS Main Gym		
Aug 22, 2023	Tue	Practice (Varsity and JV Cheerleading Tryouts)	N/A	9:00 AM		PHS Main Gym		
Aug 23, 2023	Wed	Practice (Varsity and JV Cheerleading Tryouts)	N/A	9:00 AM		PHS Main Gym		
Aug 24, 2023	Thu	Practice (Varsity and JV Cheerleading Tryouts)	N/A	9:00 AM		PHS Main Gym		
Aug 25, 2023	Fri	Practice (Varsity and JV Cheerleading Tryouts)	N/A	9:00 AM		PHS Main Gym		
Aug 29, 2023	Tue	Practice (Varsity and JV cheerleading)	N/A	1:30 PM	3:30 PM	PHS AUX Gym (Volleyball gym)		
Aug 30, 2023	Wed	Practice (Varsity and JV cheerleading)	N/A	10:00 AM	12:00 PM	PHS Main Gym		
Aug 31, 2023	Thu	Practice (Varsity and JV cheerleading)	N/A	10:00 AM	12:00 PM	PHS Main Gym		
Sep 6, 2023	Wed	Practice (Varsity and JV cheerleading)	N/A	3:00 PM	5:00 PM	PHS Main Gym		
Sep 7, 2023	Thu	Practice (Varsity and JV cheerleading)	N/A	3:00 PM	5:30 PM	PHS Main Gym		
Sep 8, 2023	Fri	Practice (Varsity and JV cheerleading)	N/A	3:00 PM	5:30 PM	PHS Main Gym		
Sep 9, 2023	Sat	Regular Season	TBD	1:30 PM		PHS Stadium (Turf Field/Track)		L
Sep 11, 2023	Mon	Practice (Varsity and JV cheerleading)	N/A	3:00 PM	5:30 PM	PHS Main Gym		
Sep 12, 2023	Tue	Practice (Varsity and JV cheerleading)	N/A	3:00 PM	5:30 PM	PHS Main Gym		
Sep 13, 2023	Wed	Practice (Varsity and JV cheerleading)	N/A	3:00 PM	5:30 PM	PHS Main Gym		
Sep 14, 2023	Thu	Practice (Varsity and JV cheerleading)	N/A	3:00 PM	5:30 PM	PHS Main Gym		
Sep 15, 2023	Fri	Practice (Varsity and JV cheerleading)	N/A	3:00 PM	5:30 PM	PHS Main Gym		
Sep 18, 2023	Mon	Practice (Varsity and JV cheerleading)	N/A	3:00 PM	5:30 PM	PHS Main Gym		
Sep 19, 2023	Tue	Practice (Varsity and JV cheerleading)	N/A	3:00 PM	5:30 PM	PHS Main Gym		
Sep 20, 2023	Wed	Practice (Varsity and JV cheerleading)	N/A	3:00 PM	5:30 PM	PHS Main Gym		
Sep 21, 2023	Thu	Practice (Varsity and JV cheerleading)	N/A	3:00 PM	5:30 PM	PHS Main Gym		
Sep 22, 2023	Fri	Practice (Varsity and JV cheerleading)	N/A	3:00 PM	5:30 PM	PHS Main Gym		
Sep 23, 2023	Sat	Regular Season	Liverpool (Winter Cheer)	10:15 AM		PHS Stadium (Turf Field/Track)		L
Sep 25, 2023	Mon	Practice (Varsity and JV cheerleading)	N/A	3:00 PM	5:30 PM	PHS Main Gym		
Sep 26, 2023	Tue	Practice (Varsity and JV cheerleading)	N/A	3:00 PM	5:30 PM	PHS Main Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 27, 2023	Wed	Practice (Varsity and JV cheerleading)	N/A	3:00 PM	5:30 PM	PHS Main Gym		
Sep 28, 2023	Thu	Practice (Varsity and JV cheerleading)	N/A	3:00 PM	5:30 PM	PHS Main Gym		
Sep 29, 2023	Fri	Practice (Varsity and JV cheerleading)	N/A	3:00 PM	5:30 PM	PHS Main Gym		
Oct 2, 2023	Mon	Practice (Varsity and JV cheerleading)	N/A	3:00 PM	5:30 PM	PHS Main Gym		
Oct 3, 2023	Tue	Practice (Varsity and JV cheerleading)	N/A	3:00 PM	5:30 PM	PHS Main Gym		
Oct 4, 2023	Wed	Practice (Varsity and JV cheerleading)	N/A	3:00 PM	5:30 PM	PHS Main Gym		
Oct 5, 2023	Thu	Practice (Varsity and JV cheerleading)	N/A	3:00 PM	5:30 PM	PHS Main Gym		
Oct 6, 2023	Fri	Practice (Varsity and JV cheerleading)	N/A	3:00 PM	5:30 PM	PHS Main Gym		
Oct 9, 2023	Mon	Practice	N/A	11:00 AM	2:00 PM	PHS Main Gym		
Oct 9, 2023	Mon	Practice (Varsity and JV cheerleading)	N/A	3:00 PM	5:30 PM	PHS Main Gym		
Oct 10, 2023	Tue	Practice (Varsity and JV cheerleading)	N/A	3:00 PM	5:30 PM	PHS Main Gym		
Oct 11, 2023	Wed	Practice (Varsity and JV cheerleading)	N/A	3:00 PM	5:30 PM	PHS Main Gym		
Oct 12, 2023	Thu	Practice (Varsity and JV cheerleading)	N/A	3:00 PM	5:30 PM	PHS Main Gym		
Oct 13, 2023	Fri	Practice (Varsity and JV cheerleading)	N/A	3:00 PM	5:30 PM	PHS Main Gym		
POSTPONED Oct 16, 2023	Mon	Practice (Varsity and JV cheerleading)	N/A	3:00 PM	5:30 PM	PHS Main Gym		
Oct 17, 2023	Tue	Practice (Varsity and JV cheerleading)	N/A	3:00 PM	5:30 PM	PHS Main Gym		
POSTPONED Oct 18, 2023	Wed	Practice (Varsity and JV cheerleading)	N/A	3:00 PM	5:30 PM	PHS Main Gym		
Oct 19, 2023	Thu	Practice (Varsity and JV cheerleading)	N/A	3:00 PM	5:30 PM	PHS Main Gym		
Oct 20, 2023	Fri	Practice (Varsity and JV cheerleading)	N/A	3:00 PM	5:30 PM	PHS Main Gym		

Date: 2024-05-26