

Coaches:

• Kelly Palider, Head Coach

		TYPE	OPPONENTS	START TIME	TIME	LOCATION	TRANSPORTATION	/ NON- LEAGUE
Aug 27, 2019	Tue	Practice (Practice)	N/A	5:00 PM	7:00 PM	FM HS Cafeteria		
Aug 28, 2019	Wed	Practice (Practice)	N/A	5:00 PM		FM HS Cafeteria		
Aug 29, 2019	Thu	Practice (Practice)	N/A	5:00 PM	7:00 PM	FM HS Cafeteria		
Sep 3, 2019	Tue	Practice (Practice)	N/A	5:00 PM	7:00 PM	FM HS Cafeteria		
Sep 5, 2019	Thu	Practice (Practice)	N/A	5:00 PM		FM HS Cafeteria		
Sep 10, 2019	Tue	Practice (Practice)	N/A	5:00 PM	7:00 PM	FM HS Cafeteria		
Sep 12, 2019	Thu	Practice (Practice)	N/A	5:00 PM		FM HS Cafeteria		
Sep 17, 2019	Tue	Practice (Practice)	N/A	5:00 PM	7:00 PM	FM HS Cafeteria		
Sep 19, 2019	Thu	Practice (Practice)	N/A	5:00 PM		FM HS Cafeteria		
Sep 24, 2019	Tue	Practice (Practice)	N/A	5:00 PM		FM HS Cafeteria		
Sep 26, 2019	Thu	Practice (Practice)	N/A	5:00 PM	7:00 PM	FM - Eagle Hill MS - Gym		
Oct 1, 2019	Tue	Practice (Practice)	N/A	5:00 PM	7:00 PM	FM HS Cafeteria		
Oct 3, 2019	Thu	Practice (Practice)	N/A	5:00 PM	7:00 PM	FM HS Cafeteria		
Oct 4, 2019	Fri	Regular Season	Rome Free Academy (Fall)	7:00 PM		Hornet Stadium		L
Oct 8, 2019	Tue	Practice (Practice)	N/A	5:00 PM		FM HS Cafeteria		
Oct 10, 2019	Thu	Practice (Practice)	N/A	5:00 PM		FM HS Cafeteria		
Oct 15, 2019	Tue	Practice (Practice)	N/A	5:00 PM		FM HS Cafeteria		
Oct 17, 2019	Thu	Practice (Practice)	N/A	5:00 PM		FM HS Cafeteria		
Oct 19, 2019	Sat	Regular Season (CNS Scarefest Cheer Competition)	Cicero-North Syracuse (Fall)	9:00 AM		NSJHS Main Gym	Departure Point: FMHS HS 1	NL
Oct 22, 2019	Tue	Practice (Practice)	N/A	5:00 PM	7:00 PM	FM HS Cafeteria		
Oct 24, 2019	Thu	Practice (Practice)	N/A	5:00 PM		FM HS Cafeteria		
Oct 26, 2019	Sat	Regular Season (12th Annual Section III Fall Cheerleading Championships)	West Genesee (Fall)	TBD		WG-HS Lower Gym	Departure Point: FMHS HS 1	NL
Oct 29, 2019	Tue	Practice (Practice)	N/A	5:00 PM		FM HS Cafeteria		
Oct 31, 2019	Thu	Practice (Practice)	N/A	5:00 PM		FM HS Cafeteria		

DATE	WEEK DAY TYPE	OPPONENTS	START END LOCATION TRANSPORTATION / NON-LEAGUE
Nov 5, 2019	Tue Practice (Practice)	N/A	5:00 7:00 FM HS PM PM Cafeteria
Nov 7, 2019	Thu Practice (Practice)	N/A	5:00 7:00 FM HS PM PM Cafeteria

Date: 2025-12-08