

Coaches:

- Amanda Zdanowicz

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 26, 2024	Mon	Practice	N/A	5:00 PM	7:00 PM	Valley Gymnastics		
Aug 27, 2024	Tue	Practice	N/A	4:00 PM	6:00 PM	Valley Gymnastics		
Aug 28, 2024	Wed	Practice	N/A	5:00 PM	7:00 PM	Valley Gymnastics		
Aug 29, 2024	Thu	Practice	N/A	5:00 PM	7:00 PM	Valley Gymnastics		
Sep 3, 2024	Tue	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics		
Sep 4, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics		
Sep 5, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics		
Sep 6, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics		
Sep 9, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics		
Sep 10, 2024	Tue	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics		
Sep 11, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics		
Sep 12, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics		
Sep 13, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics		
Sep 16, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics		
Sep 17, 2024	Tue	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics		
Sep 18, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics		
Sep 19, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics		
Sep 20, 2024	Fri	Regular Season 0-127-0-133 L	Baldwinsville, New Hartford, Whitesboro	5:30 PM	8:00 PM	Valley Gymnastics		NL
Sep 23, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics		
Sep 24, 2024	Tue	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics		
Sep 25, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics		
Sep 26, 2024	Thu	Regular Season	East Syracuse Minoa (ESM/Lpool)	5:45 PM		Valley Gymnastics		NL
Sep 27, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics		
Sep 30, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics		
Oct 1, 2024	Tue	Regular Season (Senior Recognition Day)	Jamesville-Dewitt (JD/FM Gymnastics)	5:00 PM		Valley Gymnastics		NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 2, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics		
Oct 3, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics		
Oct 4, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics		
Oct 5, 2024	Sat	Regular Season	Central Square	1:45 PM		Valley Gymnastics		L
Oct 7, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics		
Oct 8, 2024	Tue	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics		
Oct 9, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics		
Oct 10, 2024	Thu	Regular Season 0-108-140 L	Whitesboro @ Rome Free Academy	6:00 PM		Valley Gymnastics Center		NL
Oct 11, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics		
Oct 15, 2024	Tue	Regular Season 94-137 L	@ Whitesboro	5:30 PM		Valley Gymnastics		NL
Oct 16, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics		
Oct 17, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics		
Oct 18, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics		
Oct 21, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics		
Oct 22, 2024	Tue	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics		
Oct 23, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics		
Oct 24, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Valley Gymnastics		
Oct 25, 2024	Fri	Post-Season (SECTIONALS)	@ TBD	10:30 AM		Valley Gymnastics		NL

Date: 2025-12-15