

## Coaches:

• Kelly Palider, Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE TRANSPORTATION / NON- LEAGUE
Aug 16, 2018	Thu	Practice (Practice)	N/A	8:00 AM	10:00 AM	FM HS House 2 Gym	
Aug 17, 2018	Fri	Practice (Practice)	N/A	8:00 AM	11:00 AM	FM HS House 2 Gym	
Aug 18, 2018	Sat	Practice (Practice)	N/A	8:00 AM	11:00 AM	FM HS House 2 Gym	
Aug 20, 2018	Mon	Practice (Practice)	N/A	8:00 AM	10:00 AM	FM HS House 2 Gym	
Aug 22, 2018	Wed	Practice (Practice)	N/A	8:00 AM	10:00 AM	FM HS House 2 Gym	
Aug 23, 2018	Thu	Practice (Practice)	N/A	8:00 AM	10:00 AM	FM HS House 2 Gym	
Aug 24, 2018	Fri	Practice (Practice)	N/A	8:00 AM	10:00 AM	FM HS House 2 Gym	
Aug 27, 2018	Mon	Practice (Practice)	N/A	8:00 AM	10:00 AM	FM HS House 2 Gym	
Aug 28, 2018	Tue	Practice (Practice)	N/A	8:00 AM	10:00 AM	FM HS House 2 Gym	
Aug 29, 2018	Wed	Practice (Practice)	N/A	8:00 AM	11:00 AM	FM HS House 2 Gym	
Aug 30, 2018	Thu	Practice (Practice)	N/A	8:00 AM	11:00 AM	FM HS House 2 Gym	
Aug 31, 2018	Fri	Practice (NCA Camp)	N/A	9:00 AM	4:00 PM	FM HS House 2 Gym	
Sep 1, 2018	Sat	Practice (NCA Camp)	N/A	10:00 AM	4:00 PM	FM HS House 2 Gym	
Sep 4, 2018	Tue	Practice (Practice - Choreo)	N/A	8:00 AM	2:00 PM	FM HS House 2 Gym	
Sep 5, 2018	Wed	Practice (Practice)	N/A	3:30 PM	5:30 PM	FM HS House 2 Gym	
Sep 6, 2018	Thu	Practice (Practice)	N/A	3:30 PM	5:30 PM	FM HS House 2 Gym	
Sep 7, 2018	Fri	Regular Season	@ Christian Brothers Academy, Dewitt	7:00 PM		Alibrandi Stadium	Departure Point: FMHS 1 Departure Time: 5:30 PM
Sep 10, 2018	Mon	Practice (Practice)	N/A	7:00 PM	9:00 PM	FM HS House 2 Gym	

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	FEND TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 11, 2018	Tue	Practice (Practice)	N/A	3:30 PM	5:30 PM	FM HS House 2 Gym		
Sep 12, 2018	Wed	Practice (Practice)	N/A	3:30 PM	5:30 PM	FM HS House 2 Gym		
Sep 13, 2018	Thu	Practice (Practice)	N/A	6:00 PM	8:00 PM	FM HS House 2 Gym		
Sep 17, 2018	Mon	Practice (Practice)	N/A	3:30 PM	5:30 PM	FM HS House 2 Gym		
Sep 18, 2018	Tue	Practice (Practice)	N/A	3:30 PM	5:30 PM	FM HS House 2 Gym		
Sep 20, 2018	Thu	Practice (Practice)	N/A	3:30 PM	5:30 PM	FM HS House 2 Gym		
Sep 25, 2018	Tue	Practice (Practice)	N/A	3:30 PM	5:30 PM	FM HS House 2 Gym		
Sep 27, 2018	Thu	Practice (Practice)	N/A	3:30 PM	5:30 PM	FM HS House 2 Gym		
Sep 28, 2018	Fri	Regular Season	Rome Free Academy (Fall)	7:00 PM	8:00 PM	TBD	Departure Point: FMHS 1 Departure Time: 5:45 PM	NL
Oct 2, 2018	Tue	Practice (Practice)	N/A	3:30 PM	5:30 PM	FM HS Aux Gym		
Oct 3, 2018	Wed	Practice (Practice)	N/A	3:00 PM	4:15 PM	FM HS House 2 Gym		
Oct 4, 2018	Thu	Practice (Practice)	N/A	3:30 PM	5:30 PM	FM HS House 2 Gym		
Oct 9, 2018	Tue	Practice (Practice)	N/A	3:30 PM	5:30 PM	FM HS House 2 Gym		
Oct 10, 2018	Wed	Regular Season (The Fall 2018 Cheer Scrimmage)	@ West Genesee (Fall)	3:30 PM	4:15 PM	TBD	Departure Point: FMHS 1, EH Departure Time: 2:45 PM	NL
Oct 11, 2018	Thu	Practice (Practice)	N/A	3:30 PM	5:30 PM	FM HS House 2 Gym		
Oct 12, 2018	Fri	Regular Season ( **HOMECOMING**)	@ Baldwinsville (FALL)	6:30 PM	9:00 PM	Bville - Baker P/A Stadium TURF	Departure Point: FMHS 1 Departure Time: 5:30 PM	L
Oct 15, 2018	Mon	Practice (Practice)	N/A	3:30 PM	5:15 PM	FM HS House 2 Gym		
Oct 16, 2018	Tue	Practice (Practice)	N/A	3:30 PM	5:30 PM	FM HS House 2 Gym		
Oct 18, 2018	Thu	Practice (Practice)	N/A	6:00 PM	8:00 PM	FM HS House 2 Gym		
Oct 19, 2018	Fri	Practice (Practice)	N/A	3:00 PM	5:30 PM	FM HS House 2 Gym		

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 20, 2018	Sat	Regular Season (CNS Scarefest Cheerleading Competition)	@ Cicero-North Syracuse (Fall)	9:00 AM	3:00 PM	NSJHS Main Gym	Departure Point: FMHS 1 Departure Time: 8:00 AM	NL
Oct 23, 2018	Tue	Practice (Practice)	N/A	3:30 PM	5:30 PM	FM HS House 2 Gym		
Oct 24, 2018	Wed	Regular Season (SCAC Leagues)	Cicero-North Syracuse (Fall), West Genesee (Fall), Fulton, East Syracuse Minoa (Fall), Oswego @ Central Square (Fall)	5:00 PM		CS: Paul V. Moore Gymnasium		L
Oct 25, 2018	Thu	Practice (Practice)	N/A	3:30 PM	5:30 PM	FM HS House 2 Gym		
Oct 26, 2018	Fri	Regular Season (Football Sectional Semi-Finals)	Cicero-North Syracuse (Fall)	4:30 PM		CNS HS- Bragman Stadium	Departure Point: FMHS HS 1 Departure Time: 3:45 PM	NL
Dec 7, 2018	Fri	Regular Season	@ Jamesville-Dewitt (Fall)	8:00 PM	9:30 PM	JD HS Main Gym		L

Date: 2025-12-11