Coaches:



- Andrea Guccia
- Ashley Dray

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 22, 2024	Fri	Practice	N/A	4:00 PM	7:00 PM	UEHS Small Gym			
Nov 23, 2024	Sat	Practice	N/A	9:00 AM	1:00 PM	Jennie F Snapp MS Main Gym			
Nov 23, 2024	Sat	Practice	N/A	4:00 PM	6:30 PM	UEHS Small Gym			
Nov 24, 2024	Sun	Practice	N/A	12:30 PM	2:00 PM	UEHS Small Gym			
Nov 25, 2024	Mon	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Nov 26, 2024	Tue	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Nov 27, 2024	Wed	Practice	N/A	9:00 AM	11:00 AM	UEHS Small Gym			
Nov 29, 2024	Fri	Practice	N/A	9:00 AM	11:00 AM	UEHS Small Gym			
Nov 30, 2024	Sat	Practice	N/A	9:00 AM	11:00 AM	UEHS Small Gym			
Dec 2, 2024	Mon	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Dec 3, 2024	Tue	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Dec 4, 2024	Wed	Practice	N/A	4:00 PM	6:30 PM	UEHS Small Gym			
Dec 5, 2024	Thu	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Dec 6, 2024	Fri	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Dec 7, 2024	Sat	Practice	N/A	9:00 AM	11:00 AM	UEHS Small Gym			
Dec 7, 2024	Sat	Regular Season (Regional Qualifier)	@ TBD	12:00 PM	4:30 PM	Mohegan Arena at Casey Plaza	Bus/Driver: DB1	Departure Point: UEHS Upper Parking Lot Departure Time: 12:00 PM Return Date: Return Time: 6:00 PM	NL
Dec 9, 2024	Mon	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Dec 10, 2024	Tue	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Dec 11, 2024	Wed	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Dec 12, 2024	Thu	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Dec 13, 2024	Fri	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym			
Dec 14, 2024	Sat	Practice	N/A	9:00 AM	11:00 AM	UEHS Small Gym			
Dec 16, 2024	Mon	Practice	N/A	6:00 PM	8:00 PM	UEHS Small Gym			

Dec 17, 2024 Tue Practice N/A 6:00 PM PM Small Gym Dec 18, 2024 Wed Practice N/A 6:00 B:00 UEHS PM PM Small Gym Dec 19, 2024 Thu Practice N/A 4:00 6:00 UEHS PM PM Small Gym Dec 20, 2024 Fri Practice N/A 4:00 6:00 UEHS Small Gym Dec 20, 2024 Fri Practice N/A 4:00 6:00 UEHS Small Gym Dec 21, 2024 Sat Practice N/A 9:00 UEHS Small Gym Dec 21, 2024 Sat Practice N/A 9:00 UEHS Small Gym Dec 23, 2024 Mon Practice N/A 9:00 UEHS Small Gym Dec 27, 2024 Fri Practice N/A 9:00 UEHS Small Gym Dec 27, 2024 Fri Practice N/A 9:00 UEHS Small Gym Dec 28, 2024 Sat Practice N/A 9:00 UEHS Small Gym Dec 30, 2024 Mon Practice N/A 9:00 UEHS Small Gym Dec 31, 2024 Tue Practice N/A 9:00 UEHS Small Gym	EAGUE
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Jan 4, 2025 Sat Practice N/A 9:00 UEHS AM Small Gym	
Jan 6, 2025 Mon Practice N/A 4:00 6:00 UEHS PM PM Small Gym	
Jan 7, 2025 Tue Practice N/A 4:00 6:00 UEHS PM PM Small Gym	
Jan 8, 2025 Wed Practice N/A 4:00 6:00 UEHS PM PM Small Gym	
Jan 9, 2025 Thu Practice N/A 4:00 6:00 UEHS PM PM Small Gym	
Jan 10, 2025 Fri Practice N/A 4:00 6:00 UEHS PM PM Small Gym	
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Jan 15, 2025 Wed Practice N/A 4:00 6:00 UEHS PM PM Small Gym	
Jan 16, 2025 Thu Practice N/A 4:00 6:00 UEHS PM PM Small Gym	
Jan 17, 2025 Fri Practice N/A 4:00 6:00 UEHS PM PM Small Gym	
Invitational - UE Senior Night) AM PM Gym, UEHS Main Cafeteria	I L
Jan 21, 2025 Tue Practice N/A 4:00 6:00 UEHS PM PM Small Gym	

Jan 22, 2025 Wed Practice N/A 4:00	nt: L
Jan 23, 2025 Fri Practice N/A PM PM Small Gym 4:00 6:00 UEHS Small Gym Regular Season (New Rochelle Cheerleading Competition) Factice N/A Regular Season (New Rochelle Cheerleading Competition) Fri Practice N/A Fri Pri Practice N/A Fri Practice N/A Fri Pri Practice N/A Fri Pri Practice N/A Fri Practice N/A Fri Pri Practice N/A Fri Pri Practice N/A Fri Practice N/A Fri Pri Practice N/A Fri	
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Jan 30, 2025 Thu Practice N/A 4:00 6:00 UEHS PM PM Small Gym	
Jan 31, 2025 Fri Practice N/A 4:00 6:00 UEHS PM PM Small Gym	
Corning- Painted Post (Winter), Elmira (Winter), Horseheads (Winter), Binghamton (Winter), Maine-Endwell (Winter), Vestal (Basketball), Chenango Valley Post-Season (Winter), Championship) Feb 1, 2025 Sat (STAC Owego TBD JC HS Championship) Apalachin, Central, Waverly (Winter), Norwich (Winter), Norwich (Winter), Oneonta (Winter), Oneonta (Winter), Susquehanna Valley (Winter), Windsor (Winter), Windsor (Winter), Windsor (Winter), Windsor (Winter), Windsor (Winter) Johnson City (Winter)	NL
Feb 3, 2025 Mon Practice N/A 4:00 6:00 UEHS PM PM Small Gym	
Feb 4, 2025 Tue Practice N/A 4:00 6:00 UEHS PM PM Small Gym	
Feb 5, 2025 Wed Practice N/A 4:00 6:00 UEHS PM PM Small Gym	
Feb 7, 2025 Fri Practice N/A 3:00 4:00 TBD	

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON- LEAGUE
Feb 7, 2025	Fri	Regular Season (Nationals)	@ TBD	TBD		Walt Disney World Resort		NL
Feb 8, 2025	Sat	Practice	N/A	3:00 PM	4:00 PM	TBD		
Feb 9, 2025	Sun	Practice	N/A	1:00 PM	2:00 PM	TBD		
Feb 10, 2025	Mon	Practice	N/A	10:00 AM	11:00 AM	TBD		
Feb 10, 2025	Mon	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym		
Feb 10, 2025	Mon	Regular Season (Nationals)	@ TBD	TBD		Walt Disney World Resort		L
Feb 11, 2025	Tue	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym		
Feb 11, 2025	Tue	Regular Season (Nationals)	@ TBD	TBD		Walt Disney World Resort		L
Feb 12, 2025	Wed	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym		
Feb 13, 2025	Thu	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym		
Feb 14, 2025	Fri	Practice	N/A	9:00 AM	11:00 AM	UEHS Small Gym		
Feb 15, 2025	Sat	Practice	N/A	9:00 AM	11:00 AM	UEHS Small Gym		
Feb 17, 2025	Mon	Practice	N/A	11:00 AM	1:00 PM	UEHS Small Gym		
Feb 18, 2025	Tue	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym		
Feb 19, 2025	Wed	Practice	N/A	6:00 PM	7:30 PM	UEHS Small Gym		
Feb 20, 2025	Thu	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym		
Feb 21, 2025	Fri	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym		
Feb 22, 2025	Sat	Practice	N/A	9:00 AM	11:00 AM	UEHS Small Gym		
Feb 24, 2025	Mon	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym		
Feb 25, 2025	Tue	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym		
Feb 26, 2025	Wed	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym		
Feb 27, 2025	Thu	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym		
Feb 28, 2025	Fri	Practice	N/A	4:00 PM	6:00 PM	UEHS Main Gym		
Mar 1, 2025	Sat	Regular Season (Winter Sectionals)	TBD	11:00 AM	5:00 PM	UEHS Small Gym, UEHS Main Gym, UEHS Main Cafeteria		NL
Mar 3, 2025	Mon	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym		

DATE	WEEK	⁽ ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON- LEAGUE
Mar 4, 2025	Tue	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym		
Mar 5, 2025	Wed	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym		
Mar 6, 2025	Thu	Practice	N/A	4:00 PM	6:00 PM	UEHS Small Gym		
Mar 7, 2025	Fri	Practice	N/A	12:30 PM	2:00 PM	TBD		
Mar 8, 2025	Sat	Post-Season (State Tournament)	@ TBD	TBD		Visions Veterans Memorial Arena		L

Date: 2025-12-20