



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 18, 2025	Mon	Practice	N/A	3:30 PM	5:15 PM	TBD			
Aug 19, 2025	Tue	Practice	N/A	3:30 PM	5:15 PM	TBD			
Aug 20, 2025	Wed	Practice	N/A	3:30 PM	5:15 PM	TBD			
Aug 21, 2025	Thu	Practice	N/A	3:30 PM	5:15 PM	TBD			
Aug 22, 2025	Fri	Practice	N/A	3:45 PM	5:00 PM	TBD			
Aug 25, 2025	Mon	Practice	N/A	3:30 PM	5:15 PM	TBD			
Aug 26, 2025	Tue	Practice	N/A	3:30 PM	5:15 PM	TBD			
Aug 27, 2025	Wed	Practice	N/A	3:30 PM	5:15 PM	TBD			
Aug 28, 2025	Thu	Practice	N/A	3:30 PM	5:15 PM	TBD			
Sep 2, 2025	Tue	Practice	N/A	3:30 PM	5:15 PM	Indian River High School Auxiliary Gym			
Sep 3, 2025	Wed	Practice	N/A	3:30 PM	5:15 PM	Indian River High School Auxiliary Gym			
Sep 4, 2025	Thu	Practice	N/A	3:30 PM	5:15 PM	Indian River High School Auxiliary Gym			
Sep 8, 2025	Mon	Practice	N/A	3:30 PM	5:15 PM	Indian River High School Auxiliary Gym			
Sep 9, 2025	Tue	Practice	N/A	3:30 PM	5:15 PM	Indian River High School Auxiliary Gym			
Sep 10, 2025	Wed	Practice	N/A	3:30 PM	5:15 PM	Indian River High School Auxiliary Gym			
Sep 11, 2025	Thu	Practice	N/A	3:30 PM	5:15 PM	Indian River High School Auxiliary Gym			
Sep 15, 2025	Mon	Practice	N/A	3:30 PM	5:15 PM	Indian River High School Auxiliary Gym			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 16, 2025	Tue	Practice	N/A	3:30 PM	5:15 PM	Indian River High School Auxiliary Gym			
Sep 17, 2025	Wed	Practice	N/A	3:30 PM	5:15 PM	Indian River High School Auxiliary Gym			
Sep 18, 2025	Thu	Practice	N/A	3:30 PM	5:15 PM	Indian River High School Auxiliary Gym			
Sep 22, 2025	Mon	Practice	N/A	3:30 PM	5:15 PM	Indian River High School Auxiliary Gym			
Sep 23, 2025	Tue	Practice	N/A	3:30 PM	5:15 PM	Indian River High School Auxiliary Gym			
Sep 24, 2025	Wed	Practice	N/A	3:30 PM	5:15 PM	Indian River High School Auxiliary Gym			
Sep 25, 2025	Thu	Practice	N/A	3:30 PM	5:15 PM	Indian River High School Auxiliary Gym			
Sep 26, 2025	Fri	Practice	N/A	4:30 PM	6:30 PM	Indian River High School Auxiliary Gym			
Sep 29, 2025	Mon	Practice	N/A	3:30 PM	5:15 PM	Indian River High School Auxiliary Gym			
Sep 30, 2025	Tue	Practice	N/A	3:30 PM	5:15 PM	Indian River High School Auxiliary Gym			
Oct 1, 2025	Wed	Practice	N/A	3:30 PM	5:15 PM	Indian River High School Auxiliary Gym			
Oct 2, 2025	Thu	Practice	N/A	3:30 PM	5:15 PM	Indian River High School Auxiliary Gym, Indian River High School Main Gym			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 3, 2025	Fri	Practice	N/A	3:30 PM	5:15 PM	Indian River High School Auxiliary Gym			
Oct 3, 2025	Fri	Practice	N/A	4:45 PM	5:30 PM	Wolves Stadium, Turf Facility (Field A)			
Oct 4, 2025	Sat	Regular Season (Battle in the Den 2025)	@ TBD	TBD		Mexico HS #1- Stadium Field	Bus/Driver: Coach Vrabel/Saltzman/15 Athletes	Departure Point: High School Athletic Doors Departure Time: 8:45 AM Return Date: Return Time: 7:45 PM	NL
Oct 6, 2025	Mon	Practice	N/A	3:30 PM	5:15 PM	Indian River High School Auxiliary Gym			
Oct 7, 2025	Tue	Practice	N/A	3:30 PM	5:15 PM	Indian River High School Auxiliary Gym			
Oct 8, 2025	Wed	Practice	N/A	3:30 PM	5:15 PM	Indian River High School Auxiliary Gym			
Oct 9, 2025	Thu	Practice	N/A	3:30 PM	5:15 PM	Indian River High School Auxiliary Gym			
Oct 11, 2025	Sat	Regular Season (General Brown Cheer Competition)	Thousand Islands (Fall), Oswego, South Jefferson (Fall), Fulton, Watertown (Fall) @ General Brown	10:00 AM	1:00 PM	GBHS Main Gym, GBHS Auxiliary Gym, GBHS Cafeteria			NL
Oct 11, 2025	Sat	Regular Season (Spelldown Showdown)	@ TBD	11:00 AM	3:00 PM	GBHS Main Gym	Bus/Driver: Coach Vrabel/Saltzman/15 Athletes	Departure Point: High School Athletic Doors Departure Time: 8:30 AM Return Date: Return Time: 3:45 PM	NL
Oct 13, 2025	Mon	Practice	N/A	3:30 PM	5:15 PM	Indian River High School Auxiliary Gym			
Oct 14, 2025	Tue	Practice	N/A	3:30 PM	5:15 PM	Indian River High School Auxiliary Gym			
Oct 15, 2025	Wed	Practice	N/A	3:30 PM	5:15 PM	Indian River High School Auxiliary Gym			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 16, 2025	Thu	Practice	N/A	3:30 PM	4:30 PM	Indian River High School Auxiliary Gym			
Oct 20, 2025	Mon	Practice	N/A	3:30 PM	5:15 PM	Indian River High School Auxiliary Gym			
Oct 21, 2025	Tue	Practice	N/A	3:30 PM	5:15 PM	Indian River High School Auxiliary Gym			
Oct 21, 2025	Tue	Regular Season (Frontier League Tournament)	General Brown, Watertown (Fall), Sandy Creek (Fall Gameday Cheerleading), Thousand Islands (Fall), South Jefferson (Fall), Lowville @ Carthage	6:00 PM		Carthage HS Gym, Carthage MS Gym	Bus/Driver: 2 Coaches / 15 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:30 PM Return Date: Return Time: 8:45 PM	L
CANCELLED Oct 22, 2025	Wed	Practice	N/A	3:30 PM	5:15 PM	Indian River High School Auxiliary Gym			
Oct 23, 2025	Thu	Practice	N/A	4:00 PM	5:15 PM	Indian River High School Auxiliary Gym			
Oct 27, 2025	Mon	Practice	N/A	3:30 PM	5:15 PM	Indian River High School Auxiliary Gym			
Oct 28, 2025	Tue	Practice	N/A	3:30 PM	5:15 PM	Indian River High School Auxiliary Gym			
Oct 29, 2025	Wed	Practice	N/A	3:30 PM	5:15 PM	Indian River High School Auxiliary Gym			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 30, 2025	Thu	Post-Season (Sectional Game)	Central Valley Academy (Fall)	3:00 PM		Indian River Middle School Gym#1 (Main Office), Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side)			L
Oct 30, 2025	Thu	Practice	N/A	3:30 PM	5:15 PM	Indian River High School Auxiliary Gym			
Nov 1, 2025	Sat	Post-Season (Section 3 Gameday Cheerleading Championship)	Mount Markham (Fall), Waterville (Fall), Thousand Islands (Fall), Altmar-Parish-Williamstown, General Brown, Hannibal (Fall), South Jefferson (Fall), Chittenango (Fall), Mexico (Fall), Phoenix, Fulton, Jamesville-Dewitt (Fall), Oswego, Central Square (Fall), Christian Brothers Academy, Dewitt, Baldwinsville (FALL), Whitesboro (Fall), Carthage, Cicero-North Syracuse (Fall), West Genesee (Fall), TBD, Oriskany (Fall Oriskany/Westmo), Liverpool (Fall Cheer), Auburn (Fall) @ Sandy Creek (Fall Gameday Cheerleading)	10:30 AM	2:30 PM	Sandy Creek MS/HS Gym	Bus/Driver: 2 Coaches/15 Athletes	Departure Point: High School Athletic Doors Departure Time: 9:15 AM Return Date: Return Time: 4:30 PM	NL
CANCELLED Nov 3, 2025	Mon	Practice	N/A	3:30 PM	5:15 PM	Indian River High School Auxiliary Gym			
CANCELLED Nov 4, 2025	Tue	Practice	N/A	3:30 PM	5:15 PM	Indian River High School Auxiliary Gym			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 5, 2025	Wed	Practice	N/A	3:30 PM	5:15 PM	Indian River High School Auxiliary Gym			
Nov 6, 2025	Thu	Practice	N/A	3:30 PM	5:15 PM	Indian River High School Auxiliary Gym			
CANCELLED Nov 15, 2025	Sat	Post-Season (Section 3 Football Finals)	@ TBD	3:00 PM		JMA Wireles Dome	Bus/Driver: Coach Vrabel/Saltzman/15 Athletes	Departure Point: High School Athletic Doors Departure Time: 12:00 PM Return Date: Return Time: 7:00 PM	NL

Date: 2025-12-22