



Vestal

(G) MODIFIED Cheerleading

Coaches:

- Nicole Ewing, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE	LEAGUE
Sep 4, 2025	Thu	Practice (Modified Cheer Practice)	N/A	3:15 PM	5:00 PM	African Road Elementary Gym		
Sep 5, 2025	Fri	Practice (Modified Cheer Practice)	N/A	3:15 PM	5:00 PM	African Road Elementary Gym		
Dec 1, 2025	Mon	Practice (Modified Cheer Practice @ ARE)	N/A	3:00 PM	5:00 PM	African Road Elementary Gym		
Dec 2, 2025	Tue	Practice (Modified Cheer Weight Room)	N/A	3:00 PM	3:45 PM	Vestal High School Fitness Center		
Dec 2, 2025	Tue	Practice (Modified Cheer Practice @ Central)	N/A	3:45 PM	5:00 PM	Vestal Central Jr. Gym		
Dec 3, 2025	Wed	Practice (Modified Cheer Practice @ Central)	N/A	3:10 PM	5:00 PM	Vestal Central Jr. Gym		
Dec 4, 2025	Thu	Practice (Modified Cheer Practice @ ARE)	N/A	3:15 PM	5:00 PM	African Road Elementary Gym		
Dec 5, 2025	Fri	Practice (Modified Cheer Practice @ ARE)	N/A	3:15 PM	5:00 PM	African Road Elementary Gym		
Dec 8, 2025	Mon	Practice (Modified Cheer Practice @ Central)	N/A	3:10 PM	5:00 PM	Vestal Central Jr. Gym		
Dec 9, 2025	Tue	Practice (Modified Cheer Weight Room)	N/A	3:00 PM	3:45 PM	Vestal High School Fitness Center		
Dec 9, 2025	Tue	Practice (Modified Cheer Practice @ Central)	N/A	3:45 PM	5:00 PM	Vestal Central Jr. Gym		
Dec 10, 2025	Wed	Practice (Modified Cheer Practice @ ARE)	N/A	3:00 PM	5:00 PM	African Road Elementary Gym		
Dec 11, 2025	Thu	Practice (Modified Cheer Practice @ ARE)	N/A	3:00 PM	5:00 PM	African Road Elementary Gym		
Dec 12, 2025	Fri	Practice (Modified Cheer Practice @ ARE)	N/A	3:00 PM	5:00 PM	African Road Elementary Gym		
Dec 15, 2025	Mon	Practice (Modified Cheer Practice @ ARE)	N/A	3:00 PM	5:00 PM	African Road Elementary Gym		
Dec 16, 2025	Tue	Practice (Modified Cheer Weight Room)	N/A	3:00 PM	3:45 PM	Vestal High School Fitness Center		
Dec 16, 2025	Tue	Practice (Modified Cheer Practice @ Central)	N/A	3:45 PM	5:00 PM	Vestal Central Jr. Gym		
Dec 17, 2025	Wed	Practice (Modified Cheer Practice @ ARE)	N/A	3:00 PM	5:00 PM	African Road Elementary Gym		
Dec 18, 2025	Thu	Practice (Modified Cheer Practice @ ARE)	N/A	3:00 PM	5:00 PM	African Road Elementary Gym		
Dec 19, 2025	Fri	Practice (Modified Cheer Practice @ ARE)	N/A	3:00 PM	5:00 PM	African Road Elementary Gym		
Jan 5, 2026	Mon	Practice (Modified Cheer Practice @ ARE)	N/A	3:00 PM	5:00 PM	African Road Elementary Gym		
Jan 6, 2026	Tue	Practice (Modified Cheer Practice @ ARE)	N/A	3:00 PM	5:00 PM	African Road Elementary Gym		
Jan 8, 2026	Thu	Practice (Modified Cheer Practice @ ARE)	N/A	3:00 PM	5:00 PM	African Road Elementary Gym		
Jan 9, 2026	Fri	Practice (Modified Cheer Practice @ ARE)	N/A	3:00 PM	5:00 PM	African Road Elementary Gym		
Jan 13, 2026	Tue	Practice (Modified Cheer Practice @ ARE)	N/A	3:00 PM	5:00 PM	African Road Elementary Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 14, 2026	Wed	Practice (Modified Cheer Practice @ ARE)	N/A	3:00 PM	5:00 PM	African Road Elementary Gym		
Jan 15, 2026	Thu	Practice (Modified Cheer Practice @ ARE)	N/A	3:00 PM	5:00 PM	African Road Elementary Gym		
Jan 16, 2026	Fri	Practice (Modified Cheer Practice @ ARE)	N/A	3:00 PM	5:00 PM	African Road Elementary Gym		
Jan 19, 2026	Mon	Practice (Modified Cheer Practice @ ARE)	N/A	3:00 PM	5:00 PM	African Road Elementary Gym		
Jan 20, 2026	Tue	Practice (Modified Cheer Practice @ ARE)	N/A	3:00 PM	5:00 PM	African Road Elementary Gym		
Jan 21, 2026	Wed	Practice (Modified Cheer Practice @ ARE)	N/A	3:00 PM	5:00 PM	African Road Elementary Gym		
Jan 22, 2026	Thu	Practice (Modified Cheer Practice @ ARE)	N/A	3:00 PM	5:00 PM	African Road Elementary Gym		
Jan 24, 2026	Sat	Practice (Chill Vibes Cheer Competition)	N/A	9:00 AM	3:00 PM	Union Endicott High School		
Jan 26, 2026	Mon	Practice (Modified Cheer Practice @ ARE)	N/A	3:00 PM	5:00 PM	African Road Elementary Gym		
Jan 28, 2026	Wed	Practice (Modified Cheer Practice @ ARE)	N/A	3:00 PM	5:00 PM	African Road Elementary Gym		
Jan 29, 2026	Thu	Practice (Modified Cheer Practice @ ARE)	N/A	3:00 PM	5:00 PM	African Road Elementary Gym		
Jan 30, 2026	Fri	Practice (Modified Cheer Practice @ ARE)	N/A	3:00 PM	5:00 PM	African Road Elementary Gym		
Jan 31, 2026	Sat	Practice (JC Cheer Competition - Modified)	N/A	12:00 PM	3:00 PM	Johnson City High School		
Feb 2, 2026	Mon	Practice (Modified Cheer Practice @ ARE)	N/A	3:00 PM	5:00 PM	African Road Elementary Gym		
Feb 5, 2026	Thu	Practice (Modified Cheer Practice @ ARE)	N/A	3:00 PM	5:00 PM	African Road Elementary Gym		
Feb 7, 2026	Sat	Practice (STAC Cheer Competition - Modified/JV)	N/A	9:00 AM	1:00 PM	Union Endicott High School		

Date: 2026-03-01