



Vestal

(G) MODIFIED Cheerleading

Coaches:

- Nicole Ewing, Head Coach

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|----------|-----------|------------|----------|-----------------------------|----------------|---------------------|
| Dec 12, 2023 | Tue | Practice | N/A | 3:15 PM | 5:00 PM | African Road Elementary Gym | | |
| Dec 14, 2023 | Thu | Practice | N/A | 3:15 PM | 4:30 PM | TBD | | |
| Dec 15, 2023 | Fri | Practice | N/A | 3:15 PM | 5:00 PM | African Road Elementary Gym | | |
| Dec 18, 2023 | Mon | Practice | N/A | 3:15 PM | 5:00 PM | African Road Elementary Gym | | |
| Dec 19, 2023 | Tue | Practice | N/A | 3:15 PM | 5:00 PM | African Road Elementary Gym | | |
| Dec 20, 2023 | Wed | Practice | N/A | 3:15 PM | 5:00 PM | African Road Elementary Gym | | |
| Dec 21, 2023 | Thu | Practice | N/A | 3:15 PM | 4:30 PM | TBD | | |
| Jan 2, 2024 | Tue | Practice | N/A | 3:15 PM | 5:00 PM | African Road Elementary Gym | | |
| Jan 4, 2024 | Thu | Practice | N/A | 3:15 PM | 4:30 PM | TBD | | |
| Jan 5, 2024 | Fri | Practice | N/A | 3:15 PM | 5:00 PM | African Road Elementary Gym | | |
| Jan 8, 2024 | Mon | Practice | N/A | 3:15 PM | 5:00 PM | African Road Elementary Gym | | |
| Jan 9, 2024 | Tue | Practice | N/A | 3:15 PM | 5:00 PM | African Road Elementary Gym | | |
| Jan 10, 2024 | Wed | Practice | N/A | 3:15 PM | 5:00 PM | African Road Elementary Gym | | |
| Jan 11, 2024 | Thu | Practice | N/A | 3:15 PM | 4:30 PM | African Road Elementary Gym | | |
| Jan 12, 2024 | Fri | Practice | N/A | 3:15 PM | 5:00 PM | African Road Elementary Gym | | |
| Jan 16, 2024 | Tue | Practice | N/A | 3:15 PM | 5:00 PM | African Road Elementary Gym | | |
| Jan 17, 2024 | Wed | Practice | N/A | 3:15 PM | 5:00 PM | African Road Elementary Gym | | |
| Jan 18, 2024 | Thu | Practice | N/A | 3:15 PM | 4:30 PM | African Road Elementary Gym | | |
| Jan 19, 2024 | Fri | Practice | N/A | 3:15 PM | 4:30 PM | African Road Elementary Gym | | |
| Jan 22, 2024 | Mon | Practice | N/A | 3:15 PM | 5:00 PM | African Road Elementary Gym | | |
| Jan 23, 2024 | Tue | Practice | N/A | 3:15 PM | 5:00 PM | African Road Elementary Gym | | |
| Jan 25, 2024 | Thu | Practice | N/A | 3:15 PM | 4:30 PM | African Road Elementary Gym | | |
| Jan 26, 2024 | Fri | Practice | N/A | 3:15 PM | 4:30 PM | African Road Elementary Gym | | |
| Jan 29, 2024 | Mon | Practice | N/A | 3:15 PM | 4:30 PM | African Road Elementary Gym | | |
| Jan 30, 2024 | Tue | Practice | N/A | 3:15 PM | 4:30 PM | African Road Elementary Gym | | |
| Feb 1, 2024 | Thu | Practice | N/A | 3:15 PM | 4:30 PM | TBD | | |
| Feb 2, 2024 | Fri | Practice | N/A | 3:15 PM | 4:30 PM | African Road Elementary Gym | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|----------|-----------|------------|----------|----------|----------------|---------------------|
| Feb 9, 2024 | Fri | Practice | N/A | 3:15 PM | 4:30 PM | TBD | | |
| Feb 16, 2024 | Fri | Practice | N/A | 3:15 PM | 4:30 PM | TBD | | |

Date: 2024-04-29