

Coaches:

- Amanda Zdanowicz

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 22, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	Valley Gymnastics			
Aug 23, 2022	Tue	Practice	N/A	3:00 PM	4:30 PM	Valley Gymnastics			
Aug 24, 2022	Wed	Practice	N/A	3:00 PM	4:30 PM	Valley Gymnastics			
Aug 25, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	Valley Gymnastics			
Aug 29, 2022	Mon	Practice	N/A	4:30 PM	6:00 PM	Valley Gymnastics			
Aug 30, 2022	Tue	Practice	N/A	4:30 PM	6:00 PM	Valley Gymnastics			
Aug 31, 2022	Wed	Practice	N/A	4:30 PM	6:00 PM	Valley Gymnastics			
Sep 1, 2022	Thu	Practice	N/A	4:30 PM	6:00 PM	Valley Gymnastics			
Sep 6, 2022	Tue	Practice	N/A	4:00 PM	5:00 PM	Valley Gymnastics			
Sep 7, 2022	Wed	Practice	N/A	4:00 PM	5:00 PM	Valley Gymnastics			
Sep 8, 2022	Thu	Practice	N/A	4:00 PM	5:00 PM	Valley Gymnastics			
Sep 9, 2022	Fri	Practice	N/A	4:00 PM	5:00 PM	Valley Gymnastics			
Sep 12, 2022	Mon	Practice	N/A	4:00 PM	5:00 PM	Valley Gymnastics			
Sep 13, 2022	Tue	Regular Season 125-137-79 L	Rome Free Academy @ New Hartford	5:00 PM		Valley Gymnastics			L
Sep 13, 2022	Tue	Regular Season (Proctor @ NH & RFA @ Proctor) 125-79 W	Rome Free Academy	5:00 PM		Valley Gymnastics			L
Sep 15, 2022	Thu	Practice	N/A	4:00 PM	5:00 PM	Valley Gymnastics			
Sep 16, 2022	Fri	Practice	N/A	4:00 PM	5:00 PM	Valley Gymnastics			
Sep 19, 2022	Mon	Practice	N/A	4:00 PM	5:00 PM	Valley Gymnastics			
Sep 20, 2022	Tue	Practice	N/A	4:00 PM	5:00 PM	Valley Gymnastics			
Sep 22, 2022	Thu	Practice	N/A	4:00 PM	5:00 PM	Valley Gymnastics			
Sep 23, 2022	Fri	Practice	N/A	4:00 PM	5:00 PM	Valley Gymnastics			
Sep 24, 2022	Sat	Regular Season 126-125-137-111 L	Baldwinsville, New Hartford, Central Square	3:00 PM	6:00 PM	Valley Gymnastics			L
Sep 26, 2022	Mon	Practice	N/A	4:00 PM	5:00 PM	Valley Gymnastics			
Sep 27, 2022	Tue	Practice	N/A	4:00 PM	5:00 PM	Valley Gymnastics			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 27, 2022	Tue	Regular Season 125-140 L	@ Whitesboro	4:00 PM		Valley Gymnastics			L
Sep 29, 2022	Thu	Practice	N/A	4:00 PM	5:00 PM	Valley Gymnastics			
Oct 3, 2022	Mon	Practice	N/A	4:00 PM	5:00 PM	Valley Gymnastics			
Oct 4, 2022	Tue	Regular Season (Senior Night) 117-115 W	@ East Syracuse Minoa (ESM/Lpool)	5:30 PM		ESM High School - Gym 1	Bus/Driver: Durham Class Dismissal: 2:30 PM	Departure Point: Arcuri Entrance Departure Time: 3:15 PM	NL
Oct 6, 2022	Thu	Practice	N/A	4:00 PM	5:00 PM	Valley Gymnastics			
Oct 6, 2022	Thu	Regular Season 128-140-79 L	Jamesville-Dewitt (JD/FM Gymnastics) @ Rome Free Academy	6:30 PM		Valley Gymnastics Center			L
POSTPONED Oct 7, 2022	Fri	Regular Season	Jamesville-Dewitt (JD/FM Gymnastics)	4:30 PM		Valley Gymnastics			L
Oct 11, 2022	Tue	Practice	N/A	4:00 PM	5:00 PM	Valley Gymnastics			
Oct 13, 2022	Thu	Practice	N/A	4:00 PM	5:00 PM	Valley Gymnastics			
Oct 14, 2022	Fri	Practice	N/A	4:00 PM	5:00 PM	Valley Gymnastics			
Oct 17, 2022	Mon	Practice	N/A	4:00 PM	5:00 PM	Valley Gymnastics			
Oct 18, 2022	Tue	Practice	N/A	4:00 PM	5:00 PM	Valley Gymnastics			
Oct 19, 2022	Wed	Practice	N/A	4:00 PM	5:00 PM	Valley Gymnastics			
Oct 20, 2022	Thu	Practice	N/A	4:00 PM	5:00 PM	Valley Gymnastics			
Oct 21, 2022	Fri	Post-Season (SECTIONALS)	@ TBD	TBD		Valley Gymnastics			NL

Date: 2025-12-09