



# 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	<b>Departure Time:</b> 3:15 PM	
Nov 29, 2023	Wed	Practice	N/A	TBD		Northeast Institute of Gymnastics	<b>Departure Time:</b> 3:15 PM	
Dec 6, 2023	Wed	Practice	N/A	TBD		Northeast Institute of Gymnastics	<b>Departure Time:</b> 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	<b>Departure Time:</b> 3:15 PM	
Jan 12, 2024	Fri	Regular Season (Saratoga Invitational)	@ Saratoga Springs High School	4:30 PM	6:30 PM	YMCA Wilton Branch		L
Jan 17, 2024	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> 8:30 PM	L
Jan 22, 2024	Mon	Regular Season 152-146 W	@ Guilderland High School	4:30 PM	6:30 PM	Lynnwood Elementary	<b>Departure Time:</b> 3:00 PM <b>Return Date:</b> <b>Return Time:</b> 7:00 PM	L
Jan 24, 2024	Wed	Practice	N/A	TBD		Northeast Institute of Gymnastics	<b>Departure Time:</b> 3:15 PM	
Jan 26, 2024	Fri	Regular Season (Purple Passion)	@ Saratoga Springs High School	4:30 PM	6:30 PM	YMCA Wilton Branch	<b>Departure Time:</b> 2:30 PM <b>Return Date:</b> <b>Return Time:</b> 8:00 PM	L
Jan 31, 2024	Wed	Regular Season	@ Bethlehem High School	6:00 PM	8:00 PM	High School Gym C	<b>Departure Time:</b> 4:15 PM <b>Return Date:</b> <b>Return Time:</b> 8:30 PM	L
Feb 2, 2024	Fri	Meet (Tumble For Hunger)	Vs. Multiple	4:30 PM	6:30 PM	High School Gym C	<b>Departure Time:</b> 3:00 PM <b>Return Date:</b> <b>Return Time:</b> 8:00 PM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 7, 2024	Wed	Practice	N/A	TBD		Northeast Institute of Gymnastics	<b>Departure Time:</b> 3:15 PM	
Feb 8, 2024	Thu	Regular Season (Suburban Council All Around)	Bethlehem High School, Guilderland High School @ Saratoga Springs High School	4:30 PM	6:30 PM	YMCA Wilton Branch	<b>Departure Time:</b> 2:30 PM <b>Return Date:</b> <b>Return Time:</b> 7:30 PM	L
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