



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 18, 2025	Sat	Regular Season (Mohon Match Up at Mohonasen HS)	@ Mohonasen	11:00 AM	1:00 PM	TBD	Bus/Driver: First Student	Departure Time: 9:30 AM Return Date: Return Time: 1:00 PM	L
Oct 19, 2025	Sun	Regular Season (Rally with the Valley Hawks at Fonda-Fultonville HS)	@ Fonda-Fultonville	9:00 AM		Fonda-Fultonville HS	Bus/Driver: First Student	Departure Time: 8:00 AM Return Date: Return Time: 1:00 PM	NL
Oct 21, 2025	Tue	Regular Season (Big Red Rally @ Guilderland)	@ TBD	4:00 PM		TBD	Bus/Driver: First Student	Departure Time: 3:00 PM Return Date: Return Time: 8:00 PM	NL
Oct 26, 2025	Sun	Regular Season (Niskayuna Game Day Cheer Competition)	Broadalbin-Perth (Fall Cheerleading), Saratoga Springs High School (Fall) @ Niskayuna High School (Competitive)	10:00 AM	1:30 PM	Niskayuna High School	Bus/Driver: First Student	Departure Time: 10:30 AM Return Date: Return Time: 4:15 PM	NL
Nov 1, 2025	Sat	Post-Season (Sectionals)	Schuylerville (Fall)	10:00 AM		Albany Turf Stadium Field			L
Nov 17, 2025	Mon	Practice (Competitive Cheer Practice)	N/A	4:00 PM	6:45 PM	Albany High School			
Nov 18, 2025	Tue	Practice (Competitive Cheer Practice)	N/A	4:00 PM	6:45 PM	Albany High School			
Nov 19, 2025	Wed	Practice (Competitive Cheer Practice)	N/A	4:00 PM	6:45 PM	Albany High School			
Nov 20, 2025	Thu	Practice (Competitive Cheer Practice)	N/A	4:00 PM	6:45 PM	Albany High School			
Nov 21, 2025	Fri	Practice (Competitive Cheer Practice)	N/A	4:00 PM	6:45 PM	Albany High School			
Nov 24, 2025	Mon	Practice (Competitive Cheer Practice)	N/A	4:00 PM	6:45 PM	Triple Threat Gym 25 Walker Way - Section 1A Albany, New York 12205	Bus/Driver: First Student	Departure Time: 4:00 PM Return Date: Return Time: 6:45 PM	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 25, 2025	Tue	Practice (Competitive Cheer Practice)	N/A	4:00 PM	6:45 PM	Triple Threat Gym 25 Walker Way - Section 1A Albany, New York 12205	Bus/Driver: First Student	Departure Time: 4:00 PM Return Date: Return Time: 6:45 PM	
Dec 1, 2025	Mon	Practice (Competitive Cheer Practice)	N/A	4:00 PM	6:45 PM	Triple Threat Gym 25 Walker Way - Section 1A Albany, New York 12205	Bus/Driver: First Student	Departure Time: 4:00 PM Return Date: Return Time: 6:45 PM	
Dec 2, 2025	Tue	Practice (Competitive Cheer Practice)	N/A	4:00 PM	6:45 PM	Triple Threat Gym 25 Walker Way - Section 1A Albany, New York 12205	Bus/Driver: First Student	Departure Time: 4:00 PM Return Date: Return Time: 6:45 PM	
Dec 3, 2025	Wed	Practice (Competitive Cheer Practice)	N/A	4:30 PM	7:00 PM	Triple Threat Gym 25 Walker Way - Section 1A Albany, New York 12205	Bus/Driver: First Student	Departure Time: 4:30 PM Return Date: Return Time: 7:00 PM	
Dec 4, 2025	Thu	Practice (Competitive Cheer Practice)	N/A	4:30 PM	7:00 PM	Triple Threat Gym 25 Walker Way - Section 1A Albany, New York 12205	Bus/Driver: First Student	Departure Time: 4:30 PM Return Date: Return Time: 7:00 PM	
Dec 5, 2025	Fri	Practice (Competitive Cheer Practice)	N/A	4:30 PM	7:00 PM	Triple Threat Gym 25 Walker Way - Section 1A Albany, New York 12205	Bus/Driver: First Student	Departure Time: 4:30 PM Return Date: Return Time: 7:00 PM	
Dec 8, 2025	Mon	Practice (Competitive Cheer Practice)	N/A	4:30 PM	7:00 PM	Triple Threat Gym 25 Walker Way - Section 1A Albany, New York 12205	Bus/Driver: First Student	Departure Time: 4:30 PM Return Date: Return Time: 7:00 PM	
Dec 10, 2025	Wed	Practice (Competitive Cheer Practice)	N/A	4:30 PM	7:00 PM	Triple Threat Gym 25 Walker Way - Section 1A Albany, New York 12205	Bus/Driver: First Student	Departure Time: 4:30 PM Return Date: Return Time: 7:00 PM	
Dec 12, 2025	Fri	Practice (Competitive Cheer Practice)	N/A	4:30 PM	7:00 PM	Triple Threat Gym 25 Walker Way - Section 1A Albany, New York 12205		Departure Time: 4:30 PM Return Date: Return Time: 7:00 PM	
Dec 15, 2025	Mon	Practice (Competitive Cheer Practice)	N/A	4:30 PM	7:00 PM	Triple Threat Gym 25 Walker Way - Section 1A Albany, New York 12205		Departure Time: 4:30 PM Return Date: Return Time: 7:00 PM	

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Dec 17, 2025	Wed	Practice (Competitive Cheer Practice)	N/A	4:30 PM	7:00 PM	Triple Threat Gym 25 Walker Way - Section 1A Albany, New York 12205		Departure Time: 4:30 PM Return Date: Return Time: 7:00 PM
Dec 19, 2025	Fri	Practice (Competitive Cheer Practice)	N/A	4:30 PM	7:00 PM	Triple Threat Gym 25 Walker Way - Section 1A Albany, New York 12205		Departure Time: 4:30 PM Return Date: Return Time: 7:00 PM
Dec 22, 2025	Mon	Practice (Competitive Cheer Practice)	N/A	4:30 PM	7:00 PM	Triple Threat Gym 25 Walker Way - Section 1A Albany, New York 12205		Departure Time: 4:30 PM Return Date: Return Time: 7:00 PM
Dec 29, 2025	Mon	Practice	N/A	10:00 AM	1:30 PM	Albany High School		
Dec 30, 2025	Tue	Practice	N/A	10:00 AM	1:30 PM	Albany High School		
Jan 5, 2026	Mon	Practice (Competitive Cheer Practice)	N/A	4:00 PM	6:45 PM	Triple Threat Gym 25 Walker Way - Section 1A Albany, New York 12205		Departure Time: 4:00 PM Return Date: Return Time: 6:45 PM
Jan 7, 2026	Wed	Practice (Competitive Cheer Practice)	N/A	4:00 PM	6:45 PM	Triple Threat Gym 25 Walker Way - Section 1A Albany, New York 12205		Departure Time: 4:00 PM Return Date: Return Time: 6:45 PM
Jan 9, 2026	Fri	Practice (Competitive Cheer Practice)	N/A	4:00 PM	6:45 PM	Triple Threat Gym 25 Walker Way - Section 1A Albany, New York 12205		Departure Time: 4:00 PM Return Date: Return Time: 6:45 PM
Jan 12, 2026	Mon	Practice (Competitive Cheer Practice)	N/A	4:00 PM	6:45 PM	Triple Threat Gym 25 Walker Way - Section 1A Albany, New York 12205		Departure Time: 4:00 PM Return Date: Return Time: 6:45 PM
Jan 14, 2026	Wed	Practice (Competitive Cheer Practice)	N/A	4:00 PM	6:45 PM	Triple Threat Gym 25 Walker Way - Section 1A Albany, New York 12205		Departure Time: 4:00 PM Return Date: Return Time: 6:45 PM
Jan 16, 2026	Fri	Practice (Competitive Cheer Practice)	N/A	4:00 PM	6:45 PM	Triple Threat Gym 25 Walker Way - Section 1A Albany, New York 12205		Departure Time: 4:00 PM Return Date: Return Time: 6:45 PM
Jan 26, 2026	Mon	Practice (Competitive Cheer Practice)	N/A	4:00 PM	6:45 PM	Triple Threat Gym 25 Walker Way - Section 1A Albany, New York 12205		Departure Time: 4:00 PM Return Date: Return Time: 6:45 PM

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Jan 28, 2026	Wed	Practice (Competitive Cheer Practice)	N/A	4:00 PM	6:45 PM	Triple Threat Gym 25 Walker Way - Section 1A Albany, New York 12205	Departure Time: 4:00 PM	Return Date: Return Time: 6:45 PM
Jan 30, 2026	Fri	Practice (Competitive Cheer Practice)	N/A	4:00 PM	6:45 PM	Triple Threat Gym 25 Walker Way - Section 1A Albany, New York 12205	Departure Time: 4:00 PM	Return Date: Return Time: 6:45 PM
Feb 2, 2026	Mon	Practice (Competitive Cheer Practice)	N/A	4:00 PM	6:45 PM	Triple Threat Gym 25 Walker Way - Section 1A Albany, New York 12205	Departure Time: 4:00 PM	Return Date: Return Time: 6:45 PM
Feb 4, 2026	Wed	Practice (Competitive Cheer Practice)	N/A	4:00 PM	6:45 PM	Triple Threat Gym 25 Walker Way - Section 1A Albany, New York 12205	Departure Time: 4:00 PM	Return Date: Return Time: 6:45 PM
Feb 6, 2026	Fri	Practice (Competitive Cheer Practice)	N/A	4:00 PM	6:45 PM	Triple Threat Gym 25 Walker Way - Section 1A Albany, New York 12205	Departure Time: 4:00 PM	Return Date: Return Time: 6:45 PM
Feb 9, 2026	Mon	Practice (Competitive Cheer Practice)	N/A	4:00 PM	6:45 PM	Triple Threat Gym 25 Walker Way - Section 1A Albany, New York 12205	Departure Time: 4:00 PM	Return Date: Return Time: 6:45 PM
Feb 11, 2026	Wed	Practice (Competitive Cheer Practice)	N/A	4:00 PM	6:45 PM	Triple Threat Gym 25 Walker Way - Section 1A Albany, New York 12205	Departure Time: 4:00 PM	Return Date: Return Time: 6:45 PM
Feb 13, 2026	Fri	Practice (Competitive Cheer Practice)	N/A	4:00 PM	6:45 PM	Triple Threat Gym 25 Walker Way - Section 1A Albany, New York 12205	Departure Time: 4:00 PM	Return Date: Return Time: 6:45 PM
Feb 23, 2026	Mon	Practice (Competitive Cheer Practice)	N/A	4:00 PM	6:45 PM	Triple Threat Gym 25 Walker Way - Section 1A Albany, New York 12205	Departure Time: 4:00 PM	Return Date: Return Time: 6:45 PM
Feb 25, 2026	Wed	Practice (Competitive Cheer Practice)	N/A	4:00 PM	6:45 PM	Triple Threat Gym 25 Walker Way - Section 1A Albany, New York 12205	Departure Time: 4:00 PM	Return Date: Return Time: 6:45 PM

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Feb 27, 2026	Fri	Practice (Competitive Cheer Practice)	N/A	4:00 PM	6:45 PM	Triple Threat Gym 25 Walker Way - Section 1A Albany, New York 12205	Departure Time: 4:00 PM		
							Return Date: Return Time: 6:45 PM		

Date: 2025-12-05