



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			

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Nov 27, 2023	Mon	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	Bus/Driver: Shuttle Bus 12 athletes	Departure Point: High School Athletic Doors Departure Time: 3:15 PM	
Nov 28, 2023	Tue	Practice	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym			
Nov 28, 2023	Tue	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	Bus/Driver: Shuttle Bus 12 athletes	Departure Point: High School Athletic Doors Departure Time: 3:30 PM	
CANCELLED Nov 29, 2023	Wed	Practice	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym			
CANCELLED Nov 29, 2023	Wed	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	Bus/Driver: Shuttle Bus 12 athletes	Departure Point: High School Athletic Doors Departure Time: 3:30 PM	
Nov 30, 2023	Thu	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	Bus/Driver: Shuttle Bus 12 athletes	Departure Point: High School Athletic Doors Departure Time: 3:30 PM	
Dec 1, 2023	Fri	Practice	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym			
Dec 1, 2023	Fri	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	Bus/Driver: Shuttle Bus 12 athletes	Departure Point: High School Athletic Doors Departure Time: 3:30 PM	
Dec 4, 2023	Mon	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	Bus/Driver: Shuttle Bus 12 athletes	Departure Point: High School Athletic Doors Departure Time: 3:30 PM	
Dec 5, 2023	Tue	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	Bus/Driver: Shuttle Bus 12 athletes	Departure Point: High School Athletic Doors Departure Time: 3:30 PM	
Dec 6, 2023	Wed	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	Bus/Driver: Shuttle Bus 12 athletes	Departure Point: High School Athletic Doors Departure Time: 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	Bus/Driver: Shuttle Bus 12 athletes	Departure Point: High School Athletic Doors Departure Time: 3:30 PM	
Dec 8, 2023	Fri	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	Bus/Driver: Shuttle Bus 12 athletes	Departure Point: High School Athletic Doors Departure Time: 3:30 PM	
Dec 11, 2023	Mon	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	Bus/Driver: Shuttle Bus 12 athletes	Departure Point: High School Athletic Doors Departure Time: 3:15 PM	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 12, 2023	Tue	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	Bus/Driver: Shuttle Bus 12 athletes	Departure Point: High School Athletic Doors Departure Time: 3:15 PM	
Dec 13, 2023	Wed	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	Bus/Driver: Shuttle Bus 12 athletes	Departure Point: High School Athletic Doors Departure Time: 3:30 PM	
Dec 14, 2023	Thu	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	Bus/Driver: Shuttle Bus 12 athletes	Departure Point: High School Athletic Doors Departure Time: 3:15 PM	
Dec 15, 2023	Fri	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	Bus/Driver: Shuttle Bus 12 athletes	Departure Point: High School Athletic Doors Departure Time: 3:15 PM	
Dec 18, 2023	Mon	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	Bus/Driver: Shuttle Bus 12 athletes	Departure Point: High School Athletic Doors Departure Time: 3:15 PM	
Dec 19, 2023	Tue	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	Bus/Driver: Shuttle Bus 12 athletes	Departure Point: High School Athletic Doors Departure Time: 3:15 PM	
Dec 20, 2023	Wed	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	Bus/Driver: Shuttle Bus 12 athletes	Departure Point: High School Athletic Doors Departure Time: 3:15 PM	
Dec 21, 2023	Thu	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	Bus/Driver: Shuttle Bus 12 athletes	Departure Point: High School Athletic Doors Departure Time: 3:15 PM	
Jan 3, 2024	Wed	Practice	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym			
Jan 3, 2024	Wed	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	Bus/Driver: Shuttle Bus 12 athletes Class Dismissal: 3:15 PM	Departure Point: High School Athletic Doors	
Jan 4, 2024	Thu	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	Bus/Driver: Shuttle Bus 12 athletes	Departure Point: High School Athletic Doors Departure Time: 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	Bus/Driver: Shuttle Bus 12 athletes	Departure Point: High School Athletic Doors Departure Time: 3:30 PM	
Jan 8, 2024	Mon	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	Bus/Driver: Shuttle Bus 12 athletes	Departure Point: High School Athletic Doors Departure Time: 3:30 PM	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
CANCELLED Jan 9, 2024	Tue	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	Bus/Driver: Shuttle Bus 12 athletes	Departure Point: High School Athletic Doors Departure Time: 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	Bus/Driver: Shuttle Bus 12 athletes	Departure Point: High School Athletic Doors Departure Time: 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	Bus/Driver: Shuttle Bus 12 athletes	Departure Point: High School Athletic Doors Departure Time: 3:30 PM	
Jan 12, 2024	Fri	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	Bus/Driver: Shuttle Bus 12 athletes	Departure Point: High School Athletic Doors Departure Time: 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	Bus/Driver: Shuttle Bus 12 athletes	Departure Point: High School Athletic Doors Departure Time: 3:30 PM	
Jan 17, 2024	Wed	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	Bus/Driver: Shuttle Bus 12 athletes	Departure Point: High School Athletic Doors Departure Time: 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	Bus/Driver: Shuttle Bus 12 athletes	Departure Point: High School Athletic Doors Departure Time: 3:30 PM	
Jan 22, 2024	Mon	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	Bus/Driver: Shuttle Bus 12 athletes Class Dismissal: 3:15 PM	Departure Point: 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	Bus/Driver: Shuttle Bus 12 athletes Class Dismissal: 3:15 PM	Departure Point: 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	Bus/Driver: Shuttle Bus 12 athletes Class Dismissal: 3:15 PM	Departure Point: 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	Bus/Driver: Shuttle Bus 12 athletes Class Dismissal: 3:15 PM	Departure Point: High School Athletic Doors	

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Jan 26, 2024	Fri	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	Bus/Driver: Shuttle Bus 12 athletes Class Dismissal: 3:15 PM	Departure Point: High School Athletic Doors	
Jan 27, 2024	Sat	Regular Season (Love to Cheer Classic)	@ TBD	9:00 AM		Bodley H S	Bus/Driver: Coach Amato/11 Athletes	Departure Point: Evans Mills Primary School Departure Time: 6:30 AM Return Date: Return Time: 6:00 PM	L
Jan 29, 2024	Mon	Regular Season (Frontier League Competition)	@ TBD	6:00 PM		SJ HS/MS Gym 1 (MS)	Bus/Driver: Coach Amato/11 Athletes	Departure Point: Evans Mills Primary Departure Time: 4:00 PM Return Date: Return Time: 8:00 PM	L
Jan 30, 2024	Tue	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	Bus/Driver: Shuttle Bus 12 athletes	Departure Point: High School Athletic Doors Departure Time: 3:15 PM	
Jan 31, 2024	Wed	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	Bus/Driver: Shuttle Bus 12 athletes	Departure Point: High School Athletic Doors Departure Time: 3:15 PM	
Feb 1, 2024	Thu	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	Bus/Driver: Shuttle Bus 12 athletes	Departure Point: High School Athletic Doors Departure Time: 3:15 PM	
Feb 2, 2024	Fri	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	Bus/Driver: Shuttle Bus 12 athletes	Departure Point: High School Athletic Doors Departure Time: 3:15 PM	
Feb 6, 2024	Tue	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	Bus/Driver: Shuttle Bus 12 athletes	Departure Point: High School Athletic Doors Departure Time: 3:15 PM	
Feb 7, 2024	Wed	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	Bus/Driver: Shuttle Bus 12 athletes	Departure Point: High School Athletic Doors Departure Time: 3:15 PM	
Feb 9, 2024	Fri	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	Bus/Driver: Shuttle Bus 12 athletes	Departure Point: High School Athletic Doors Departure Time: 3:15 PM	
Feb 10, 2024	Sat	Meet (Snowman Showdown 2024)	Vs. Multiple	8:00 AM	6:00 PM	Chittenango HS- Large Gym, Chittenango HS- Small Gym	Bus/Driver: Coach Amato/11 Athletes	Departure Point: Evans Mills Primary School Departure Time: 7:00 AM Return Date: Return Time: 6:00 PM	NL

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Feb 12, 2024	Mon	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	Bus/Driver: Shuttle Bus 12 athletes	Departure Point: High School Athletic Doors Departure Time: 3:15 PM	
Feb 13, 2024	Tue	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	Bus/Driver: Shuttle Bus 12 athletes	Departure Point: High School Athletic Doors Departure Time: 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	Bus/Driver: Shuttle Bus 12 athletes	Departure Point: High School Athletic Doors Departure Time: 3:15 PM	
Feb 16, 2024	Fri	Practice (Shuttle Bus to EMPS)	N/A	4:00 PM	6:00 PM	Evans Mills Lower Gym	Bus/Driver: Shuttle Bus 12 athletes	Departure Point: High School Athletic Doors Departure Time: 3:15 PM	
Feb 17, 2024	Sat	Regular Season (Section III Championship)	@ TBD	TBD		SRC-OCC	Bus/Driver: Coach Amato/11 Athletes	Departure Point: Evans Mills Primary School Departure Time: 7:00 AM Return Date: Return Time: 6:00 PM	L
CANCELLED Mar 2, 2024	Sat	Post-Season (State Championships at Binghamton Arena/Veterns Memorial Arena)	@ TBD	TBD		Visions Arena	Bus/Driver: Coach Amato/11 Athletes	Departure Point: Evans Mills Primary School	L

Date: 2024-05-05