



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 16, 2023	Sat	Regular Season (West Genessee Game)	@ TBD	TBD		Syracuse JMA Dome	Departure Time: 11:15 AM	NL
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		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
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 4, 2023	Wed	Regular Season (Fall Cheer Competition)	Chenango Forks (Fall), Susquehanna Valley (Fall), Chenango Valley (Fall) @ Johnson City (Fall)	7:00 PM		JC HS Large Gym	Departure Time: 5:30 PM	L
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 6, 2023	Fri	Regular Season (Johnson City Competition)	@ TBD	TBD		Johnson City High School		NL
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 11, 2023	Wed	Regular Season	Chenango Forks (Fall), Seton Catholic Central, Maine-Endwell (Fall) @ Windsor (Fall)	7:00 PM		Windsor High School	Departure Time: 5:15 PM	L
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 14, 2023	Sat	Regular Season (Horseheads Invitational)	@ TBD	TBD		Horseheads High School		NL
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		
Oct 20, 2023	Fri	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Oct 20, 2023	Fri	Regular Season (Horseheads Game)	@ TBD	TBD		Horseheads High School		NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 22, 2023	Sun	Post-Season (STAC Competition)	@ TBD	TBD		Union Endicott High School		NL
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		
Oct 26, 2023	Thu	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Oct 27, 2023	Fri	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Oct 27, 2023	Fri	Regular Season (Binghamton Game)	@ TBD	TBD		Binghamton Alumni Stadium	Departure Time: 5:30 PM	NL
Oct 29, 2023	Sun	Post-Season (Sectionals)	@ TBD	TBD		Union Endicott High School		NL
Oct 30, 2023	Mon	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Oct 31, 2023	Tue	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
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		
Nov 6, 2023	Mon	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Nov 7, 2023	Tue	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Nov 9, 2023	Thu	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Nov 10, 2023	Fri	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Nov 10, 2023	Fri	Regular Season (Sectional Football Game)	@ TBD	TBD		TBD		NL
Nov 13, 2023	Mon	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Nov 14, 2023	Tue	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Nov 16, 2023	Thu	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Nov 17, 2023	Fri	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Nov 20, 2023	Mon	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Nov 21, 2023	Tue	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Nov 23, 2023	Thu	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Nov 24, 2023	Fri	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Nov 24, 2023	Fri	Post-Season (SECTIONAL CHAMPIONSHIP)	TBD	TBD		TBD		L
Nov 27, 2023	Mon	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Nov 28, 2023	Tue	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		
Dec 11, 2023	Mon	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Dec 12, 2023	Tue	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Dec 14, 2023	Thu	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Dec 15, 2023	Fri	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Dec 18, 2023	Mon	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Dec 19, 2023	Tue	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Dec 21, 2023	Thu	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Dec 22, 2023	Fri	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Dec 25, 2023	Mon	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Dec 26, 2023	Tue	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Dec 28, 2023	Thu	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Dec 29, 2023	Fri	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Jan 1, 2024	Mon	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Jan 2, 2024	Tue	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Jan 4, 2024	Thu	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Jan 5, 2024	Fri	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Jan 8, 2024	Mon	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Jan 9, 2024	Tue	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Jan 11, 2024	Thu	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Jan 12, 2024	Fri	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Jan 15, 2024	Mon	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Jan 16, 2024	Tue	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Jan 18, 2024	Thu	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		

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Jan 22, 2024	Mon	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Jan 23, 2024	Tue	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Jan 25, 2024	Thu	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Jan 26, 2024	Fri	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Jan 29, 2024	Mon	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Jan 30, 2024	Tue	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Feb 1, 2024	Thu	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Feb 2, 2024	Fri	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Feb 5, 2024	Mon	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Feb 6, 2024	Tue	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Feb 8, 2024	Thu	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Feb 9, 2024	Fri	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Feb 12, 2024	Mon	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Feb 13, 2024	Tue	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Feb 15, 2024	Thu	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Feb 16, 2024	Fri	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Feb 19, 2024	Mon	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Feb 20, 2024	Tue	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Feb 22, 2024	Thu	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Feb 23, 2024	Fri	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Feb 26, 2024	Mon	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Feb 27, 2024	Tue	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Feb 29, 2024	Thu	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Mar 1, 2024	Fri	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Mar 4, 2024	Mon	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		
Mar 5, 2024	Tue	Practice (Varsity Cheer Practice)	N/A	3:00 PM	5:30 PM	TBD		