



# Saratoga Springs High School

## (G) V Cheerleading (Fall)

### Coaches:

- Ricardo Smith

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jul 15, 2024	Mon	Practice	N/A	3:00 PM	5:30 PM	SSHS WHITE GYM		
Aug 26, 2024	Mon	Practice (Tryouts)	N/A	3:45 PM	6:15 PM	SSHS WHITE GYM		
Aug 27, 2024	Tue	Practice (Tryouts)	N/A	3:45 PM	6:15 PM	SSHS WHITE GYM		
Aug 28, 2024	Wed	Practice (Tryouts)	N/A	3:45 PM	6:15 PM	SSHS WHITE GYM		
Aug 29, 2024	Thu	Practice (Tryouts)	N/A	3:45 PM	7:00 PM	SSHS WHITE GYM		
Aug 30, 2024	Fri	Practice (Parent & Athlete Meeting)	N/A	4:00 PM	6:00 PM	SSHS WHITE GYM		
Sep 3, 2024	Tue	Practice (Practice)	N/A	4:00 PM	6:30 PM	SSHS WHITE GYM		
Sep 4, 2024	Wed	Practice (Practice)	N/A	4:00 PM	6:30 PM	SSHS WHITE GYM		
Sep 5, 2024	Thu	Practice (Practice)	N/A	4:00 PM	6:30 PM	SSHS WHITE GYM		
Sep 6, 2024	Fri	Practice (Practice)	N/A	4:00 PM	6:30 PM	SSHS WHITE GYM		
Sep 9, 2024	Mon	Practice (Practice)	N/A	4:00 PM	6:30 PM	SSHS WHITE GYM		
Sep 10, 2024	Tue	Practice (Practice)	N/A	4:00 PM	6:30 PM	SSHS WHITE GYM		
Sep 11, 2024	Wed	Practice (Practice)	N/A	4:00 PM	6:30 PM	SSHS WHITE GYM		
Sep 12, 2024	Thu	Practice (Practice)	N/A	4:00 PM	6:30 PM	Saratoga Springs Wellness Studio		
Sep 13, 2024	Fri	Regular Season	Schenectady High School (Fall)	7:00 PM		Saratoga Springs High School		L
Sep 16, 2024	Mon	Practice (Practice)	N/A	4:00 PM	6:30 PM	Saratoga Springs Wellness Studio		
Sep 17, 2024	Tue	Practice (Practice)	N/A	4:00 PM	6:30 PM	Saratoga Springs Wellness Studio		
Sep 18, 2024	Wed	Practice (Practice)	N/A	4:00 PM	6:30 PM	SSHS WHITE GYM		
Sep 19, 2024	Thu	Practice (Practice)	N/A	4:00 PM	6:30 PM	SSHS WHITE GYM		
Sep 20, 2024	Fri	Regular Season	Queensbury	7:00 PM		Saratoga Springs High School		L
Sep 23, 2024	Mon	Practice (Practice)	N/A	3:00 PM	5:30 PM	SSHS WHITE GYM		
Sep 24, 2024	Tue	Practice (Practice)	N/A	3:00 PM	5:30 PM	SSHS WHITE GYM		
Sep 25, 2024	Wed	Practice (Practice)	N/A	3:00 PM	5:30 PM	SSHS WHITE GYM		

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Sep 26, 2024	Thu	Practice (Practice)	N/A	3:00 PM	5:30 PM	SSHS WHITE GYM		
Sep 27, 2024	Fri	Regular Season	Niskayuna High School (Competitive)	7:00 PM		Saratoga Springs High School		L
Sep 30, 2024	Mon	Practice (Practice)	N/A	3:00 PM	5:30 PM	SSHS WHITE GYM		
Oct 1, 2024	Tue	Practice	N/A	3:00 PM	5:30 PM	Saratoga Springs Wellness Studio		
Oct 2, 2024	Wed	Practice	N/A	3:00 PM	5:30 PM	SSHS WHITE GYM		
Oct 6, 2024	Sun	Regular Season (Cheer Comp)	@ Burnt Hills-Ballston Lake HS (Fall)	8:00 AM		BH-BL HS Centennial Field		NL
Oct 7, 2024	Mon	Practice	N/A	4:30 PM	6:30 PM	SSHS WHITE GYM		
Oct 8, 2024	Tue	Practice	N/A	4:30 PM	6:30 PM	SSHS WHITE GYM		
Oct 10, 2024	Thu	Practice	N/A	4:30 PM	6:30 PM	Saratoga Springs Wellness Studio		
Oct 11, 2024	Fri	Practice	N/A	4:30 PM	6:30 PM	SSHS WHITE GYM		
Oct 15, 2024	Tue	Practice	N/A	3:00 PM	5:30 PM	SSHS WHITE GYM		
Oct 16, 2024	Wed	Practice	N/A	3:00 PM	5:30 PM	SSHS WHITE GYM		
Oct 16, 2024	Wed	Regular Season (Section 2 Game Day Cheer Competition)	Colonie High School (Fall), Schenectady High School (Fall), Guilderland High School (Fall), Niskayuna High School (Competitive), Troy (Fall), Scotia-Glenville, TBD, Schuylerville (Fall), Schalmont, West Canada Valley (Fall), Ballston Spa High School (Fall), Albany High School (Fall) @ Columbia High School (Fall)	4:30 PM	9:30 PM	Columbia H.S.		L
Oct 17, 2024	Thu	Practice	N/A	3:00 PM	5:30 PM	SSHS WHITE GYM		
Oct 18, 2024	Fri	Practice	N/A	3:00 PM	5:30 PM	SSHS WHITE GYM		
Oct 21, 2024	Mon	Practice	N/A	3:00 PM	5:30 PM	SSHS WHITE GYM		
Oct 22, 2024	Tue	Practice	N/A	3:00 PM	5:30 PM	Saratoga Springs Wellness Studio		
Oct 23, 2024	Wed	Practice	N/A	3:00 PM	5:30 PM	SSHS WHITE GYM		
Oct 24, 2024	Thu	Practice	N/A	3:00 PM	5:30 PM	SSHS WHITE GYM		

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Oct 25, 2024	Fri	Regular Season	Shaker High School (Fall)	7:00 PM		Saratoga Springs High School		L
Oct 27, 2024	Sun	Regular Season (Cheer Competition)	Ballston Spa High School (Competitive), Schuylerville (Fall), Broadalbin-Perth (Fall Cheerleading), TBD @ Niskayuna High School (Competitive)	12:00 PM	6:00 PM	Niskayuna High School		NL
Oct 28, 2024	Mon	Practice	N/A	3:00 PM	5:30 PM	SSHS WHITE GYM		
Oct 29, 2024	Tue	Practice	N/A	3:00 PM	5:30 PM	SSHS WHITE GYM		
Oct 30, 2024	Wed	Practice	N/A	3:00 PM	5:30 PM	SSHS WHITE GYM		
Oct 31, 2024	Thu	Practice	N/A	3:00 PM	5:30 PM	SSHS WHITE GYM		
Jan 25, 2025	Sat	Regular Season (Clash of the Titans Invitational)	Greenville	6:30 PM		House of Toga		NL
Jan 25, 2025	Sat	Regular Season	Schuylerville (Winter), Niskayuna High School (Competitive), Colonie High School (Fall), Schenectady High School (Fall), Shaker High School (Competitive), Ballston Spa High School (Competitive)	TBD		Saratoga Springs High School		L
Jan 25, 2025	Sat	Regular Season (Clash of the Titans)	Broadalbin-Perth (Competitive Cheer)	TBD		Saratoga Springs High School		NL
Jan 25, 2025	Sat	Regular Season	Hudson Falls (Competitive Cheer Winter)	TBD		Saratoga Springs High School		L
Mar 1, 2025	Sat	Post-Season (Sectionals)	Schuylerville (Winter)	10:00 AM		Saratoga Springs High School		L
Mar 1, 2025	Sat	Post-Season (Cheer Sectionals)	Hudson Falls (Competitive Cheer Winter)	TBD		Saratoga Springs High School		NL

Date: 2025-12-06