Coaches:



Ashley Dray

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Aug 15, 2023	Tue	Practice	N/A	4:00 PM	5:00 PM	UEHS Small Gym			
Aug 17, 2023	Thu	Practice	N/A	3:00 PM	4:30 PM	UEHS Small Gym			
Aug 23, 2023	Wed	Practice	N/A	2:00 PM	4:00 PM	UEHS Main Gym			
Aug 28, 2023	Mon	Practice	N/A	4:30 PM	7:00 PM	UEHS Small Gym			
Aug 29, 2023	Tue	Practice	N/A	8:00 AM	10:30 AM	UEHS Small Gym			
Aug 30, 2023	Wed	Practice	N/A	8:00 AM	10:00 AM	UEHS Small Gym			
Aug 31, 2023	Thu	Practice	N/A	8:00 AM	10:30 AM	UEHS Small Gym			
Sep 5, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	UEHS Small Gym			
Sep 6, 2023	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Small Gym			
Sep 7, 2023	Thu	Practice	N/A	4:00 PM	5:45 PM	UEHS Small Gym			
Sep 8, 2023	Fri	Practice	N/A	4:00 PM	5:30 PM	UEHS Small Gym			
Sep 11, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	UEHS Small Gym			
Sep 12, 2023	Tue	Practice	N/A	3:30 PM	5:00 PM	UEHS Small Gym			
Sep 13, 2023	Wed	Practice	N/A	4:30 PM	6:30 PM	UEHS Small Gym			
Sep 14, 2023	Thu	Practice	N/A	3:30 PM	5:00 PM	UEHS Small Gym			
Sep 15, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	UEHS Small Gym			
Sep 16, 2023	Sat	Regular Season	@ Cicero-North Syracuse (Fall)	10:00 AM	12:00 PM	CNS HS- Bragman Stadium	Bus/Driver: DB1	Departure Point: UEHS Upper Parking Lot Departure Time: 7:45 AM Return Date: Return Time: 1:00 PM	NL
Sep 18, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	UEHS Small Gym			
Sep 19, 2023	Tue	Practice	N/A	3:30 PM	5:00 PM	UEHS Small Gym			
Sep 20, 2023	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Small Gym			
Sep 21, 2023	Thu	Practice	N/A	3:30 PM	5:00 PM	UEHS Small Gym			
Sep 22, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	UEHS Small Gym			
Sep 25, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	UEHS Small Gym			
Sep 26, 2023	Tue	Practice	N/A	3:30 PM	5:00 PM	UEHS Small Gym			

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 27, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	UEHS Small Gym			
Sep 27, 2023	Wed	Regular Season	Binghamton (Fall), Johnson City (Fall) @ Vestal (Football)	7:00 PM		Vestal High School Gym			L
Sep 28, 2023	Thu	Practice	N/A	3:30 PM	5:00 PM	UEHS Small Gym			
Sep 29, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	UEHS Small Gym			
Sep 30, 2023	Sat	Regular Season (Vestal Cheer Competition)	@ TBD	TBD		Vestal Dick Hoover Stadium	Bus/Driver: DB1	Departure Point: UEHS Upper Parking Lot Departure Time: 5:00 PM	NL
Sep 30, 2023	Sat	Regular Season (Vestal Cheer Competition)	@ TBD	TBD		TBD	Bus/Driver: DB1	Departure Point: UEHS Upper Parking Lot	NL
Oct 2, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	UEHS Small Gym			
Oct 3, 2023	Tue	Practice	N/A	3:30 PM	5:00 PM	UEHS Small Gym			
Oct 5, 2023	Thu	Practice	N/A	3:30 PM	5:00 PM	UEHS Small Gym			
Oct 6, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	UEHS Small Gym			
Oct 7, 2023	Sat	Practice	N/A	10:00 AM	11:30 AM	Jennie F Snapp MS Small Gym			
Oct 9, 2023	Mon	Practice	N/A	9:00 AM	11:00 AM	UEHS Small Gym			
Oct 10, 2023	Tue	Practice	N/A	3:30 PM	5:00 PM	UEHS Small Gym			
Oct 12, 2023	Thu	Practice	N/A	3:30 PM	5:00 PM	UEHS Small Gym			
Oct 13, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	UEHS Small Gym			
Oct 14, 2023	Sat	Practice	N/A	9:00 AM	10:30 AM	UEHS Small Gym			
Oct 14, 2023	Sat	Regular Season	@ Horseheads (Fall)	TBD		TBD	Bus/Driver: DB1	Departure Point: UEHS Upper Parking Lot Departure Time: 8:00 AM Return Date: Return Time: 12:00 PM	L
Oct 15, 2023	Sun	Regular Season (John Jay Cheer Comp)	@ TBD	TBD		John Jay HS	Bus/Driver: DB1	Departure Point: UEHS Upper Parking Lot Departure Time: 7:00 AM Return Date: Return Time: 2:00 PM	NL
Oct 17, 2023	Tue	Practice	N/A	3:30 PM	5:00 PM	UEHS Small Gym			
Oct 18, 2023	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Small Gym			
Oct 19, 2023	Thu	Practice	N/A	3:30 PM	5:00 PM	UEHS Small Gym			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 20, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	UEHS Small Gym			
Oct 21, 2023	Sat	Practice	N/A	11:00 AM	12:45 PM	UEHS Small Gym			
Oct 25, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	UEHS Small Gym			
Oct 27, 2023	Fri	Practice	N/A	4:00 PM	5:45 PM	UEHS Small Gym			
Oct 28, 2023	Sat	Regular Season	@ Elmira (Fall)	10:00 AM	8:00 PM	EHS Stadium	Bus/Driver: DB1	Departure Point: UEHS Upper Parking Lot Departure Time: 8:00 AM Return Date: Return Time: 12:00 PM	L
Nov 6, 2023	Mon	Practice (WINTER OPEN GYM)	N/A	3:30 PM	5:00 PM	UEHS Small Gym			
Nov 8, 2023	Wed	Practice (WINTER OPEN GYM)	N/A	3:30 PM	5:00 PM	UEHS Small Gym			

Date: 2024-04-25