



Utica Proctor

(G) V Cheerleading (Co-ed Fall)

Coaches:

- Christy Cannistra

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	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			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
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 16, 2023	Sat	Regular Season	@ Whitesboro (Fall)	9:30 AM		Chiz Frye Stadium Middle School	Bus/Driver: Durham School Services Class Dismissal: 2:20 PM	Departure Point: Proctor High School Departure Date: Sep 15, 2023 Return Date: Sep 15, 2023 Return Time: 8:30 PM	L
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			
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			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 6, 2023	Fri	Practice (Varsity and JV cheerleading)	N/A	3:00 PM	5:30 PM	PHS Main Gym			
Oct 6, 2023	Fri	Regular Season (Homecoming)	@ Fayetteville-Manlius (Fall)	7:00 PM		Hornet Stadium	Bus/Driver: Durham School Services Class Dismissal: 2:20 PM	Departure Point: Proctor High School Departure Date: Oct 6, 2023 Departure Time: 4:30 PM Return Date: Oct 6, 2023 Return Time: 9:00 PM	L
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			
Oct 20, 2023	Fri	Regular Season (Senior Night)	@ Cicero-North Syracuse (Fall)	6:30 PM		CNS HS-Bragman Stadium	Bus/Driver: Durham School Services Class Dismissal: 2:20 PM	Departure Point: Proctor High School Departure Date: Oct 20, 2023 Departure Time: 4:30 PM Return Date: Oct 20, 2023 Return Time: 8:30 PM	L
Oct 28, 2023	Sat	Regular Season	@ Liverpool (Winter Cheer)	12:00 PM	3:00 PM	LIVERPOOL HS STADIUM	Bus/Driver: Durham School Services Class Dismissal: 2:20 PM	Departure Point: Proctor High School Departure Date: Oct 28, 2023 Departure Time: 10:15 AM	L

