



Central Valley Academy

(G) V Cheerleading (Winter)

Coaches:

- Shannon Darrow

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 13, 2023	Mon	Practice	N/A	4:05 PM	5:00 PM	Barringer Road Elementary Gym		
CANCELLED Nov 14, 2023	Tue	Practice	N/A	3:00 PM	4:30 PM	TBD		
Nov 14, 2023	Tue	Practice	N/A	3:00 PM	4:30 PM	CVA NJROTC room 1300		
Nov 15, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	Barringer Road Elementary Gym		
Nov 16, 2023	Thu	Practice	N/A	3:00 PM	4:30 PM	CVA NJROTC room 1300		
Nov 20, 2023	Mon	Practice	N/A	4:05 PM	5:00 PM	Barringer Road Elementary Gym		
Nov 21, 2023	Tue	Practice	N/A	3:00 PM	4:30 PM	CVA NJROTC room 1300		
Nov 22, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	Barringer Road Elementary Gym		
CANCELLED Nov 23, 2023	Thu	Practice	N/A	3:00 PM	4:30 PM	CVA NJROTC room 1300		
CANCELLED Nov 27, 2023	Mon	Practice	N/A	4:05 PM	5:00 PM	Barringer Road Elementary Gym		
Nov 28, 2023	Tue	Practice	N/A	3:00 PM	4:30 PM	CVA NJROTC room 1300		
CANCELLED Nov 29, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	Barringer Road Elementary Gym		
Nov 30, 2023	Thu	Practice	N/A	3:00 PM	4:30 PM	CVA NJROTC room 1300		
Dec 4, 2023	Mon	Practice	N/A	4:05 PM	5:30 PM	Barringer Road Elementary Gym		
CANCELLED Dec 5, 2023	Tue	Practice	N/A	3:00 PM	4:30 PM	CVA NJROTC room 1300		
Dec 5, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Barringer Road Elementary Gym		
Dec 6, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	Barringer Road Elementary Gym		
Dec 7, 2023	Thu	Practice	N/A	3:00 PM	4:30 PM	CVA NJROTC room 1300		
Dec 11, 2023	Mon	Practice	N/A	4:05 PM	5:30 PM	Barringer Road Elementary Gym		
CANCELLED Dec 12, 2023	Tue	Practice	N/A	3:00 PM	4:30 PM	CVA NJROTC room 1300		
CANCELLED Dec 12, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Barringer Road Elementary Gym		
Dec 12, 2023	Tue	Regular Season	Utica Proctor (Winter Cheer)	6:00 PM		CVA Main Gym		L
Dec 13, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	Barringer Road Elementary Gym		
Dec 14, 2023	Thu	Practice	N/A	3:00 PM	4:30 PM	CVA NJROTC room 1300		
Dec 15, 2023	Fri	Regular Season	Notre Dame, Utica	7:00 PM		CVA Main Gym		L
Dec 18, 2023	Mon	Practice	N/A	4:05 PM	5:30 PM	Barringer Road Elementary Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE	LEAGUE
CANCELLED Dec 19, 2023	Tue	Practice	N/A	3:00 PM	4:30 PM	CVA NJROTC room 1300		
Dec 19, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Barringer Road Elementary Gym		
Dec 20, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	Barringer Road Elementary Gym		
Dec 21, 2023	Thu	Practice	N/A	3:00 PM	4:30 PM	CVA NJROTC room 1300		
CANCELLED Dec 25, 2023	Mon	Practice	N/A	4:05 PM	5:30 PM	Barringer Road Elementary Gym		
CANCELLED Dec 26, 2023	Tue	Practice	N/A	3:00 PM	4:30 PM	CVA NJROTC room 1300		
CANCELLED Dec 27, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	Barringer Road Elementary Gym		
Dec 28, 2023	Thu	Practice	N/A	3:00 PM	4:30 PM	CVA NJROTC room 1300		
CANCELLED Jan 1, 2024	Mon	Practice	N/A	4:05 PM	5:30 PM	Barringer Road Elementary Gym		
Jan 2, 2024	Tue	Practice	N/A	3:15 PM	5:00 PM	Barringer Road Elementary Gym		
Jan 3, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Barringer Road Elementary Gym		
Jan 4, 2024	Thu	Practice	N/A	3:00 PM	4:30 PM	CVA NJROTC room 1300		
Jan 8, 2024	Mon	Practice	N/A	4:05 PM	5:30 PM	Barringer Road Elementary Gym		
Jan 9, 2024	Tue	Practice	N/A	3:15 PM	5:00 PM	Barringer Road Elementary Gym		
CANCELLED Jan 10, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Barringer Road Elementary Gym		
Jan 11, 2024	Thu	Practice	N/A	3:00 PM	4:30 PM	CVA NJROTC room 1300		
Jan 15, 2024	Mon	Practice	N/A	4:05 PM	5:30 PM	Barringer Road Elementary Gym		
Jan 16, 2024	Tue	Practice	N/A	3:15 PM	5:00 PM	Barringer Road Elementary Gym		
Jan 17, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Barringer Road Elementary Gym		
Jan 18, 2024	Thu	Practice	N/A	3:00 PM	4:30 PM	CVA NJROTC room 1300		
Jan 22, 2024	Mon	Practice	N/A	4:05 PM	5:30 PM	Barringer Road Elementary Gym		
Jan 24, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Barringer Road Elementary Gym		
Jan 25, 2024	Thu	Practice	N/A	3:00 PM	4:30 PM	CVA NJROTC room 1300		
Jan 29, 2024	Mon	Practice	N/A	3:05 PM	4:30 PM	CVA Small Gym		
Jan 31, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Barringer Road Elementary Gym		
Feb 1, 2024	Thu	Practice	N/A	3:00 PM	4:30 PM	CVA NJROTC room 1300		
Feb 5, 2024	Mon	Practice	N/A	4:05 PM	5:30 PM	Barringer Road Elementary Gym		
Feb 7, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	CVA Small Gym		
Feb 12, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	CVA Small Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE TRANSPORTATION / NON-LEAGUE
Feb 14, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	CVA Small Gym	
Feb 16, 2024	Fri	Practice	N/A	3:00 PM	4:30 PM	CVA Small Gym	
Feb 19, 2024	Mon	Practice (TIME TBD)	N/A	TBD		CVA Small Gym	
Feb 21, 2024	Wed	Practice (TIME TBD)	N/A	TBD		CVA Small Gym	
Feb 22, 2024	Thu	Practice (SITE & TIME TBD)	N/A	TBD		CVA Small Gym	
Feb 26, 2024	Mon	Practice	N/A	4:05 PM	5:30 PM	Barringer Road Elementary Gym	
Feb 27, 2024	Tue	Practice	N/A	3:15 PM	5:00 PM	Barringer Road Elementary Gym	
Feb 28, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	CVA Small Gym	
Feb 29, 2024	Thu	Practice	N/A	3:00 PM	4:30 PM	CVA NJROTC room 1300	

Date: 2024-04-28