



Vestal

(G) V Cheerleading (Football)

Coaches:

- Erin Schultz

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 7, 2023	Mon	Practice (Mod/ JV/ Varsity Open Gym)	N/A	3:00 PM	5:00 PM	TBD		
Aug 21, 2023	Mon	Practice (Tryouts)	N/A	8:00 AM	12:00 PM	TBD		
Aug 21, 2023	Mon	Practice (Tryouts)	N/A	3:00 PM	5:30 PM	TBD		
Aug 22, 2023	Tue	Practice (Tryouts)	N/A	3:00 PM	5:30 PM	TBD		
Aug 23, 2023	Wed	Practice (Tryouts)	N/A	3:00 PM	5:30 PM	TBD		
Aug 24, 2023	Thu	Practice (Varsity Practice)	N/A	3:00 PM	5:30 PM	TBD		
Aug 25, 2023	Fri	Practice (Varsity Practice)	N/A	8:00 AM	12:00 PM	TBD		
Aug 25, 2023	Fri	Practice (Varsity Practice)	N/A	3:00 PM	5:30 PM	TBD		
Aug 28, 2023	Mon	Practice (Cheer Camp)	N/A	TBD		TBD		
Aug 29, 2023	Tue	Practice (Cheer Camp)	N/A	TBD		TBD		
Aug 30, 2023	Wed	Practice (Cheer Camp)	N/A	TBD		TBD		
Aug 31, 2023	Thu	Practice (Cheer Camp)	N/A	TBD		TBD		
Sep 1, 2023	Fri	Practice (Varsity Practice)	N/A	8:00 AM	12:00 PM	TBD		
Sep 7, 2023	Thu	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Sep 8, 2023	Fri	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Sep 11, 2023	Mon	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Sep 12, 2023	Tue	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Sep 14, 2023	Thu	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Sep 15, 2023	Fri	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Sep 18, 2023	Mon	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Sep 19, 2023	Tue	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Sep 21, 2023	Thu	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Sep 22, 2023	Fri	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Sep 25, 2023	Mon	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Sep 26, 2023	Tue	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		

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Sep 27, 2023	Wed	Regular Season	Union-Endicott (Fall), Johnson City (Fall), Seton Catholic Central	7:00 PM		Vestal High School Gym		L
Sep 28, 2023	Thu	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Sep 29, 2023	Fri	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Sep 30, 2023	Sat	Practice (Saturday Night Lights Competition warmup area)	N/A	4:00 PM	10:00 PM	Clayton Ave. Elementary Gymnasium		
Sep 30, 2023	Sat	Practice (Saturday Night Lights Competition Rain Location (only needed if it rains))	N/A	4:00 PM	10:00 PM	Vestal High School Gym		
Oct 2, 2023	Mon	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Oct 3, 2023	Tue	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Oct 5, 2023	Thu	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Oct 6, 2023	Fri	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Oct 9, 2023	Mon	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Oct 10, 2023	Tue	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Oct 12, 2023	Thu	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Oct 13, 2023	Fri	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Oct 16, 2023	Mon	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Oct 17, 2023	Tue	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Oct 19, 2023	Thu	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
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Oct 23, 2023	Mon	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Oct 24, 2023	Tue	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
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Nov 2, 2023	Thu	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Nov 3, 2023	Fri	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
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Nov 30, 2023	Thu	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Dec 1, 2023	Fri	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Dec 4, 2023	Mon	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Dec 5, 2023	Tue	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Dec 7, 2023	Thu	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Dec 8, 2023	Fri	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
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Feb 2, 2024	Fri	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
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Date: 2024-04-20