



# Utica Proctor (G) V Gymnastics

## Coaches:

- Amanda Zdanowicz

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 21, 2023	Mon	Practice	N/A	2:30 PM	4:30 PM	Valley Gymnastics			
Aug 22, 2023	Tue	Practice	N/A	2:30 PM	4:30 PM	Valley Gymnastics			
Aug 23, 2023	Wed	Practice	N/A	2:30 PM	4:30 PM	Valley Gymnastics			
Aug 24, 2023	Thu	Practice	N/A	2:30 PM	4:30 PM	Valley Gymnastics			
Aug 25, 2023	Fri	Practice	N/A	9:30 AM	11:30 AM	Valley Gymnastics			
Aug 28, 2023	Mon	Practice	N/A	9:30 AM	11:30 AM	Valley Gymnastics			
Aug 29, 2023	Tue	Practice	N/A	4:00 PM	6:00 PM	Valley Gymnastics			
Aug 30, 2023	Wed	Practice	N/A	9:30 AM	11:30 AM	Valley Gymnastics			
Aug 31, 2023	Thu	Practice	N/A	9:30 AM	11:30 AM	Valley Gymnastics			
Sep 5, 2023	Tue	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics			
Sep 6, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics			
Sep 7, 2023	Thu	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics			
Sep 8, 2023	Fri	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics			
Sep 9, 2023	Sat	Regular Season 106-142-0 L	Central Square @ Whitesboro	3:00 PM		Valley Gymnastics			L
Sep 11, 2023	Mon	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics			
Sep 12, 2023	Tue	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics			
Sep 13, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics			
Sep 14, 2023	Thu	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics			
Sep 15, 2023	Fri	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics			
Sep 18, 2023	Mon	Regular Season 115-141 L	@ Jamesville-Dewitt (JD/FM Gymnastics)	6:00 PM	8:00 PM	JD HS West Gym	<b>Bus/Driver:</b> Durham	<b>Departure Point:</b> 1st Floor Cafeteria, Proctor	<b>Departure Date:</b> Sep 18, 2023 <b>Departure Time:</b> 4:15 PM <b>Return Date:</b> Sep 18, 2023 <b>Return Time:</b> 8:15 PM
Sep 19, 2023	Tue	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics			
Sep 20, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics			

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Sep 21, 2023	Thu	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics			
Sep 22, 2023	Fri	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics			
Sep 23, 2023	Sat	Regular Season 100-100-0-100 W	Rome Free Academy, Whitesboro @ TBD	TBD		TBD			L
Sep 25, 2023	Mon	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics			
Sep 26, 2023	Tue	Regular Season	Baldwinsville	6:30 PM	8:30 PM	Valley Gymnastics			L
Sep 26, 2023	Tue	Regular Season	Central Square, Baldwinsville @ New Hartford	6:30 PM		Valley Gymnastics			L
Sep 27, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics			
Sep 28, 2023	Thu	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics			
Sep 29, 2023	Fri	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics			
Oct 2, 2023	Mon	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics			
Oct 3, 2023	Tue	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics			
Oct 4, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics			
Oct 5, 2023	Thu	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics			
Oct 10, 2023	Tue	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics			
Oct 11, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics			
Oct 12, 2023	Thu	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics			
Oct 13, 2023	Fri	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics			
Oct 14, 2023	Sat	Regular Season	@ TBD	9:00 AM		Valley Gymnastics			L
Oct 16, 2023	Mon	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics			
Oct 17, 2023	Tue	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics			
Oct 18, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics			
Oct 19, 2023	Thu	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics			
Oct 20, 2023	Fri	Regular Season (Sectionals)	TBD	TBD		Valley Gymnastics			L
Mar 2, 2024	Sat	Post-Season (States @ Clarence HS Buffalo, NY)	@ TBD	TBD		TBD			L

Date: 2024-04-30