



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
Oct 31, 2022	Mon	Practice (V Cheer)	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Nov 1, 2022	Tue	Practice (V Cheer)	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Nov 2, 2022	Wed	Practice (V Cheer)	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Nov 3, 2022	Thu	Practice (V Cheer)	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Nov 4, 2022	Fri	Practice (V Cheer)	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Nov 14, 2022	Mon	Practice (Varsity Cheer (Fall))	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Nov 15, 2022	Tue	Practice (Varsity Cheer (Fall))	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Nov 16, 2022	Wed	Practice (Varsity Cheer (Fall))	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Nov 17, 2022	Thu	Practice (Varsity Cheer (Fall))	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Nov 18, 2022	Fri	Practice (Varsity Cheer (Fall))	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Nov 28, 2022	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
Nov 29, 2022	Tue	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Nov 30, 2022	Wed	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Dec 1, 2022	Thu	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Dec 2, 2022	Fri	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Dec 5, 2022	Mon	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Dec 6, 2022	Tue	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Dec 7, 2022	Wed	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Dec 8, 2022	Thu	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Dec 9, 2022	Fri	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Dec 12, 2022	Mon	Practice	N/A	4:00 PM		Indian River High School Auxiliary Gym			
Dec 13, 2022	Tue	Practice	N/A	4:00 PM		Indian River High School Auxiliary Gym			
Dec 14, 2022	Wed	Practice	N/A	4:00 PM		Indian River High School Auxiliary Gym			
Dec 15, 2022	Thu	Practice	N/A	4:00 PM		Indian River High School Auxiliary Gym			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 16, 2022	Fri	Practice	N/A	4:00 PM		Indian River High School Auxiliary Gym			
Dec 19, 2022	Mon	Practice	N/A	4:15 PM	6:00 PM	Indian River High School Auxiliary Gym			
Dec 20, 2022	Tue	Practice	N/A	4:15 PM	6:00 PM	Indian River High School Auxiliary Gym			
Dec 21, 2022	Wed	Practice	N/A	4:15 PM	6:00 PM	Indian River High School Auxiliary Gym			
Dec 22, 2022	Thu	Practice	N/A	4:15 PM	6:00 PM	Indian River High School Auxiliary Gym			
Jan 3, 2023	Tue	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Jan 4, 2023	Wed	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Jan 5, 2023	Thu	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Jan 9, 2023	Mon	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Jan 10, 2023	Tue	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Jan 11, 2023	Wed	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Jan 12, 2023	Thu	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
POSTPONED Jan 17, 2023	Tue	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
Jan 18, 2023	Wed	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym		
Jan 19, 2023	Thu	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym		
Jan 21, 2023	Sat	Regular Season (Bling It On Cheer Classic)	@ TBD	10:00 AM		Bville - Baker High School	Bus/Driver: Coaches Amato/9 Athletes	Departure Point: High School Athletic Doors Departure Time: 7:00 AM Return Date: Return Time: 6:00 PM
Jan 23, 2023	Mon	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym		
Jan 24, 2023	Tue	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym		
POSTPONED Jan 25, 2023	Wed	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym		
Jan 26, 2023	Thu	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym		
Jan 28, 2023	Sat	Regular Season (Love to Cheer Classic)	@ Fulton	TBD		Bodley H S	Bus/Driver: Coach Amato/9 Athletes	Departure Point: High School Athletic Doors Departure Time: 6:15 AM Return Date: Return Time: 3:30 PM
Jan 30, 2023	Mon	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym		
Jan 31, 2023	Tue	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym		
Feb 1, 2023	Wed	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
Feb 2, 2023	Thu	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Feb 6, 2023	Mon	Post-Season (Frontier League Winter Cheer Tournament)	LaFargeville, Belleville Henderson, South Jefferson (Fall), Thousand Islands (Fall), Sandy Creek @ General Brown (Cheerleading (Winter))	6:00 PM	8:00 PM	GBHS Main Gym	Bus/Driver: Coaches Amato/9 Athletes	Departure Point: High School Athletic Doors Departure Time: 4:15 PM Return Date: Return Time: 8:30 PM	NL
Feb 6, 2023	Mon	Regular Season (FI Championship at GB)	@ TBD	TBD		GBHS Main Gym	Bus/Driver: Coach Amato/9 Athletes	Departure Point: High School Athletic Doors Departure Time: 4:15 PM Return Date: Return Time: 8:00 PM	L
Feb 7, 2023	Tue	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Feb 8, 2023	Wed	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Feb 9, 2023	Thu	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Feb 13, 2023	Mon	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Feb 14, 2023	Tue	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Feb 15, 2023	Wed	Practice	N/A	4:00 PM	6:00 PM	Indian River High School Auxiliary Gym			
Feb 16, 2023	Thu	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
Feb 18, 2023	Sat	Regular Season (Sectionals at SRC Arena)	@ TBD	TBD		Onondaga Community College	Bus/Driver: Coach Amato/9 Athletes	Departure Point: High School Athletic Doors Departure Time: 7:45 AM Return Date: Return Time: 6:00 PM	L
Feb 21, 2023	Tue	Practice	N/A	10:00 AM	12:00 PM	Indian River High School Auxiliary Gym			
POSTPONED Feb 22, 2023	Wed	Practice	N/A	10:00 AM	12:00 PM	Indian River High School Auxiliary Gym			
POSTPONED Feb 23, 2023	Thu	Practice	N/A	10:00 AM	12:00 PM	Indian River High School Auxiliary Gym			
Feb 24, 2023	Fri	Practice	N/A	10:00 AM	12:00 PM	Indian River High School Auxiliary Gym			

Date: 2024-05-06