



Indian River

(G) V Cheerleading (Fall)

Coaches:

- Tori Vrabel, Head Coach
- Paige Saltzman, Volunteer

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 21, 2023	Mon	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Aug 22, 2023	Tue	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Aug 23, 2023	Wed	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Aug 24, 2023	Thu	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Aug 25, 2023	Fri	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Aug 28, 2023	Mon	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Aug 29, 2023	Tue	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
CANCELLED Aug 30, 2023	Wed	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Aug 31, 2023	Thu	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
CANCELLED Sep 1, 2023	Fri	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
POSTPONED Sep 4, 2023	Mon	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 5, 2023	Tue	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Sep 6, 2023	Wed	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Sep 7, 2023	Thu	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Sep 8, 2023	Fri	Practice	N/A	TBD		Wolves Stadium, Turf Facility (Field A)			
Sep 11, 2023	Mon	Practice (Varsity Cheer Practice)	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Sep 12, 2023	Tue	Practice (Varsity Cheer Practice)	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Sep 13, 2023	Wed	Practice (Varsity Cheer Practice)	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Sep 14, 2023	Thu	Practice (Varsity Cheer Practice)	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Sep 15, 2023	Fri	Practice (Varsity Cheer Practice)	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Sep 18, 2023	Mon	Practice (Varsity Cheer Practice)	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Sep 19, 2023	Tue	Practice (Varsity Cheer Practice)	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Sep 20, 2023	Wed	Practice (Varsity Cheer Practice)	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Sep 21, 2023	Thu	Practice (Varsity Cheer Practice)	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 22, 2023	Fri	Practice (Varsity Cheer Practice)	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Sep 25, 2023	Mon	Practice (Varsity Cheer Practice)	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Sep 26, 2023	Tue	Practice (Varsity Cheer Practice)	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Sep 27, 2023	Wed	Practice (Varsity Cheer Practice)	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Sep 28, 2023	Thu	Practice (Varsity Cheer Practice)	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Sep 29, 2023	Fri	Practice (Varsity Cheer Practice)	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Oct 2, 2023	Mon	Practice (Varsity Cheer Practice)	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Oct 3, 2023	Tue	Practice (Varsity Cheer Practice)	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Oct 4, 2023	Wed	Practice (Varsity Cheer Practice)	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Oct 5, 2023	Thu	Practice (Varsity Cheer Practice)	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Oct 6, 2023	Fri	Practice (Varsity Cheer Practice)	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Oct 9, 2023	Mon	Practice (Varsity Cheer Practice)	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Oct 10, 2023	Tue	Practice (Varsity Cheer Practice)	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 11, 2023	Wed	Practice (Varsity Cheer Practice)	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Oct 12, 2023	Thu	Practice (Varsity Cheer Practice)	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Oct 13, 2023	Fri	Practice (Varsity Cheer Practice)	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Oct 14, 2023	Sat	Regular Season (Fear to Cheer Competition)	@ TBD	TBD		HS Gym	Bus/Driver: Coach Amato/15 Athletes	Departure Point: High School Athletic Doors Departure Time: 7:00 AM Return Date: Return Time: 3:15 PM	NL
Oct 16, 2023	Mon	Practice (Varsity Cheer Practice)	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Oct 18, 2023	Wed	Practice (Varsity Cheer Practice)	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Oct 19, 2023	Thu	Practice (Varsity Cheer Practice)	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Oct 20, 2023	Fri	Practice (Varsity Cheer Practice)	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Oct 23, 2023	Mon	Practice (Varsity Cheer Practice)	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Oct 24, 2023	Tue	Practice (Varsity Cheer Practice)	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Oct 25, 2023	Wed	Practice (Varsity Cheer Practice)	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Oct 26, 2023	Thu	Practice (Varsity Cheer Practice)	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 27, 2023	Fri	Practice (Varsity Cheer Practice)	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Oct 28, 2023	Sat	Post-Season (Section III Championship)	@ TBD	8:30 AM	5:00 PM	GBHS Main Gym	Bus/Driver: Coach Amato/15 Athletes	Departure Point: High School Athletic Doors Departure Time: 8:00 AM Return Date: Return Time: 4:00 PM	NL
CANCELLED Nov 5, 2023	Sun	Post-Season (State Championships at Binghamton Arena/Veterns Memorial Arena)	@ TBD	TBD		TBD	Bus/Driver: Coach Amato/15 Athletes	Departure Point: High School Athletic Doors	NL
Nov 12, 2023	Sun	Post-Season (Football Sectional Finals at Carrier Dome)	@ TBD	3:00 PM		JMA Wireles Dome	Bus/Driver: Coach Amato/15 Athletes	Departure Point: High School Athletic Doors Departure Time: 12:00 PM Return Date: Return Time: 7:30 PM	NL
Nov 18, 2023	Sat	Regular Season (NYSPHSAA Regional Class B Football Championship)	@ Maine-Endwell (Fall)	3:00 PM		Vestal Dick Hoover Stadium	Bus/Driver: Coach Amato/15 Athletes	Departure Point: High School Athletic Doors Departure Time: 10:30 AM Return Date: Return Time: 9:00 PM	L

Date: 2025-12-15