



Elmira

(G) V Cheerleading (Fall)

Coaches:

- Michelle Allen, Head Coach
- Brooke Argetsinger

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 21, 2023	Mon	Practice	N/A	9:00 AM	12:00 PM	TBD		
Aug 22, 2023	Tue	Practice	N/A	9:00 AM	12:00 PM	TBD		
Aug 23, 2023	Wed	Practice	N/A	9:00 AM	12:00 PM	TBD		
Aug 24, 2023	Thu	Practice	N/A	9:00 AM	4:00 PM	EHS Wrestling Room		
Aug 25, 2023	Fri	Practice	N/A	11:00 AM	5:00 PM	EHS Wrestling Room		
Aug 28, 2023	Mon	Practice	N/A	1:00 PM	6:00 PM	EHS Wrestling Room		
Aug 29, 2023	Tue	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Aug 30, 2023	Wed	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Aug 31, 2023	Thu	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Sep 1, 2023	Fri	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Sep 4, 2023	Mon	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Sep 5, 2023	Tue	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Sep 6, 2023	Wed	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Sep 7, 2023	Thu	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Sep 8, 2023	Fri	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Sep 8, 2023	Fri	Regular Season	Liverpool (Winter Cheer)	7:00 PM	9:00 PM	EHS Stadium		NL
Sep 11, 2023	Mon	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Sep 12, 2023	Tue	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Sep 13, 2023	Wed	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 14, 2023	Thu	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Sep 15, 2023	Fri	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Sep 18, 2023	Mon	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Sep 19, 2023	Tue	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Sep 20, 2023	Wed	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Sep 21, 2023	Thu	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Sep 22, 2023	Fri	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Sep 25, 2023	Mon	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Sep 26, 2023	Tue	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Sep 27, 2023	Wed	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Sep 27, 2023	Wed	Regular Season (STAC Competition)	Horseheads (Fall), Corning-Painted Post (Fall), Ithaca (Fall)	6:00 PM		EHS Gym		L
Sep 28, 2023	Thu	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Sep 29, 2023	Fri	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Oct 2, 2023	Mon	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Oct 3, 2023	Tue	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Oct 5, 2023	Thu	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Oct 6, 2023	Fri	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Oct 6, 2023	Fri	Regular Season	TBD	7:00 PM	9:00 PM	EHS Stadium		L
Oct 9, 2023	Mon	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Oct 10, 2023	Tue	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Oct 11, 2023	Wed	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 12, 2023	Thu	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Oct 13, 2023	Fri	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Oct 16, 2023	Mon	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Oct 17, 2023	Tue	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Oct 18, 2023	Wed	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Oct 19, 2023	Thu	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Oct 20, 2023	Fri	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Oct 20, 2023	Fri	Regular Season	Corning-Painted Post (Fall)	7:00 PM	9:00 PM	EHS Stadium		L
Oct 23, 2023	Mon	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Oct 24, 2023	Tue	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Oct 25, 2023	Wed	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Oct 26, 2023	Thu	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Oct 27, 2023	Fri	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Oct 30, 2023	Mon	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Oct 31, 2023	Tue	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Nov 1, 2023	Wed	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Nov 2, 2023	Thu	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Nov 3, 2023	Fri	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		

Date: 2024-05-03