

Canastota

(G) V Cheerleading

- Coaches:
- Crystal Miller, Head Coach
  - Alexus Stout, Assistant Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 22, 2023	Tue	Practice	N/A	3:15 PM	6:15 PM	High School Gym		
Aug 23, 2023	Wed	Practice	N/A	11:00 AM	1:30 PM	High School Gym		
Aug 24, 2023	Thu	Practice	N/A	3:15 PM	6:15 PM	High School Gym		
Aug 28, 2023	Mon	Practice	N/A	3:30 PM	6:00 PM	High School Gym		
Aug 29, 2023	Tue	Practice	N/A	3:15 PM	6:15 PM	High School Gym		
Aug 31, 2023	Thu	Practice	N/A	3:15 PM	6:15 PM	High School Gym		
Sep 1, 2023	Fri	Regular Season	Holland Patent	7:00 PM		High School Stadium Field (Turf)		NL
Sep 5, 2023	Tue	Practice	N/A	3:15 PM	6:15 PM	High School Gym		
Sep 6, 2023	Wed	Practice	N/A	3:15 PM	6:15 PM	High School Gym		
Sep 8, 2023	Fri	Regular Season	@ Tully	7:00 PM		Tully HS Field #1- Larry Hart Field	Departure Time: 5:15 PM	NL
Sep 9, 2023	Sat	Practice	N/A	3:15 PM	6:15 PM	High School Gym		
Sep 11, 2023	Mon	Practice	N/A	3:15 PM	6:15 PM	High School Gym		
Sep 12, 2023	Tue	Practice	N/A	3:15 PM	6:15 PM	High School Gym		
Sep 14, 2023	Thu	Practice	N/A	3:15 PM	6:15 PM	High School Gym		
Sep 15, 2023	Fri	Regular Season	Adirondack	7:00 PM		High School Stadium Field (Turf)		NL
Sep 18, 2023	Mon	Practice	N/A	3:15 PM	6:15 PM	High School Gym		
Sep 19, 2023	Tue	Practice	N/A	3:15 PM	6:15 PM	High School Gym		
Sep 20, 2023	Wed	Practice	N/A	3:15 PM	6:15 PM	High School Gym		
Sep 22, 2023	Fri	Practice	N/A	3:15 PM	6:15 PM	High School Gym		
Sep 23, 2023	Sat	Regular Season	@ Bishop Ludden	5:00 PM		TBD	Departure Time: 3:30 PM	L
Sep 26, 2023	Tue	Practice	N/A	3:15 PM	6:15 PM	High School Gym		
Sep 27, 2023	Wed	Practice	N/A	3:15 PM	6:15 PM	High School Gym		
Sep 28, 2023	Thu	Practice	N/A	3:15 PM	6:15 PM	High School Gym		
Sep 29, 2023	Fri	Regular Season (Homecoming vs. Marcellus)	TBD	7:00 PM		High School Stadium Field (Turf)		L
Oct 2, 2023	Mon	Practice	N/A	3:15 PM	6:15 PM	High School Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 3, 2023	Tue	Practice	N/A	3:15 PM	6:15 PM	High School Gym		
Oct 5, 2023	Thu	Practice	N/A	3:15 PM	6:15 PM	High School Gym		
Oct 6, 2023	Fri	Regular Season	@ Solvay	6:30 PM		Solvay HS Stadium	<b>Departure Time:</b> 5:00 PM	L
Oct 10, 2023	Tue	Practice	N/A	3:15 PM	6:15 PM	High School Gym		
Oct 11, 2023	Wed	Practice	N/A	3:15 PM	6:15 PM	High School Gym		
Oct 12, 2023	Thu	Practice	N/A	3:15 PM	6:15 PM	High School Gym		
Oct 13, 2023	Fri	Regular Season (at Skaneateles)	@ TBD	6:30 PM		TBD	<b>Departure Time:</b> 4:45 PM	L
Oct 16, 2023	Mon	Practice	N/A	3:15 PM	6:15 PM	High School Gym		
Oct 17, 2023	Tue	Practice	N/A	3:15 PM	6:15 PM	High School Gym		
Oct 19, 2023	Thu	Practice	N/A	3:15 PM	6:15 PM	High School Gym		
Oct 20, 2023	Fri	Regular Season	Cazenovia	7:00 PM		High School Stadium Field (Turf)		L
Oct 20, 2023	Fri	Regular Season	Cazenovia (Game Day - Fall Season)	7:00 PM		High School Stadium Field (Turf)		L
Oct 26, 2023	Thu	Regular Season	Little Falls (Fall)	6:00 PM		High School Stadium Field (Turf)		NL

Date: 2025-12-15