



Watkins Glen

(G) V Cheerleading

Coaches:

- Stacey Benjamin, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 18, 2025	Mon	Practice (First Day of Practice)	N/A	2:00 PM	4:00 PM	HS All Purpose Gym B602			
Aug 19, 2025	Tue	Practice (Varsity Cheer Practice)	N/A	2:00 PM	4:00 PM	HS All Purpose Gym B602			
Aug 20, 2025	Wed	Practice (Varsity Cheer Practice)	N/A	2:00 PM	4:00 PM	HS All Purpose Gym B602			
Aug 21, 2025	Thu	Practice (Varsity Cheer Practice)	N/A	2:00 PM	4:00 PM	HS All Purpose Gym B602			
Aug 22, 2025	Fri	Practice (Varsity Cheer Practice)	N/A	2:00 PM	4:00 PM	HS All Purpose Gym B602			
Aug 25, 2025	Mon	Practice (Varsity Cheer Practice)	N/A	2:00 PM	4:00 PM	HS All Purpose Gym B602			
Aug 26, 2025	Tue	Practice (Varsity Cheer Practice)	N/A	2:00 PM	4:00 PM	HS All Purpose Gym B602			
Aug 27, 2025	Wed	Practice (Varsity Cheer Practice)	N/A	2:00 PM	4:00 PM	HS All Purpose Gym B602			
Aug 28, 2025	Thu	Practice (Varsity Cheer Practice)	N/A	2:00 PM	4:00 PM	HS All Purpose Gym B602			
Aug 29, 2025	Fri	Practice (Varsity Cheer Practice)	N/A	2:00 PM	4:00 PM	HS All Purpose Gym B602			
Sep 2, 2025	Tue	Practice (Varsity Cheer Practice)	N/A	2:00 PM	4:00 PM	HS All Purpose Gym B602			
Sep 3, 2025	Wed	Practice (Varsity Cheer Practice)	N/A	2:45 PM	4:45 PM	HS All Purpose Gym B602			
Sep 4, 2025	Thu	Practice (Varsity Cheer Practice)	N/A	2:45 PM	4:45 PM	HS All Purpose Gym B602			
Sep 8, 2025	Mon	Practice (Varsity Cheer Practice)	N/A	2:45 PM	4:30 PM	HS All Purpose Gym B602			
Sep 10, 2025	Wed	Practice (Varsity Cheer Practice)	N/A	2:45 PM	4:45 PM	HS All Purpose Gym B602			
Sep 11, 2025	Thu	Practice (Varsity Cheer Practice)	N/A	2:45 PM	4:45 PM	HS All Purpose Gym B602			
Sep 12, 2025	Fri	Practice (Varsity Cheer Practice)	N/A	2:45 PM	4:45 PM	HS All Purpose Gym B602			
Sep 15, 2025	Mon	Practice (Varsity Cheer Practice)	N/A	2:45 PM	4:30 PM	HS All Purpose Gym B602			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 17, 2025	Wed	Practice (Varsity Cheer Practice)	N/A	2:45 PM	4:45 PM	HS All Purpose Gym B602			
Sep 18, 2025	Thu	Practice (Varsity Cheer Practice)	N/A	2:45 PM	4:45 PM	HS All Purpose Gym B602			
Sep 19, 2025	Fri	Practice (Varsity Cheer Practice)	N/A	2:45 PM	4:45 PM	HS All Purpose Gym B602			
Sep 19, 2025	Fri	Regular Season (Jr. Sabers Night)	@ Susquehanna Valley (Fall)	7:00 PM	9:30 PM	Sabers Stadium			L
Sep 22, 2025	Mon	Practice (Varsity Cheer Practice)	N/A	2:45 PM	4:30 PM	HS All Purpose Gym B602			
Sep 24, 2025	Wed	Practice (Varsity Cheer Practice)	N/A	2:45 PM	4:45 PM	HS All Purpose Gym B602			
Sep 25, 2025	Thu	Practice (Varsity Cheer Practice)	N/A	2:45 PM	4:45 PM	HS All Purpose Gym B602			
Sep 26, 2025	Fri	Practice (Varsity Cheer Practice)	N/A	2:45 PM	4:45 PM	HS All Purpose Gym B602			
Sep 26, 2025	Fri	Regular Season	Chenango Forks (Fall)	7:00 PM	9:00 PM	W G Alumni Field			L
Sep 29, 2025	Mon	Practice (Varsity Cheer Practice)	N/A	2:45 PM	4:30 PM	HS All Purpose Gym B602			
Oct 1, 2025	Wed	Practice (Varsity Cheer Practice)	N/A	2:45 PM	4:45 PM	HS All Purpose Gym B602			
Oct 2, 2025	Thu	Practice (Varsity Cheer Practice)	N/A	2:45 PM	4:45 PM	HS All Purpose Gym B602			
Oct 3, 2025	Fri	Practice (Varsity Cheer Practice)	N/A	2:45 PM	4:45 PM	HS All Purpose Gym B602			
Oct 6, 2025	Mon	Practice (Varsity Cheer Practice)	N/A	2:45 PM	4:30 PM	HS All Purpose Gym B602			
Oct 8, 2025	Wed	Practice (Varsity Cheer Practice)	N/A	2:45 PM	4:45 PM	HS All Purpose Gym B602			
Oct 9, 2025	Thu	Practice (Varsity Cheer Practice)	N/A	2:45 PM	4:45 PM	HS All Purpose Gym B602			
Oct 10, 2025	Fri	Practice (Varsity Cheer Practice)	N/A	2:45 PM	4:45 PM	HS All Purpose Gym B602			
Oct 15, 2025	Wed	Practice (Varsity Cheer Practice)	N/A	2:45 PM	4:45 PM	HS All Purpose Gym B602			
Oct 16, 2025	Thu	Practice (Varsity Cheer Practice)	N/A	2:45 PM	4:45 PM	HS All Purpose Gym B602			
Oct 17, 2025	Fri	Practice (Varsity Cheer Practice)	N/A	2:45 PM	4:45 PM	HS All Purpose Gym B602			

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Oct 20, 2025	Mon	Practice (Varsity Cheer Practice)	N/A	2:45 PM	4:30 PM	HS All Purpose Gym B602			
Oct 22, 2025	Wed	Practice (Varsity Cheer Practice)	N/A	2:45 PM	4:45 PM	HS All Purpose Gym B602			
Oct 23, 2025	Thu	Practice (Varsity Cheer Practice)	N/A	2:45 PM	4:45 PM	HS All Purpose Gym B602			
Oct 24, 2025	Fri	Practice (Varsity Cheer Practice)	N/A	2:45 PM	4:45 PM	HS All Purpose Gym B602			
Oct 27, 2025	Mon	Practice (Varsity Cheer Practice)	N/A	2:45 PM	4:30 PM	HS All Purpose Gym B602			
Oct 29, 2025	Wed	Practice (Varsity Cheer Practice)	N/A	2:45 PM	4:45 PM	HS All Purpose Gym B602			
Oct 30, 2025	Thu	Practice (Varsity Cheer Practice)	N/A	2:45 PM	4:45 PM	HS All Purpose Gym B602			
Oct 31, 2025	Fri	Practice (Varsity Cheer Practice)	N/A	2:45 PM	4:45 PM	HS All Purpose Gym B602			
Nov 1, 2025	Sat	Regular Season (HOMECOMING - SENIOR NIGHT)	Ithaca (Fall)	6:00 PM	8:30 PM	W G Alumni Field			L
Nov 2, 2025	Sun	Post-Season (Cheer Sectionals)	@ TBD	10:00 PM		UEHS Main Gym	Bus/Driver: Watkins Glen Central School	Departure Point: Field House- Bus Departure Time: 8:30 AM Return Date: Return Time: 5:00 PM	NL
Feb 13, 2026	Fri	Regular Season (IAC Championship - Class C & D)	Dryden (Winter), Marathon, Thomas A Edison High School, TBD, Spencer-Van Etten (Competitive), Moravia, Whitney Point (Football) @ Newark Valley	6:00 PM		Newark Valley High School	Bus/Driver: Watkins Glen Central School District	Departure Point: Field House- Bus Departure Time: 3:15 PM Return Date: Return Time: 9:45 PM	L

Date: 2026-02-23