



# Albany High School

## (G) V Cheerleading (Competitive)

### Coaches:

- Jahmere Holland, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 15, 2023	Sun	Regular Season (Cheer Competiton at Niskayuna)	TBD	7:45 AM	4:00 PM	TBD		<b>Departure Time:</b> 7:45 AM <b>Return Date:</b> <b>Return Time:</b> 4:00 PM	L
Oct 21, 2023	Sat	Regular Season (Cheer Competiton at Shaker)	@ TBD	7:45 AM	4:00 PM	TBD		<b>Departure Time:</b> 10:30 AM <b>Return Date:</b> <b>Return Time:</b> 4:00 PM	NL
Oct 29, 2023	Sun	Regular Season (Cheer Competiton at Mohonasen)	@ TBD	7:45 AM	4:00 PM	TBD		<b>Departure Time:</b> 7:45 AM <b>Return Date:</b> <b>Return Time:</b> 4:00 PM	NL
Nov 13, 2023	Mon	Practice (Tryouts)	N/A	3:45 PM		Albany High School Gym A - Hallway			
Nov 13, 2023	Mon	Practice	N/A	4:00 PM	5:30 PM	TBD			
Nov 14, 2023	Tue	Practice (Tryouts)	N/A	3:45 PM		Albany High School Gym A - Hallway			
Nov 14, 2023	Tue	Practice	N/A	4:00 PM	5:30 PM	TBD			
Nov 15, 2023	Wed	Practice (Tryouts)	N/A	3:45 PM		Albany High School Gym A - Hallway			
Nov 15, 2023	Wed	Practice	N/A	4:00 PM	5:30 PM	TBD			
Nov 16, 2023	Thu	Practice (Tryouts)	N/A	3:45 PM		Albany High School Gym A - Hallway			
Nov 16, 2023	Thu	Practice	N/A	4:00 PM	5:30 PM	TBD			
Nov 17, 2023	Fri	Practice (Tryouts)	N/A	3:45 PM		Albany High School Gym A - Hallway			
Nov 20, 2023	Mon	Practice	N/A	4:00 PM	6:00 PM	TBD			
Nov 21, 2023	Tue	Practice	N/A	4:00 PM	6:00 PM	TBD			
Nov 22, 2023	Wed	Practice	N/A	4:00 PM	6:00 PM	TBD			
Nov 24, 2023	Fri	Practice	N/A	4:00 PM	6:00 PM	TBD			
Nov 27, 2023	Mon	Practice	N/A	4:00 PM	6:00 PM	TBD			
Nov 28, 2023	Tue	Practice	N/A	4:00 PM	6:00 PM	TBD			
Nov 29, 2023	Wed	Practice	N/A	4:00 PM	6:00 PM	TBD			
Nov 30, 2023	Thu	Practice	N/A	4:00 PM	6:00 PM	TBD			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 1, 2023	Fri	Practice	N/A	4:00 PM	6:00 PM	TBD			
Dec 4, 2023	Mon	Practice	N/A	4:00 PM	6:00 PM	TBD			
Dec 5, 2023	Tue	Practice	N/A	4:00 PM	6:00 PM	TBD			
Dec 6, 2023	Wed	Practice	N/A	4:00 PM	6:00 PM	TBD			
Dec 7, 2023	Thu	Practice	N/A	4:00 PM	6:00 PM	TBD			
Dec 8, 2023	Fri	Practice	N/A	4:00 PM	6:00 PM	TBD			
Jan 27, 2024	Sat	Regular Season	Niskayuna High School (Competitive), Shenendehowa High School (Competitive), Ballston Spa High School (Competitive), Ballston Spa High School (Competitive), Schenectady High School (Competitive Cheer) @ Saratoga Springs High School (Competitive)	10:00 AM	2:00 PM	Saratoga Springs High School	Bus/Driver: FIRST STUDENT	Departure Time: 9:30 AM Return Date: Return Time: 3:00 PM	L
Feb 7, 2024	Wed	Meet (Sweetheart Classic)	Vs. Multiple	3:00 PM		Shaker High School- H Gym	Bus/Driver: Premiere Transport	Departure Time: 2:00 PM Return Date: Return Time: 8:00 PM	NL
Feb 10, 2024	Sat	Regular Season (Raider Rumble )	Shenendehowa High School (Competitive), Niskayuna High School (Competitive), Saratoga Springs High School (Competitive), Shaker High School (Competitive), Ballston Spa High School (Competitive), Schenectady High School (Competitive Cheer), Greenville, Hudson Falls (Competitive Cheer Winter) @ Colonie High School (Competitive)	10:00 AM		Colonie High School MUG (Main Gymnasium)	Bus/Driver: First Student 518-415-6414 (518-445-6372)	Departure Time: 1:00 PM Return Date: Return Time: 7:30 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 11, 2024	Sun	Regular Season (SUBURBAN COUNCIL TOURNAMENT)	Niskayuna High School (Competitive), Schenectady High School (Competitive Cheer), Colonie High School (Fall), Shaker High School (Competitive) @ Shenendehowa High School (Competitive)	9:00 AM		Shen High School East Gym 1 (Main), Shen High School East Gym 2 (New)	Bus/Driver: FIRST STUDENT	Departure Time: 11:00 AM Return Date: Return Time: 2:30 PM	L
Feb 17, 2024	Sat	Regular Season (Midnight Madness Competition)	Shenendehowa High School (Competitive), Saratoga Springs High School (Fall), Niskayuna High School (Competitive), Colonie High School (Fall), Burnt Hills-Ballston Lake HS (Fall) @ Schenectady High School (Competitive Cheer)	2:00 PM	11:30 PM	Pat Riley Sports Center-Main Gym	Bus/Driver: First Student	Departure Time: 6:00 PM Return Date: Return Time: 11:30 PM	L
Feb 18, 2024	Sun	Regular Season (Showdown In A-Town)	Hudson Falls (Competitive Cheer Winter)	2:00 PM		Albany High School Gym A			L
Feb 18, 2024	Sun	Regular Season	Schuylerville (Winter)	2:00 PM		Albany High School Gym A			L
Feb 22, 2024	Thu	Regular Season (Grand Finale)	Saratoga Springs High School (Competitive), Shaker High School (Competitive), Colonie High School (Competitive), Burnt Hills-Ballston Lake HS (Competitive) @ Niskayuna High School (Competitive)	5:30 PM		TBD	Bus/Driver: First Student	Departure Time: 4:00 PM Return Date: Return Time: 9:00 PM	L
Feb 24, 2024	Sat	Post-Season (SECTIONALS)	Shaker High School (Competitive) @ Shenendehowa High School (Competitive)	10:00 AM		Shen High School East Gym 1 (Main)	Bus/Driver: FIRST STUDENT	Departure Time: 9:30 AM Return Date: Return Time: 4:00 PM	L