



# 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
Aug 18, 2025	Mon	Practice	N/A	3:00 PM	5:30 PM	SSHS BLUE GYM		
Aug 19, 2025	Tue	Practice	N/A	3:00 PM	5:30 PM	SSHS BLUE GYM		
Aug 20, 2025	Wed	Practice	N/A	3:00 PM	5:30 PM	SSHS BLUE GYM		
Aug 21, 2025	Thu	Practice	N/A	3:00 PM	5:30 PM	SSHS BLUE GYM		
Aug 22, 2025	Fri	Practice	N/A	3:00 PM	5:30 PM	SSHS BLUE GYM		
Aug 25, 2025	Mon	Practice	N/A	3:00 PM	5:30 PM	SSHS BLUE GYM		
Aug 26, 2025	Tue	Practice	N/A	3:00 PM	5:30 PM	SSHS BLUE GYM		
Aug 27, 2025	Wed	Practice	N/A	3:00 PM	5:30 PM	SSHS BLUE GYM		
Aug 28, 2025	Thu	Practice	N/A	4:00 PM	8:00 PM	SSHS BLUE GYM		
Aug 29, 2025	Fri	Practice	N/A	4:00 PM	8:00 PM	SSHS BLUE GYM		
Oct 21, 2025	Tue	Regular Season	Schuylerville (Fall), Colonie High School (Fall), Niskayuna High School (Competitive), Ballston Spa High School (Competitive), Amsterdam @ Guilderland High School (Fall)	4:30 PM		Guilderland High School West (Big) Gym		L
Oct 26, 2025	Sun	Regular Season (Niskayuna Game Day Cheer Competition)	Broadalbin-Perth (Fall Cheerleading), Albany High School (Competitive) @ Niskayuna High School (Competitive)	10:00 AM	1:30 PM	Niskayuna High School		NL
Oct 29, 2025	Wed	Regular Season	Schenectady High School (Fall), Niskayuna High School (Competitive), Amsterdam, Columbia High School (Fall), Mohonasen, Glens Falls, Guilderland High School (Fall) @ Colonie High School (Fall)	TBD		Colonie High School MUG (Main Gymnasium)		L
Nov 1, 2025	Sat	Post-Season (Cheering Sectionals)	@ TBD	10:00 AM		Albany High School	Departure Time: 10:00 AM	L
Jan 24, 2026	Sat	Regular Season (Karde's Angels Competition)	Greenville	8:30 AM		Saratoga Springs High School		NL

Date: 2025-12-06