## Coaches:



- Andrea Guccia
- Ashley Dray

| 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 UEHS Small Gym           Nov 17, 2023         Fri         Practice         N/A         4:00 PM         6:00 UEHS Small Gym           Nov 18, 2023         Sat         Practice         N/A         9:00 I1:00 UEHS Small AM AM Gym           Nov 19, 2023         Sun         Practice         N/A         11:00 UEHS Small PM Gym           Nov 20, 2023         Mon         Practice         N/A         4:00 FM Gym           Nov 21, 2023         Tue         Practice         N/A         4:00 FM Gym           Nov 21, 2023         Tue         Practice         N/A         PM PM Gym |  |
|---|--|
| Nov 10, 2023         Fri         Practice         N/A         PM         PM         Gym           Nov 13, 2023         Mon         Practice (Try outs)         N/A         4:00 8:00 UEHS Small PM PM Gym           Nov 14, 2023         Tue         Practice (Try outs)         N/A         4:00 8:00 UEHS Small PM PM Gym           Nov 15, 2023         Wed Outs)         Practice (Try outs)         N/A         4:00 8:00 UEHS Small PM PM Gym           Nov 17, 2023         Fri         Practice         N/A         4:00 6:00 UEHS Small PM PM Gym           Nov 18, 2023         Sat         Practice         N/A         9:00 11:00 UEHS Small PM Gym           Nov 19, 2023         Sun         Practice         N/A         11:00 UEHS Small PM Gym           Nov 20, 2023         Mon         Practice         N/A         4:00 6:00 UEHS Small PM Gym           Nov 21, 2023         Tue         Practice         N/A         4:00 6:00 UEHS Small PM Gym           Nov 21, 2023         Tue         Practice         N/A         5:30 6:30 Weight  |  |
| Nov 13, 2023         Monouts         N/A         PM         PM         Gym           Nov 14, 2023         Tue         Practice (Try outs)         N/A         4:00 8:00 UEHS Small Gym           Nov 15, 2023         Wed outs)         Practice (Try outs)         N/A         4:00 8:00 UEHS Small Gym           Nov 17, 2023         Fri         Practice         N/A         4:00 6:00 UEHS Small Gym           Nov 18, 2023         Sat         Practice         N/A         9:00 11:00 UEHS Small Gym           Nov 19, 2023         Sun         Practice         N/A         11:00 UEHS Small Gym           Nov 20, 2023         Mon         Practice         N/A         4:00 6:00 UEHS Small Gym           Nov 21, 2023         Tue         Practice         N/A         4:00 Gym           Nov 21, 2023         Tue         Practice         N/A         5:30 G:30 UEHS Small Gym   |  |
| Nov 14, 2023         Tue outs)         N/A         PM         PM         Gym           Nov 15, 2023         Wed outs)         Practice (Try outs)         N/A         4:00 8:00 UEHS Small Gym           Nov 17, 2023         Fri Practice         N/A         4:00 6:00 UEHS Small Gym           Nov 18, 2023         Sat Practice         N/A         9:00 11:00 UEHS Small Gym           Nov 19, 2023         Sun Practice         N/A         11:00 1:00 UEHS Small Gym           Nov 20, 2023         Mon Practice         N/A         4:00 6:00 UEHS Small Gym           Nov 21, 2023         Tue Practice         N/A         4:00 6:00 UEHS Small Gym           Nov 21, 2023         Tue Practice         N/A         4:00 6:00 UEHS Small Gym           Nov 21, 2023         Tue Practice         N/A         4:00 6:00 UEHS Small Gym           Nov 21, 2023         Tue Practice         N/A         4:00 Gym  |  |
| Nov 15, 2023         Wed outs)         N/A         PM         PM         PM         Gym           Nov 17, 2023         Fri         Practice         N/A         4:00 6:00 UEHS Small PM Gym           Nov 18, 2023         Sat         Practice         N/A         9:00 11:00 UEHS Small AM Gym           Nov 19, 2023         Sun         Practice         N/A         11:00 1:00 UEHS Small Gym           Nov 20, 2023         Mon         Practice         N/A         4:00 6:00 UEHS Small Gym           Nov 21, 2023         Tue         Practice         N/A         4:00 6:00 UEHS Small Gym           Nov 21, 2023         Tue         Practice         N/A         5:30 6:30 Weight   |  |
| Nov 17, 2023         FIT         Practice         N/A         PM         PM         Gym           Nov 18, 2023         Sat         Practice         N/A         9:00  |  |
| Nov 19, 2023         Sat         Practice         N/A         AM         AM         Gym           Nov 19, 2023         Sun         Practice         N/A         11:00   |  |
| Nov 19, 2023         Sun         Practice         N/A         AM         PM         Gym           Nov 20, 2023         Mon         Practice         N/A         4:00 PM         6:00 PM         UEHS Small PM           Nov 21, 2023         Tue         Practice         N/A         4:00 PM         6:00 PM         UEHS Small PM           Nov 21, 2023         Tue         Practice         N/A         5:30 PM         6:30 PM   |  |
| Nov 21, 2023         Tue         Practice         N/A         PM         PM         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 Gym         UEHS   |  |
| Nov 21, 2023 Tue Practice N/A PM PM Gym  5:30 6:30 UEHS  Weight   |  |
| Nov. 21, 2023 Tuo Praetico N/A 5:30 6:30 Weight   |  |
| PM PM Room  |  |
| Nov 22, 2023 Wed Practice N/A 9:00 11:00 UEHS Small AM AM Gym   |  |
| Nov 24, 2023 Fri Practice N/A 9:00 11:00 UEHS Small AM AM Gym   |  |
| Nov 25, 2023 Sat Practice N/A 9:00 11:00 UEHS Small AM AM Gym   |  |
| Nov 27, 2023 Mon Practice N/A 4:00 6:00 UEHS Small PM PM Gym  |  |
| Nov 28, 2023 Tue Practice N/A 4:00 6:00 UEHS Small PM PM Gym  |  |
| Nov 28, 2023 Tue Practice N/A 5:30 6:30 Weight Room   |  |
| Nov 29, 2023 Wed Practice N/A 6:00 8:00 UEHS Small PM PM Gym  |  |
| Nov 30, 2023 Thu Practice N/A 4:00 6:00 UEHS Small PM PM Gym  |  |
| Nov 30, 2023 Thu Practice N/A 5:30 6:30 Weight Room   |  |
| Dec 1, 2023 Fri Practice N/A 5:30 7:30 UEHS Small PM PM Gym   |  |
| Dec 2, 2023 Sat Practice N/A 8:30 11:00 UEHS Main AM Gym  |  |
| Dec 4, 2023 Mon Practice N/A 4:00 6:00 UEHS Small PM PM Gym   |  |
| Dec 5, 2023 Tue Practice N/A 4:00 6:00 UEHS Small PM PM Gym   |  |

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

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

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

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

Date: 2025-12-19