



# Indian River (G) V Cheerleading (Winter)

## Coaches:

- Karina Amato, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 2, 2023	Thu	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Nov 3, 2023	Fri	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Nov 6, 2023	Mon	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Nov 7, 2023	Tue	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Nov 8, 2023	Wed	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Nov 9, 2023	Thu	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
CANCELLED Nov 10, 2023	Fri	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Nov 13, 2023	Mon	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Nov 14, 2023	Tue	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Nov 15, 2023	Wed	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Nov 16, 2023	Thu	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Nov 17, 2023	Fri	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Nov 20, 2023	Mon	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Nov 21, 2023	Tue	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Nov 27, 2023	Mon	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:15 PM	
Nov 28, 2023	Tue	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:30 PM	
Nov 28, 2023	Tue	Practice	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym			
CANCELLED Nov 29, 2023	Wed	Practice	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
CANCELLED Nov 29, 2023	Wed	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:30 PM	
Nov 30, 2023	Thu	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:30 PM	
Dec 1, 2023	Fri	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:30 PM	
Dec 1, 2023	Fri	Practice	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym			
Dec 4, 2023	Mon	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:30 PM	
Dec 5, 2023	Tue	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:30 PM	
Dec 6, 2023	Wed	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:30 PM	
CANCELLED Dec 7, 2023	Thu	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:30 PM	
Dec 8, 2023	Fri	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:30 PM	
Dec 11, 2023	Mon	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:15 PM	
Dec 12, 2023	Tue	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:15 PM	
Dec 13, 2023	Wed	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:30 PM	
Dec 14, 2023	Thu	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:15 PM	

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Dec 15, 2023	Fri	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:15 PM	
Dec 18, 2023	Mon	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:15 PM	
Dec 19, 2023	Tue	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:15 PM	
Dec 20, 2023	Wed	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:15 PM	
Dec 21, 2023	Thu	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:15 PM	
Jan 3, 2024	Wed	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes <b>Class Dismissal:</b> 3:15 PM	<b>Departure Point:</b> High School Athletic Doors	
Jan 3, 2024	Wed	Practice	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym			
Jan 4, 2024	Thu	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:30 PM	
CANCELLED Jan 5, 2024	Fri	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:30 PM	
Jan 8, 2024	Mon	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:30 PM	
CANCELLED Jan 9, 2024	Tue	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:30 PM	
CANCELLED Jan 10, 2024	Wed	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:30 PM	
CANCELLED Jan 11, 2024	Thu	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:30 PM	

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Jan 12, 2024	Fri	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:30 PM	
Jan 16, 2024	Tue	Practice	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym			
Jan 16, 2024	Tue	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:30 PM	
Jan 17, 2024	Wed	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:30 PM	
CANCELLED Jan 18, 2024	Thu	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:30 PM	
Jan 22, 2024	Mon	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes <b>Class Dismissal:</b> 3:15 PM	<b>Departure Point:</b> High School Athletic Doors	
Jan 23, 2024	Tue	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes <b>Class Dismissal:</b> 3:15 PM	<b>Departure Point:</b> High School Athletic Doors	
CANCELLED Jan 24, 2024	Wed	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes <b>Class Dismissal:</b> 3:15 PM	<b>Departure Point:</b> High School Athletic Doors	
Jan 25, 2024	Thu	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes <b>Class Dismissal:</b> 3:15 PM	<b>Departure Point:</b> High School Athletic Doors	
Jan 26, 2024	Fri	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes <b>Class Dismissal:</b> 3:15 PM	<b>Departure Point:</b> High School Athletic Doors	
Jan 30, 2024	Tue	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:15 PM	
Jan 31, 2024	Wed	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:15 PM	

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Feb 1, 2024	Thu	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:15 PM	
Feb 2, 2024	Fri	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:15 PM	
Feb 6, 2024	Tue	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:15 PM	
Feb 7, 2024	Wed	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:15 PM	
Feb 9, 2024	Fri	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:15 PM	
Feb 12, 2024	Mon	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:15 PM	
Feb 13, 2024	Tue	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:15 PM	
CANCELLED Feb 15, 2024	Thu	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:15 PM	
Feb 16, 2024	Fri	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	<b>Bus/Driver:</b> Shuttle Bus 12 athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:15 PM	

Date: 2024-05-06