



# 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 16, 2022	Wed	Practice	N/A	3:30 PM		Northeast Institute of Gymnastics	<b>Departure Time:</b> 3:15 PM	
Nov 30, 2022	Wed	Practice	N/A	3:30 PM		Northeast Institute of Gymnastics	<b>Departure Time:</b> 3:15 PM	
Dec 7, 2022	Wed	Practice	N/A	3:30 PM		Northeast Institute of Gymnastics	<b>Departure Time:</b> 3:15 PM	
Dec 10, 2022	Sat	Meet (Shaker Invitational)	Vs. Multiple	10:00 AM		Shaker High School- H Gym		NL
Dec 14, 2022	Wed	Regular Season	@ Saratoga Springs High School	6:00 PM		YMCA Wilton Branch	<b>Departure Time:</b> 3:45 PM <b>Return Date:</b> <b>Return Time:</b> 8:45 PM	L
Dec 21, 2022	Wed	Regular Season 156-143 W	Guilderland High School	6:00 PM		Shaker High School- H Gym		L
Jan 11, 2023	Wed	Regular Season 153-157 L	Bethlehem High School	6:00 PM		Shaker High School- H Gym		L
Jan 13, 2023	Fri	Regular Season (Saratoga Invy)	Bethlehem High School @ Saratoga Springs High School	4:30 PM		YMCA Wilton Branch	<b>Departure Time:</b> 2:30 PM <b>Return Date:</b> <b>Return Time:</b> 7:00 PM	L
Jan 15, 2023	Sun	Regular Season 160-151 W	@ Guilderland High School	12:00 PM	3:00 PM	World Class Gymnastics		L
Jan 18, 2023	Wed	Regular Season 158-169 L	Saratoga Springs High School	6:00 PM		Shaker High School- H Gym		L
Jan 27, 2023	Fri	Regular Season (Purple Passion)	@ Saratoga Springs High School	4:30 PM		YMCA Wilton Branch	<b>Departure Time:</b> 2:30 PM <b>Return Date:</b> <b>Return Time:</b> 8:00 PM	L
Jan 29, 2023	Sun	Regular Season	@ Bethlehem High School	12:00 PM	2:00 PM	World Class Gymnastics (Latham)	<b>Departure Time:</b> 3:45 PM <b>Return Date:</b> <b>Return Time:</b> 8:45 PM	L
Feb 3, 2023	Fri	Meet (Tumble For Hunger)	Vs. Multiple	4:30 PM		High School Gym C	<b>Departure Time:</b> 2:45 PM <b>Return Date:</b> <b>Return Time:</b> 7:45 PM	NL
Feb 8, 2023	Wed	Practice	N/A	3:30 PM		Northeast Institute of Gymnastics	<b>Departure Time:</b> 3:15 PM	
Feb 9, 2023	Thu	Regular Season (Suburban Council All Around Meet)	Bethlehem High School, Guilderland High School @ Saratoga Springs High School	4:30 PM		YMCA Wilton Branch		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 9, 2023	Thu	Post-Season (All Around)	TBD	4:30 PM		Wilton YMCA	<b>Departure Time:</b> 2:30 PM <b>Return Date:</b> <b>Return Time:</b> 8:30 PM	L
Feb 15, 2023	Wed	Post-Season (Sectionals)	TBD	4:30 PM		Shaker High School- H Gym		L

Date: 2025-12-06