

Hyde Park

(G) V Gymnastics

Coaches:

- Dan Hassoun
- Yvonne Coughlin

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 12, 2019	Tue	Practice	N/A	4:30 PM	6:30 PM	FDR HS C Gym		
Nov 13, 2019	Wed	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		
Nov 14, 2019	Thu	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		
Nov 15, 2019	Fri	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		
Nov 18, 2019	Mon	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		
Nov 19, 2019	Tue	Practice	N/A	3:30 PM	4:30 PM	John Golden Fitness Center at FDR HS		
Nov 19, 2019	Tue	Practice	N/A	4:30 PM	6:30 PM	FDR HS C Gym		
Nov 20, 2019	Wed	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		
Nov 21, 2019	Thu	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		
Nov 22, 2019	Fri	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		
Nov 25, 2019	Mon	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		
Nov 26, 2019	Tue	Practice	N/A	3:30 PM	4:30 PM	John Golden Fitness Center at FDR HS		
Nov 26, 2019	Tue	Practice	N/A	4:30 PM	6:30 PM	FDR HS C Gym		
Nov 27, 2019	Wed	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		
Nov 28, 2019	Thu	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		
Nov 29, 2019	Fri	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		
Dec 2, 2019	Mon	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		
Dec 3, 2019	Tue	Practice	N/A	3:30 PM	4:30 PM	John Golden Fitness Center at FDR HS		
Dec 3, 2019	Tue	Practice	N/A	4:30 PM	6:30 PM	FDR HS C Gym		
Dec 4, 2019	Wed	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		
Dec 5, 2019	Thu	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		
Dec 6, 2019	Fri	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		
Dec 9, 2019	Mon	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		
Dec 10, 2019	Tue	Practice	N/A	3:30 PM	4:30 PM	John Golden Fitness Center at FDR HS		
Dec 10, 2019	Tue	Practice	N/A	4:30 PM	6:30 PM	FDR HS C Gym		
Dec 11, 2019	Wed	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		
Dec 12, 2019	Thu	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 13, 2019	Fri	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		
Dec 16, 2019	Mon	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		
Dec 17, 2019	Tue	Practice	N/A	3:30 PM	4:30 PM	John Golden Fitness Center at FDR HS		
Dec 17, 2019	Tue	Practice	N/A	4:30 PM	6:30 PM	FDR HS C Gym		
Dec 18, 2019	Wed	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		
Dec 19, 2019	Thu	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		
Dec 20, 2019	Fri	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		
Dec 21, 2019	Sat	Regular Season (Invitational)	TBD	11:00 AM	3:00 PM	FDR Gym A, B, C gym		L
Dec 23, 2019	Mon	Practice	N/A	9:00 AM	12:30 PM	FDR HS C Gym		
Dec 26, 2019	Thu	Practice	N/A	9:00 AM	11:00 AM	FDR HS C Gym		
Dec 27, 2019	Fri	Practice	N/A	9:00 AM	11:00 AM	FDR HS C Gym		
Dec 30, 2019	Mon	Practice	N/A	9:00 AM	11:00 AM	FDR HS C Gym		
Jan 2, 2020	Thu	Practice	N/A	9:00 AM	11:00 AM	FDR HS C Gym		
Jan 3, 2020	Fri	Regular Season (Invitational)	@ Mahopac	5:00 PM		Mahopac HS	Departure Point: FDR HS Departure Time: 2:00 PM	L
Jan 6, 2020	Mon	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		
Jan 7, 2020	Tue	Practice	N/A	3:30 PM	4:30 PM	John Golden Fitness Center at FDR HS		
Jan 8, 2020	Wed	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		
Jan 9, 2020	Thu	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		
Jan 9, 2020	Thu	Regular Season	Wallkill	4:30 PM		FDR Gym A, B, C gym		L
Jan 10, 2020	Fri	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		
Jan 13, 2020	Mon	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		
Jan 14, 2020	Tue	Practice	N/A	3:30 PM	4:30 PM	John Golden Fitness Center at FDR HS		
Jan 15, 2020	Wed	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		
Jan 16, 2020	Thu	Regular Season	Kingston	4:30 PM		FDR Gym A, B, C gym		L
Jan 21, 2020	Tue	Practice	N/A	3:30 PM	5:00 PM	John Golden Fitness Center at FDR HS		
Jan 22, 2020	Wed	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		
Jan 23, 2020	Thu	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 24, 2020	Fri	Regular Season (Invitational)	@ Saratoga Springs High School	5:00 PM		Saratoga YMCA	Departure Point: FDR HS Departure Time: 1:30 PM	L
CANCELLED Jan 27, 2020	Mon	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		
Jan 28, 2020	Tue	Practice	N/A	3:30 PM	4:30 PM	John Golden Fitness Center at FDR HS		
Jan 29, 2020	Wed	Regular Season	Saugerties	4:30 PM		FDR HS B Gym, FDR C gym		L
Jan 30, 2020	Thu	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		
Jan 31, 2020	Fri	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		
Feb 3, 2020	Mon	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		
Feb 3, 2020	Mon	Regular Season	@ TBD	4:30 PM		Wallkill High School	Departure Point: FDR Departure Time: 2:30 PM	L
Feb 4, 2020	Tue	Practice	N/A	3:30 PM	4:30 PM	John Golden Fitness Center at FDR HS		
Feb 5, 2020	Wed	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		
Feb 5, 2020	Wed	Regular Season	@ TBD	4:00 PM		EXCEL - Kingston	Departure Point: Haviland MS Departure Time: 2:30 PM	L
Feb 6, 2020	Thu	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		
Feb 7, 2020	Fri	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		
Feb 10, 2020	Mon	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		
Feb 11, 2020	Tue	Practice	N/A	3:30 PM	4:30 PM	John Golden Fitness Center at FDR HS		
Feb 12, 2020	Wed	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		
Feb 13, 2020	Thu	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		
Feb 14, 2020	Fri	Practice	N/A	10:00 AM	12:00 PM	FDR C gym		
Feb 18, 2020	Tue	Practice	N/A	3:30 PM	4:30 PM	John Golden Fitness Center at FDR HS		
Feb 19, 2020	Wed	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		
Feb 20, 2020	Thu	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		
Feb 21, 2020	Fri	Practice	N/A	2:30 PM	4:30 PM	FDR HS C Gym		

Date: 2026-01-19