



Utica Proctor

(G) V Cheerleading (Co-ed Fall)

Coaches:

- Trina Buckingham , Head Coach

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|---|----------------------------|------------|----------|-----------------------------------|---------------------------|--|---------------------|
| Aug 22, 2025 | Fri | Practice (Varsity Cheerleading Tryout ONLY) | N/A | 10:00 AM | 12:00 PM | PHS Main Gym | | | |
| Aug 28, 2025 | Thu | Practice | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | | |
| Aug 29, 2025 | Fri | Practice | N/A | 9:00 AM | 11:00 AM | PHS Main Gym | | | |
| Sep 2, 2025 | Tue | Practice | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | | |
| Sep 3, 2025 | Wed | Practice | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | | |
| Sep 4, 2025 | Thu | Practice | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | | |
| Sep 5, 2025 | Fri | Practice | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | | |
| Sep 5, 2025 | Fri | Regular Season | @ Rome Free Academy (Fall) | 6:30 PM | 9:00 PM | Stadium Turf Field | Bus/Driver: Durham | Departure Point: Proctor High School Cafeteria Departure Date: Sep 5, 2025 Departure Time: 5:00 PM Return Date: Sep 5, 2025 Return Time: 9:00 PM | L |
| Sep 8, 2025 | Mon | Practice | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | | |
| Sep 9, 2025 | Tue | Practice | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | | |
| Sep 10, 2025 | Wed | Practice | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | | |
| Sep 11, 2025 | Thu | Practice | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | | |
| Sep 12, 2025 | Fri | Practice | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | | |
| Sep 12, 2025 | Fri | Regular Season | @ Vestal (Football) | 7:00 PM | 9:00 PM | Vestal High School Baseball Field | Bus/Driver: Durham | Departure Point: Proctor High School Cafeteria Departure Date: Sep 12, 2025 Departure Time: 4:00 PM Return Date: Sep 12, 2025 Return Time: 9:00 PM | L |
| Sep 15, 2025 | Mon | Practice | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | | |
| Sep 16, 2025 | Tue | Practice | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | | |
| Sep 17, 2025 | Wed | Practice | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | | |
| Sep 18, 2025 | Thu | Practice | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
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| Sep 19, 2025 | Fri | Practice | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | | |
| Sep 20, 2025 | Sat | Regular Season | Liverpool (Fall Cheer) | 1:00 PM | | PHS Stadium (Turf Field/Track) | Bus/Driver: Durham | Departure Point: Proctor High School Cafeteria | L |
| Sep 22, 2025 | Mon | Practice | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | | |
| Sep 23, 2025 | Tue | Practice | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | | |
| Sep 24, 2025 | Wed | Practice | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | | |
| Sep 25, 2025 | Thu | Practice | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | | |
| Sep 26, 2025 | Fri | Practice | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | | |
| Sep 26, 2025 | Fri | Regular Season | @ West Genesee (Fall) | 6:00 PM | | WG-HS Upper Gym | Bus/Driver: Durham | Departure Point: Proctor High School Cafeteria Departure Date: Sep 26, 2025 Departure Time: 3:30 PM Return Date: Sep 26, 2025 Return Time: 9:00 PM | L |
| Sep 29, 2025 | Mon | Practice | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | | |
| Sep 30, 2025 | Tue | Practice | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | | |
| Oct 1, 2025 | Wed | Practice (Varsity Cheerleading Practice) | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | | |
| Oct 2, 2025 | Thu | Practice (Varsity Cheerleading Practice) | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | | |
| Oct 3, 2025 | Fri | Practice (Varsity Cheerleading Practice) | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | | |
| Oct 4, 2025 | Sat | Regular Season (Senior Recognition Night) | Christian Brothers Academy, Dewitt | 5:00 PM | | PHS Stadium (Turf Field/Track) | Bus/Driver: Durham | Departure Point: Stadium | NL |
| Oct 6, 2025 | Mon | Practice (Varsity Cheerleading Practice) | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | | |
| Oct 6, 2025 | Mon | Practice | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | | |
| Oct 7, 2025 | Tue | Practice (Varsity Cheerleading Practice) | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | | |
| Oct 8, 2025 | Wed | Practice (Varsity Cheerleading Practice) | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | | |

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|--------------|----------|---|--------------------------------|------------|----------|--------------------------------|---------------------------|---|
| Oct 9, 2025 | Thu | Practice (Varsity Cheerleading Practice) | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | |
| Oct 10, 2025 | Fri | Practice (Varsity Cheerleading Practice) | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | |
| Oct 10, 2025 | Fri | Regular Season | @ Cicero-North Syracuse (Fall) | 6:30 PM | | NSJHS Main Gym, NSJHS Back gym | Bus/Driver: Durham | Departure Point: Proctor High School Cafeteria Departure Date: Oct 10, 2025 Departure Time: 4:00 PM Return Date: Oct 10, 2025 Return Time: 9:00 PM |
| Oct 13, 2025 | Mon | Practice (Varsity Cheerleading Practice) | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | |
| Oct 14, 2025 | Tue | Practice (Varsity Cheerleading Practice) | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | |
| Oct 15, 2025 | Wed | Practice (Varsity Cheerleading Practice) | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | |
| Oct 16, 2025 | Thu | Practice (Varsity Cheerleading Practice) | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | |
| Oct 17, 2025 | Fri | Practice (Varsity Cheerleading Practice) | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | |
| Oct 18, 2025 | Sat | Regular Season | Newburgh HS | 1:00 PM | | PHS Stadium (Turf Field/Track) | Bus/Driver: Durham | Departure Point: Proctor High School Cafeteria |
| Oct 20, 2025 | Mon | Practice (Varsity Cheerleading Practice) | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | |
| Oct 21, 2025 | Tue | Practice (Varsity Cheerleading Practice) | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | |
| Oct 22, 2025 | Wed | Practice (Varsity Cheerleading Practice) | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | |
| Oct 23, 2025 | Thu | Practice (Varsity Cheerleading Practice) | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | |
| Oct 24, 2025 | Fri | Practice (Varsity Cheerleading Practice) | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | |

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|--------------|----------|---|---|------------|----------|-----------------------------|--------------------------|---------------------|
| Oct 27, 2025 | Mon | Practice (Varsity Cheerleading Practice) | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | |
| Oct 28, 2025 | Tue | Practice (Varsity Cheerleading Practice) | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | |
| Oct 29, 2025 | Wed | Practice (Varsity Cheerleading Practice) | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | |
| Oct 30, 2025 | Thu | Practice (Varsity Cheerleading Practice) | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | |
| Oct 31, 2025 | Fri | Practice (Varsity Cheerleading Practice) | N/A | 4:00 PM | 6:00 PM | PHS Main Gym | | |
| Dec 19, 2025 | Fri | Regular Season | @ New Hartford (Winter) | 7:00 PM | | New Hartford HS Gym | | L |
| Jan 24, 2026 | Sat | Regular Season (Sleigh the Day Cheer Competition) | Hannibal (Winter), West Genesee (Winter), Altmar-Parish-Williamstown (Cheering Winter), Fulton, General Brown, Phoenix, Central Square (Winter), Baldwinsville (WINTER) @ Auburn (Winter) | 10:00 AM | 4:00 PM | Auburn HS - Game Gyms 1,2,3 | | L |
| Jan 30, 2026 | Fri | Regular Season | @ New Hartford (Winter) | 7:00 PM | | New Hartford HS Gym | | L |

Date: 2026-03-05