



# 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 18, 2024	Mon	Practice	N/A	3:30 PM		Northeast Institute of Gymnastics	<b>Departure Time:</b> 3:10 PM	
Nov 25, 2024	Mon	Practice	N/A	3:30 PM		Northeast Institute of Gymnastics	<b>Departure Time:</b> 3:10 PM	
Dec 2, 2024	Mon	Practice	N/A	3:30 PM		Northeast Institute of Gymnastics	<b>Departure Time:</b> 3:10 PM	
Dec 7, 2024	Sat	Meet (Twists Turns & Toys)	Vs. Multiple	10:00 AM		Shaker High School- H Gym		NL
Dec 9, 2024	Mon	Practice	N/A	3:30 PM		Northeast Institute of Gymnastics	<b>Departure Time:</b> 3:10 PM	
Dec 11, 2024	Wed	Regular Season	@ Saratoga Springs High School	6:00 PM		YMCA Wilton Branch	<b>Departure Time:</b> 4:00 PM <b>Return Date:</b> <b>Return Time:</b> 8:30 PM	L
Dec 16, 2024	Mon	Practice	N/A	3:30 PM		Northeast Institute of Gymnastics	<b>Departure Time:</b> 3:10 PM	
Dec 18, 2024	Wed	Regular Season	Bethlehem High School	6:00 PM		Shaker High School- H Gym		L
Jan 6, 2025	Mon	Practice	N/A	3:30 PM		Northeast Institute of Gymnastics	<b>Departure Time:</b> 3:10 PM	
Jan 8, 2025	Wed	Regular Season 157-149 W	Guilderland High School	6:00 PM		Shaker High School- H Gym		L
Jan 10, 2025	Fri	Regular Season (Tri Team 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> 8:30 PM	L
Jan 13, 2025	Mon	Regular Season 156-157 L	@ Guilderland High School	6:00 PM	8:30 PM	Lynnwood Elementary	<b>Departure Time:</b> 4:30 PM <b>Return Date:</b> <b>Return Time:</b> 8:30 PM	L
Jan 15, 2025	Wed	Regular Season	Saratoga Springs High School	6:00 PM		Shaker High School- H Gym		L
Jan 24, 2025	Fri	Regular Season (Livlikeliv)	@ Saratoga Springs High School	4:30 PM		YMCA Wilton Branch	<b>Departure Time:</b> 2:45 PM <b>Return Date:</b> <b>Return Time:</b> 8:30 PM	L
Jan 27, 2025	Mon	Practice	N/A	3:30 PM		Northeast Institute of Gymnastics	<b>Departure Time:</b> 3:10 PM	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
POSTPONED Jan 31, 2025	Fri	Meet (Tumble For Hunger)	Vs. Multiple	4:00 PM	8:00 PM	High School Gym C	<b>Departure Time:</b> 2:45 PM <b>Return Date:</b> <b>Return Time:</b> 8:30 PM	NL
Jan 31, 2025	Fri	Regular Season	@ Bethlehem High School	6:00 PM	8:00 PM	Shaker High School		L
Feb 3, 2025	Mon	Practice	N/A	3:30 PM		Northeast Institute of Gymnastics	<b>Departure Time:</b> 3:10 PM	
Feb 5, 2025	Wed	Regular Season (Suburban Council All Around)	TBD @ Saratoga Springs High School	4:30 PM		YMCA Wilton Branch	<b>Departure Time:</b> 2:45 PM <b>Return Date:</b> <b>Return Time:</b> 8:30 PM	L
Feb 10, 2025	Mon	Practice	N/A	3:30 PM		Northeast Institute of Gymnastics	<b>Departure Time:</b> 3:10 PM	
Feb 12, 2025	Wed	Post-Season (Sectionals)	TBD	4:30 PM		Shaker High School- H Gym		L

Date: 2026-02-04