Coaches:



• Andrea Guccia

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 3, 2023	Fri	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym		
Nov 10, 2023	Fri	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym		
Nov 13, 2023	Mon	Practice (Try outs)	N/A	4:00 PM	8:00 PM	UEHS Small Gym		
Nov 14, 2023	Tue	Practice (Try outs)	N/A	4:00 PM	8:00 PM	UEHS Small Gym		
Nov 15, 2023	Wed	Practice (Try outs)	N/A	4:00 PM	8:00 PM	UEHS Small Gym		
Nov 17, 2023	Fri	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym		
Nov 18, 2023	Sat	Practice	N/A	9:00 AM	AM	UEHS Small Gym		
Nov 19, 2023	Sun	Practice	N/A	11:00 AM	1:00 PM	UEHS Small Gym		
Nov 20, 2023	Mon	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym		
Nov 21, 2023	Tue	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym		
Nov 21, 2023	Tue	Practice	N/A	5:30 PM	6:30 PM	UEHS Weight Room		
Nov 22, 2023	Wed	Practice	N/A	9:00 AM	11:00 AM	UEHS Small Gym		
Nov 24, 2023	Fri	Practice	N/A	9:00 AM	11:00 AM	UEHS Small Gym		
Nov 25, 2023	Sat	Practice	N/A	9:00 AM	11:00 AM	UEHS Small Gym		
Nov 27, 2023	Mon	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym		
Nov 28, 2023	Tue	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym		
Nov 28, 2023	Tue	Practice	N/A	5:30 PM	6:30 PM	UEHS Weight Room		
Nov 29, 2023	Wed	Practice	N/A	6:00 PM	8:00 PM	UEHS Small Gym		
Nov 30, 2023	Thu	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym		
Nov 30, 2023	Thu	Practice	N/A	5:30 PM	6:30 PM	UEHS Weight Room		
Dec 1, 2023	Fri	Practice	N/A	5:30 PM	7:30 PM	UEHS Small Gym		
Dec 2, 2023	Sat	Practice	N/A	8:30 AM	11:00 AM	UEHS Main Gym		
Dec 4, 2023	Mon	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym		
Dec 5, 2023	Tue	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE DEPARTURE TRANSPORTATION / NON- LEAGUE
Dec 5, 2023	Tue	Practice	N/A	5:30 PM	6:30 PM	UEHS Weight Room	
Dec 6, 2023	Wed	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym	
Dec 7, 2023	Thu	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym	
Dec 7, 2023	Thu	Practice	N/A	5:30 PM	6:30 PM	UEHS Weight Room	
Dec 8, 2023	Fri	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym	
Dec 9, 2023	Sat	Practice	N/A	9:00 AM	11:00 AM	UEHS Main Gym	
Dec 11, 2023	Mon	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym	
Dec 12, 2023	Tue	Practice	N/A	5:30 PM	7:30 PM	UEHS Small Gym	
Dec 12, 2023	Tue	Practice	N/A	5:30 PM	6:30 PM	UEHS Weight Room	
Dec 13, 2023	Wed	Practice	N/A	5:30 PM	7:30 PM	UEHS Small Gym	
Dec 14, 2023	Thu	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym	
Dec 14, 2023	Thu	Practice	N/A	5:30 PM	6:30 PM	UEHS Weight Room	
Dec 15, 2023	Fri	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym	
Dec 16, 2023	Sat	Practice	N/A	9:00 AM	11:00 AM	UEHS Small Gym	
Dec 18, 2023	Mon	Practice	N/A	4:00 PM		UEHS Small Gym	
Dec 19, 2023	Tue	Practice	N/A	4:00 PM	PM	UEHS Small Gym	
Dec 20, 2023	Wed	Practice	N/A	4:00 PM	PM	UEHS Small Gym	
Dec 21, 2023	Thu	Practice	N/A	4:00 PM	PM	UEHS Small Gym	
Dec 22, 2023	Fri	Practice	N/A	9:00 AM	AM	UEHS Small Gym	
Dec 27, 2023	Wed	Practice	N/A	9:00 AM	AM		
Dec 28, 2023	Thu	Practice	N/A	9:00 AM		UEHS Small Gym	
Dec 29, 2023	Fri	Practice	N/A	9:00 AM	AM	UEHS Small Gym	
Dec 30, 2023	Sat	Practice	N/A	9:00 AM	11:00 AM	UEHS Small Gym	
Jan 2, 2024	Tue	Practice	N/A	11:00 AM	PM	UEHS Small Gym	
Jan 3, 2024	Wed	Practice	N/A	4:00 PM	PM	UEHS Small Gym	
Jan 4, 2024	Thu	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym	
Jan 4, 2024	Thu	Practice	N/A	5:30 PM	6:30 PM	UEHS Weight Room	

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 5, 2024	Fri	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Jan 6, 2024	Sat	Regular Season (Rally in the Valley)	@ TBD	TBD		Minisink Valley High School	Bus/Driver: DB1	Departure Point: UEHS Upper Parking Lot	NL
Jan 8, 2024	Mon	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Jan 9, 2024	Tue	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Jan 9, 2024	Tue	Practice	N/A	5:30 PM	6:30 PM	UEHS Weight Room			
Jan 10, 2024	Wed	Practice	N/A	5:30 PM	7:30 PM	UEHS Small Gym			
Jan 11, 2024	Thu	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Jan 11, 2024	Thu	Practice	N/A	5:30 PM	6:30 PM	UEHS Weight Room			
Jan 12, 2024	Fri	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Jan 13, 2024	Sat	Regular Season (Jamesville- Dewitt Invitational)	@ TBD	TBD		TBD			NL
Jan 15, 2024	Mon	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Jan 16, 2024	Tue	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Jan 16, 2024	Tue	Practice	N/A	5:30 PM	6:30 PM	UEHS Weight Room			
Jan 17, 2024	Wed	Practice	N/A	5:30 PM	7:30 PM	UEHS Small Gym			
Jan 18, 2024	Thu	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Jan 19, 2024	Fri	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Jan 20, 2024	Sat	Regular Season	TBD	8:00 AM	4:00 PM	UEHS Small Gym, UEHS Main Gym, UEHS Main Cafeteria			L
Jan 20, 2024	Sat	Practice (Cheer Invitational)	N/A	8:00 AM	4:00 PM	UEHS Small Gym, UEHS Main Gym, UEHS Main Cafeteria			
Jan 21, 2024	Sun	Practice (Clinic)	N/A	8:00 AM	2:00 PM	UEHS Main Gym			
Jan 22, 2024	Mon	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Jan 23, 2024	Tue	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Jan 23, 2024	Tue	Practice	N/A	5:30 PM	6:30 PM	UEHS Weight Room			
Jan 24, 2024	Wed	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Jan 25, 2024	Thu	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 25, 2024	Thu	Practice	N/A	5:30 PM	6:30 PM	UEHS Weight Room			
Jan 26, 2024	Fri	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Jan 27, 2024	Sat	Regular Season (Mardi Gras Challenge Cheer Competition)	@ TBD	TBD		TBD			NL
Jan 29, 2024	Mon	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Jan 30, 2024	Tue	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Jan 30, 2024	Tue	Practice	N/A	5:30 PM	6:30 PM	UEHS Weight Room			
Jan 31, 2024	Wed	Practice	N/A	5:30 PM	7:30 PM	UEHS Small Gym			
Feb 1, 2024	Thu	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Feb 2, 2024	Fri	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Feb 3, 2024	Sat	Practice	N/A	9:00 AM	11:00 AM	UEHS Small Gym			
Feb 5, 2024	Mon	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Feb 6, 2024	Tue	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Feb 8, 2024	Thu	Regular Season (Nationals)	@ TBD	2:30 PM		Walt Disney World Resort		Departure Point: UEHS Upper Parking Lot Departure Time: 2:30 PM	NL
Feb 9, 2024	Fri	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Feb 13, 2024	Tue	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Feb 13, 2024	Tue	Practice	N/A	5:30 PM	6:30 PM	UEHS Weight Room			
Feb 14, 2024	Wed	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Feb 15, 2024	Thu	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Feb 15, 2024	Thu	Practice	N/A	5:30 PM	6:30 PM	UEHS Weight Room			
Feb 16, 2024	Fri	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Feb 17, 2024	Sat	Practice	N/A	9:00 AM	11:00 AM	UEHS Small Gym			
Feb 19, 2024	Mon	Practice	N/A	9:00 AM	10:30 AM	UEHS Small Gym			
Feb 20, 2024	Tue	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Feb 21, 2024	Wed	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Feb 22, 2024	Thu	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON- LEAGUE
Feb 23, 2024	Fri	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym		
Feb 24, 2024	Sat	Regular Season (Sectionals)	TBD	7:00 AM	4:00 PM	UEHS Small Gym		L
Feb 24, 2024	Sat	Regular Season (Sectionals)	TBD	9:00 AM	2:00 PM	UEHS Small Gym, UEHS Main Gym		L
Feb 24, 2024	Sat	Practice (Cheerleading Sectionals)	N/A	9:00 AM	2:00 PM	UEHS Small Gym, UEHS Main Gym, UEHS Main Cafeteria		
Feb 26, 2024	Mon	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym		
Feb 27, 2024	Tue	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym		
Feb 28, 2024	Wed	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym		
Feb 29, 2024	Thu	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym		

Date: 2024-04-19