

## Coaches:

- Kelly Palider, Head Coach
- Kendra Pierrot, Asst Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE TRANSPORTATION / NON- LEAGUE
Aug 21, 2023	Mon	Practice	N/A	3:15 PM	5:15 PM	FMHS Cafeteria	
Aug 23, 2023	Wed	Practice	N/A	3:15 PM	5:15 PM	FMHS Cafeteria	
Aug 24, 2023	Thu	Practice	N/A	3:15 PM	5:15 PM	FMHS Cafeteria	
Aug 25, 2023	Fri	Practice	N/A	3:15 PM	5:15 PM	FMHS Cafeteria	
Aug 28, 2023	Mon	Practice	N/A	3:15 PM	5:15 PM	FMHS Cafeteria	
Aug 29, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	FMHS Cafeteria	
Aug 30, 2023	Wed	Practice	N/A	3:30 PM	5:30 PM	FMHS Cafeteria	
Sep 1, 2023	Fri	Practice	N/A	3:15 PM	5:15 PM	FMHS Cafeteria	
Sep 6, 2023	Wed	Practice	N/A	3:15 PM	5:15 PM	FMHS Cafeteria	
Sep 7, 2023	Thu	Practice	N/A	3:15 PM	5:15 PM	FMHS Cafeteria	
Sep 8, 2023	Fri	Practice	N/A	3:15 PM	5:15 PM	FMHS Cafeteria	
Sep 9, 2023	Sat	Practice	N/A	10:30 AM	12:30 PM	FMHS Cafeteria	
Sep 11, 2023	Mon	Practice	N/A	3:15 PM	5:15 PM	FMHS Cafeteria	
Sep 13, 2023	Wed	Practice	N/A	3:15 PM	5:15 PM	FMHS Cafeteria	
Sep 15, 2023	Fri	Practice	N/A	3:15 PM	5:15 PM	FMHS Cafeteria	
Sep 18, 2023	Mon	Practice	N/A	3:15 PM	5:15 PM	FMHS Cafeteria	
Sep 20, 2023	Wed	Practice	N/A	3:15 PM	5:15 PM	FMHS Cafeteria	
Sep 21, 2023	Thu	Practice	N/A	3:15 PM	5:15 PM	FMHS Cafeteria	
Sep 27, 2023	Wed	Practice	N/A	3:15 PM	5:15 PM	FMHS Cafeteria	
Sep 29, 2023	Fri	Practice	N/A	3:15 PM	5:15 PM	FMHS Cafeteria	
Sep 30, 2023	Sat	Practice	N/A	10:30 AM	12:30 PM	FMHS Cafeteria	
Oct 2, 2023	Mon	Practice	N/A	3:15 PM	5:15 PM	FMHS Cafeteria	
Oct 4, 2023	Wed	Practice	N/A	3:15 PM	5:15 PM	FMHS Cafeteria	
Oct 5, 2023	Thu	Practice	N/A	3:15 PM	5:15 PM	TBD	
Oct 6, 2023	Fri	Regular Season (Homecoming)	Utica Proctor (Co-ed Fall)	7:00 PM		Hornet Stadium	L
Oct 10, 2023	Tue	Practice	N/A	3:15 PM	5:15 PM	FMHS Cafeteria	

								LEAGUE
DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	
Oct 11, 2023	Wed	Practice	N/A	4:30 PM	6:30 PM	FM HS House 2 Gym		
Oct 12, 2023	Thu	Practice	N/A	3:15 PM	5:15 PM	FMHS Cafeteria		
Oct 13, 2023	Fri	Practice	N/A	3:15 PM	5:15 PM	FMHS Cafeteria		
Oct 14, 2023	Sat	Regular Season (Fear to Cheer Competition)	TBD	10:00 AM		TBD	<b>Departure Point:</b> House 1	L
Oct 16, 2023	Mon	Practice	N/A	3:15 PM	5:15 PM	FMHS Cafeteria		
Oct 18, 2023	Wed	Practice	N/A	3:15 PM	5:15 PM	FMHS Cafeteria		
Oct 19, 2023	Thu	Practice	N/A	3:15 PM	5:15 PM	FMHS Cafeteria		
Oct 21, 2023	Sat	Regular Season (SCARFest- CNS Cheer Competition)	TBD	TBD		TBD	Departure Point: House 1 Departure Time: 12:00 PM	L
Oct 23, 2023	Mon	Practice	N/A	3:15 PM	5:15 PM	FMHS Cafeteria		
Oct 25, 2023	Wed	Practice	N/A	3:15 PM	5:15 PM	FMHS Cafeteria		
Oct 26, 2023	Thu	Practice	N/A	3:15 PM	5:15 PM	FMHS Cafeteria		
Oct 27, 2023	Fri	Practice	N/A	3:15 PM	5:15 PM	FMHS Cafeteria		
Oct 27, 2023	Fri	Regular Season (Sectional Quarter Final)	@ Baldwinsville (FALL)	6:30 PM	9:00 PM	Bville - Baker P/A Stadium TURF		L
Nov 1, 2023	Wed	Practice	N/A	3:15 PM	5:15 PM	FMHS Cafeteria		

Date: 2024-05-16