



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: 2025-12-15