

Ballston Spa High School

(G) V Cheerleading (Competitive)

Coaches:

- Jessica Decker, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 19, 2022	Sat	Practice	N/A	9:00 AM	1:00 PM	TBD	Departure Time: 8:30 AM	
Jan 21, 2023	Sat	Meet (Scottie Showdown)	Vs. Multiple	9:00 AM		Ballston Spa High School Gym		NL
Jan 21, 2023	Sat	Regular Season (3rd Annual Scotties Showdown)	Hudson Falls (Competitive Cheer Winter)	10:00 AM		Ballston Spa High School Gym		NL
Jan 21, 2023	Sat	Regular Season	Scotia-Glenville	TBD		Ballston Spa High School Gym		L
Jan 28, 2023	Sat	Regular Season (Kings and Queens of the North)	Shenendehowa High School (Competitive), Burnt Hills-Ballston Lake HS (Competitive), Niskayuna High School (Competitive) @ Saratoga Springs High School (Competitive)	10:00 AM		SSHS BLUE GYM	Departure Time: 1:00 PM	L
Feb 4, 2023	Sat	Regular Season (Devil Nation Invitational Cheer Competition)	Shenendehowa High School (Competitive), Colonie High School (Competitive), Saratoga Springs High School (Competitive), Burnt Hills-Ballston Lake HS (Competitive), Niskayuna High School (Competitive), Schuylerville (Winter), Guilderland High School, Ravena-Coeymans, Schalmont, Tamarac (Winter Cheerleading), Greenwich, Northeastern Clinton, Bethlehem High School (Competitive), Troy (Competitive), Schenectady High School (Competitive Cheer), Beekmantown, Berne-Knox-Westerlo, Queensbury, Whitehall (Winter), Albany High School (Competitive) @ Columbia High School (Competitive)	8:00 AM	6:00 PM	Columbia H.S.	Departure Time: 11:15 AM Return Date: Return Time: 5:30 PM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 8, 2023	Wed	Meet (Sweetheart Classic)	Vs. Multiple	4:00 PM		Shaker High School- H Gym	Departure Time: 3:45 PM Return Date: Return Time: 9:30 PM	NL
Feb 11, 2023	Sat	Regular Season (Raider Rumble)	Shenendehowa High School (Competitive), Saratoga Springs High School (Competitive), Burnt Hills-Ballston Lake HS (Competitive), Niskayuna High School (Competitive), Guilderland High School, Shaker High School (Competitive) @ Colonie High School (Competitive)	10:00 AM	7:45 PM	Colonie High School MUG (Main Gymnasium)		L
Feb 15, 2023	Wed	Post-Season (Suburban Council Championships at Schenectady HS)	@ TBD	TBD		TBD	Departure Time: 4:00 PM Return Date: Return Time: 9:45 PM	L
Feb 25, 2023	Sat	Post-Season (Sectionals at Colonie High School)	@ TBD	10:00 AM		TBD		L

Date: 2025-12-19