



Shaker High School

(G) V Gymnastics

Coaches:

- Keshia Ramirez, Head Coach
- Keri Lockhart, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 15, 2023	Wed	Practice	N/A	TBD		Northeast Institute of Gymnastics	Departure Time: 3:15 PM	
Nov 29, 2023	Wed	Practice	N/A	TBD		Northeast Institute of Gymnastics	Departure Time: 3:15 PM	
Dec 6, 2023	Wed	Practice	N/A	TBD		Northeast Institute of Gymnastics	Departure Time: 3:15 PM	
Dec 9, 2023	Sat	Meet (Shaker Invitational)	Vs. Multiple	10:00 AM		Shaker High School- H Gym		NL
Dec 13, 2023	Wed	Regular Season	Bethlehem High School	6:00 PM		Shaker High School- H Gym		L
Dec 20, 2023	Wed	Regular Season	Saratoga Springs High School	6:00 PM		Shaker High School- H Gym		L
Jan 3, 2024	Wed	Regular Season 159-148 W	Guilderland High School	6:00 PM		Shaker High School- H Gym		L
Jan 10, 2024	Wed	Practice	N/A	TBD		Northeast Institute of Gymnastics	Departure Time: 3:15 PM	
Jan 24, 2024	Wed	Practice	N/A	TBD		Northeast Institute of Gymnastics	Departure Time: 3:15 PM	
Feb 7, 2024	Wed	Practice	N/A	TBD		Northeast Institute of Gymnastics	Departure Time: 3:15 PM	
Feb 14, 2024	Wed	Post-Season (Sectionals)	TBD	4:30 PM		Shaker High School- H Gym		L
Mar 2, 2024	Sat	Post-Season (State Championships)	TBD	TBD		Clarence High School		L

Date: 2024-05-03