

Coaches:

- Amanda Zdanowicz

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | 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 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 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 | | |
| 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 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 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 | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|-----------------------------|-----------|------------|----------|-------------------|----------------|---------------------|
| 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 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 |

Date: 2024-05-16