



# Elmira

## (G) V Cheerleading (Fall)

### Coaches:

- Michelle Allen, Head Coach

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		
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 15, 2023	Fri	Regular Season	@ Baldwinsville (FALL)	6:30 PM	9:00 PM	Bville - Baker P/A Stadium TURF		L
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		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 22, 2023	Fri	Practice	N/A	4:00 PM	5:45 PM	EHS Wrestling Room		
Sep 22, 2023	Fri	Regular Season (Waverly vs. Elmira)	@ Waverly (Winter)	7:00 PM	9:30 PM	Veteran's Memorial Stadium, Waverly		L
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		
Sep 29, 2023	Fri	Regular Season	@ Horseheads (Fall)	7:00 PM	9:00 PM	HHS HS Stadium Field 1		NL
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 4, 2023	Wed	Regular Season	Windsor (Fall), Horseheads (Fall), TBD, Seton Catholic Central @ TBD	7:00 PM	8:30 PM	Binghamton High School-Gym		L
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		
Oct 11, 2023	Wed	Regular Season (Fall Cheer Competition)	Susquehanna Valley (Fall) @ Chenango Valley (Fall)	7:00 PM	9:00 PM	CV - HS Gym		L
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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 22, 2023	Sun	Regular Season	@ TBD	11:00 AM		Union-Endicott High School		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 27, 2023	Fri	Regular Season	@ Union-Endicott (Fall)	7:00 PM	9:00 PM	UEHS Ty Cobb Stadium		L
Oct 29, 2023	Sun	Regular Season	@ TBD	11:00 AM		Union-Endicott High School		L
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		
Nov 10, 2023	Fri	Regular Season (Finals)	@ TBD	7:00 PM		TBD		L
Nov 17, 2023	Fri	Post-Season (Regionals)	@ TBD	7:00 PM		TBD		L

Date: 2025-12-18