



# Vestal

## (G) MODIFIED Cheerleading

### Coaches:

- Nicole Ewing, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 3, 2024	Tue	Practice (Modified Cheer)	N/A	3:30 PM	5:00 PM	African Road Elementary Gym		
Sep 5, 2024	Thu	Practice (Modified Cheer)	N/A	3:30 PM	5:00 PM	African Road Elementary Gym		
Sep 6, 2024	Fri	Practice (Modified Cheer)	N/A	3:30 PM	5:00 PM	African Road Elementary Gym		
Sep 10, 2024	Tue	Practice (Modified Cheer)	N/A	3:30 PM	5:00 PM	African Road Elementary Gym		
Sep 12, 2024	Thu	Practice (Modified Cheer)	N/A	3:30 PM	5:00 PM	African Road Elementary Gym		
Sep 13, 2024	Fri	Practice (Modified Cheer)	N/A	3:30 PM	5:00 PM	African Road Elementary Gym		
Sep 17, 2024	Tue	Practice (Modified Cheer)	N/A	3:30 PM	5:00 PM	African Road Elementary Gym		
Sep 19, 2024	Thu	Practice (Modified Cheer)	N/A	3:30 PM	5:00 PM	African Road Elementary Gym		
Sep 20, 2024	Fri	Practice (Modified Cheer)	N/A	3:30 PM	5:00 PM	African Road Elementary Gym		
Sep 24, 2024	Tue	Practice (Modified Cheer)	N/A	3:30 PM	5:00 PM	African Road Elementary Gym		
Sep 26, 2024	Thu	Practice (Modified Cheer)	N/A	3:30 PM	5:00 PM	African Road Elementary Gym		
Sep 27, 2024	Fri	Practice (Modified Cheer)	N/A	3:30 PM	5:00 PM	African Road Elementary Gym		
Oct 1, 2024	Tue	Practice (Modified Cheer)	N/A	3:30 PM	5:00 PM	African Road Elementary Gym		
Oct 3, 2024	Thu	Practice (Modified Cheer)	N/A	3:30 PM	5:00 PM	African Road Elementary Gym		
Oct 4, 2024	Fri	Practice (Modified Cheer)	N/A	3:30 PM	5:00 PM	African Road Elementary Gym		
Oct 8, 2024	Tue	Practice (Modified Cheer)	N/A	3:30 PM	5:00 PM	African Road Elementary Gym		
Oct 10, 2024	Thu	Practice (Modified Cheer)	N/A	3:30 PM	5:00 PM	African Road Elementary Gym		
Oct 11, 2024	Fri	Practice (Modified Cheer)	N/A	3:30 PM	5:00 PM	African Road Elementary Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 15, 2024	Tue	Practice (Modified Cheer)	N/A	3:30 PM	5:00 PM	African Road Elementary Gym		
Oct 17, 2024	Thu	Practice (Modified Cheer)	N/A	3:30 PM	5:00 PM	African Road Elementary Gym		
Oct 18, 2024	Fri	Practice (Modified Cheer)	N/A	3:30 PM	5:00 PM	African Road Elementary Gym		
Oct 22, 2024	Tue	Practice (Modified Cheer)	N/A	3:30 PM	5:00 PM	African Road Elementary Gym		
Oct 24, 2024	Thu	Practice (Modified Cheer)	N/A	3:30 PM	5:00 PM	African Road Elementary Gym		
Oct 25, 2024	Fri	Practice (Modified Cheer)	N/A	3:30 PM	5:00 PM	African Road Elementary Gym		
Oct 29, 2024	Tue	Practice (Modified Cheer)	N/A	3:30 PM	5:00 PM	African Road Elementary Gym		
Oct 31, 2024	Thu	Practice (Modified Cheer)	N/A	3:30 PM	5:00 PM	African Road Elementary Gym		
Dec 2, 2024	Mon	Practice (Modified Cheer Practice)	N/A	3:15 PM	5:00 PM	African Road Elementary Gym		
Dec 3, 2024	Tue	Practice (Modified Cheer Practice)	N/A	3:15 PM	5:00 PM	African Road Elementary Gym		
Dec 4, 2024	Wed	Practice (Modified Cheer Practice)	N/A	3:15 PM	5:00 PM	African Road Elementary Gym		
Dec 5, 2024	Thu	Practice (Modified Cheer Practice)	N/A	3:15 PM	5:00 PM	African Road Elementary Gym		
Dec 6, 2024	Fri	Practice (Modified Cheer Practice)	N/A	3:15 PM	5:00 PM	African Road Elementary Gym		
Dec 9, 2024	Mon	Practice (Modified Cheer Practice)	N/A	3:15 PM	5:00 PM	African Road Elementary Gym		
Dec 10, 2024	Tue	Practice (Modified Cheer Practice)	N/A	3:15 PM	5:00 PM	African Road Elementary Gym		
Dec 11, 2024	Wed	Practice (Modified Cheer Practice)	N/A	3:15 PM	5:00 PM	African Road Elementary Gym		
Dec 12, 2024	Thu	Practice (Modified Cheer Practice)	N/A	3:15 PM	5:00 PM	African Road Elementary Gym		
Dec 13, 2024	Fri	Practice (Modified Cheer Practice)	N/A	3:15 PM	5:00 PM	African Road Elementary Gym		
Dec 16, 2024	Mon	Practice (Modified Cheer Practice)	N/A	3:15 PM	5:00 PM	African Road Elementary Gym		
Dec 17, 2024	Tue	Practice (Modified Cheer Practice)	N/A	3:15 PM	5:00 PM	African Road Elementary Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 18, 2024	Wed	Practice (Modified Cheer Practice)	N/A	3:15 PM	5:00 PM	African Road Elementary Gym		
Dec 19, 2024	Thu	Practice (Modified Cheer Practice)	N/A	3:15 PM	5:00 PM	African Road Elementary Gym		
Dec 20, 2024	Fri	Practice (Modified Cheer Practice)	N/A	3:15 PM	5:00 PM	African Road Elementary Gym		
Jan 3, 2025	Fri	Practice (Modified Cheer Practice)	N/A	9:00 AM	11:00 AM	TBD		
Jan 6, 2025	Mon	Practice (Modified Cheer Practice)	N/A	3:15 PM	5:00 PM	African Road Elementary Gym		
Jan 7, 2025	Tue	Practice (Modified Cheer Practice)	N/A	3:15 PM	5:00 PM	African Road Elementary Gym		
Jan 8, 2025	Wed	Practice (Modified Cheer Practice)	N/A	3:15 PM	5:00 PM	African Road Elementary Gym		
Jan 9, 2025	Thu	Practice (Modified Cheer Practice)	N/A	3:15 PM	5:00 PM	African Road Elementary Gym		
Jan 10, 2025	Fri	Practice (Modified Cheer Practice)	N/A	3:10 PM	5:00 PM	TBD		
Jan 13, 2025	Mon	Practice (Modified Cheer Practice)	N/A	3:15 PM	5:00 PM	African Road Elementary Gym		
Jan 14, 2025	Tue	Practice (Modified Cheer Practice)	N/A	3:15 PM	5:00 PM	African Road Elementary Gym		
Jan 15, 2025	Wed	Practice (Modified Cheer Practice)	N/A	3:15 PM	5:00 PM	African Road Elementary Gym		
Jan 16, 2025	Thu	Practice (Modified Cheer Practice)	N/A	3:15 PM	5:00 PM	African Road Elementary Gym		
Jan 17, 2025	Fri	Practice (Modified Cheer Practice)	N/A	3:10 PM	5:00 PM	TBD		
Jan 21, 2025	Tue	Practice (Modified Cheer Practice)	N/A	3:15 PM	5:00 PM	African Road Elementary Gym		
Jan 22, 2025	Wed	Practice (Modified Cheer Practice)	N/A	3:15 PM	5:00 PM	African Road Elementary Gym		
Jan 23, 2025	Thu	Practice (Modified Cheer Practice)	N/A	3:15 PM	5:00 PM	African Road Elementary Gym		
Jan 24, 2025	Fri	Practice (Modified Cheer Practice)	N/A	3:10 PM	5:00 PM	TBD		
Jan 28, 2025	Tue	Practice (Modified Cheer Practice)	N/A	3:10 PM	5:00 PM	African Road Elementary Gym		
CANCELLED Jan 29, 2025	Wed	Practice (Modified Cheer Practice)	N/A	TBD		Vestal Central Jr. Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 30, 2025	Thu	Practice (Modified Cheer Practice)	N/A	3:10 PM	5:00 PM	African Road Elementary Gym		
Jan 31, 2025	Fri	Practice (Modified Cheer Practice)	N/A	3:10 PM	5:00 PM	Vestal Central Jr. Gym		
Feb 1, 2025	Sat	Post-Season (STAC Championship)	Union-Endicott (Winter), Corning-Painted Post (Winter), Binghamton (Winter), Horseheads, Maine-Endwell (Winter) @ Johnson City (Winter)	10:00 AM	12:45 PM	JC HS Large Gym		L

Date: 2025-12-13