



Indian River

(G) V Cheerleading (Winter)

Coaches:

- Tori Vrabel, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 17, 2025	Mon	Practice	N/A	3:30 PM	5:30 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 20 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	
Nov 18, 2025	Tue	Practice	N/A	3:30 PM	5:30 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	
Nov 19, 2025	Wed	Practice	N/A	3:30 PM	5:30 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	
Nov 20, 2025	Thu	Practice	N/A	3:30 PM	5:15 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	
Nov 21, 2025	Fri	Practice	N/A	3:45 PM	5:15 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:30 PM Return Date: Return Time: 5:10 PM	
Dec 1, 2025	Mon	Practice	N/A	3:45 PM	5:30 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletics Departure Time: 3:30 PM Return Date: Return Time: 5:10 PM	
Dec 2, 2025	Tue	Practice	N/A	3:30 PM	5:15 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletics Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 3, 2025	Wed	Practice	N/A	3:45 PM	5:30 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletics Departure Time: 3:30 PM Return Date: Return Time: 5:10 PM	
Dec 4, 2025	Thu	Practice	N/A	3:30 PM	5:15 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletics Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	
Dec 5, 2025	Fri	Practice	N/A	3:45 PM	5:30 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletics Departure Time: 3:30 PM Return Date: Return Time: 5:10 PM	
Dec 8, 2025	Mon	Practice	N/A	3:45 PM	5:30 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletics Departure Time: 3:30 PM Return Date: Return Time: 5:10 PM	
Dec 9, 2025	Tue	Practice	N/A	3:30 PM	5:15 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletics Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	
CANCELLED Dec 10, 2025	Wed	Practice	N/A	3:45 PM	5:30 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletics Departure Time: 3:30 PM Return Date: Return Time: 5:10 PM	
Dec 11, 2025	Thu	Practice	N/A	3:30 PM	5:15 PM	Indian River Intermediate School Aux Gym, Indian River Intermediate School Main Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletics Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	
Dec 12, 2025	Fri	Practice	N/A	3:45 PM	5:30 PM	Indian River High School Auxiliary Gym			
Dec 15, 2025	Mon	Practice	N/A	3:45 PM	5:30 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletics Departure Time: 3:30 PM Return Date: Return Time: 5:10 PM	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 16, 2025	Tue	Practice	N/A	3:30 PM	5:15 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletics Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	
Dec 17, 2025	Wed	Practice	N/A	3:45 PM	5:30 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletics Departure Time: 3:30 PM Return Date: Return Time: 5:10 PM	
Dec 18, 2025	Thu	Practice	N/A	3:30 PM	5:15 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletics Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	
Dec 19, 2025	Fri	Practice	N/A	3:45 PM	5:30 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletics Departure Time: 3:30 PM Return Date: Return Time: 5:10 PM	
Dec 22, 2025	Mon	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym			
Dec 23, 2025	Tue	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym			
Dec 29, 2025	Mon	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym			
Dec 30, 2025	Tue	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym			
Jan 5, 2026	Mon	Practice	N/A	3:45 PM	5:30 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletics Departure Time: 3:30 PM Return Date: Return Time: 5:10 PM	
Jan 6, 2026	Tue	Practice	N/A	3:30 PM	5:15 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletics Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 7, 2026	Wed	Practice	N/A	3:30 PM	5:15 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	
Jan 8, 2026	Thu	Practice	N/A	3:30 PM	5:15 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletics Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	
Jan 9, 2026	Fri	Practice	N/A	3:30 PM	5:15 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	
CANCELLED Jan 12, 2026	Mon	Practice	N/A	3:30 PM	5:15 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	
Jan 13, 2026	Tue	Practice	N/A	3:30 PM	5:15 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletics Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	
Jan 14, 2026	Wed	Practice	N/A	3:30 PM	5:15 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	
Jan 15, 2026	Thu	Practice	N/A	3:30 PM	5:15 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletics Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	
Jan 16, 2026	Fri	Practice	N/A	3:30 PM	5:15 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	
Jan 19, 2026	Mon	Practice	N/A	2:30 PM	4:30 PM	Philly primary Gym			

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Jan 20, 2026	Tue	Practice	N/A	3:30 PM	5:15 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletics Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	
Jan 21, 2026	Wed	Practice	N/A	3:30 PM	5:15 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	
Jan 22, 2026	Thu	Practice	N/A	3:30 PM	5:15 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletics Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	
Jan 23, 2026	Fri	Practice	N/A	3:30 PM	5:15 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	
CANCELLED Jan 26, 2026	Mon	Practice	N/A	3:30 PM	5:15 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	
CANCELLED Jan 27, 2026	Tue	Practice	N/A	3:30 PM	5:15 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletics Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	
CANCELLED Jan 28, 2026	Wed	Practice	N/A	3:30 PM	5:15 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	
Jan 29, 2026	Thu	Practice	N/A	3:30 PM	5:15 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletics Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	

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Jan 30, 2026	Fri	Practice	N/A	3:30 PM	5:15 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	
Jan 31, 2026	Sat	Regular Season (Love To Cheer Tournament)	General Brown (Winter Modified Cheer), Hannibal, Henninger (Winter), Oswego (Winter Cheer), Cazenovia (Competitive), South Jefferson (Winter), General Brown (Cheerleading (Winter)), Oriskany (Winter Oriskany/Westmo), Altmar-Parish-Williamstown (Cheering Winter), Cato-Meridian (Winter), West Canada Valley (Winter), Lyme, Mexico (Winter), Jamesville-Dewitt (Winter), Carthage, TBD @ Fulton	10:00 AM		Bodley H S			NL
Jan 31, 2026	Sat	Regular Season (Love 2 Cheer)	@ TBD	TBD		Bodley H S	Bus/Driver: Coach Vrabel/15 Athletes	Departure Point: High School Athletic Doors Departure Time: 6:30 AM Return Date: Return Time: 5:00 PM	NL
Feb 2, 2026	Mon	Practice	N/A	3:30 PM	5:15 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	
Feb 3, 2026	Tue	Regular Season (Frontier League Championship)	@ TBD	5:00 PM	9:00 PM	SJ HS/MS Gym 2 (HS)	Bus/Driver: Coach Vrabel/15 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:45 PM Return Date: Return Time: 9:00 PM	L
Feb 4, 2026	Wed	Practice	N/A	3:30 PM	5:15 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	

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Feb 5, 2026	Thu	Practice	N/A	3:30 PM	5:15 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletics Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	
Feb 6, 2026	Fri	Practice	N/A	3:30 PM	5:15 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	
Feb 7, 2026	Sat	Meet (Snowman Showdown 2026)	Vs. Multiple	10:00 AM	4:30 PM	Chittenango HS- Large Gym, Chittenango HS- Small Gym			NL
Feb 7, 2026	Sat	Regular Season (Snowman Showdown)	@ TBD	TBD		Chittenango HS- Large Gym	Bus/Driver: Coach Vrabel/15 Athletes	Departure Point: High School Athletic Doors Departure Time: 6:30 AM Return Date: Return Time: 5:00 PM	NL
CANCELLED Feb 9, 2026	Mon	Practice	N/A	3:30 PM	5:15 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	
Feb 10, 2026	Tue	Practice	N/A	3:30 PM	5:15 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletics Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	
Feb 11, 2026	Wed	Practice	N/A	3:30 PM	5:15 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	
Feb 12, 2026	Thu	Practice	N/A	3:30 PM	5:15 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletics Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 13, 2026	Fri	Practice	N/A	3:30 PM	5:15 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	
Feb 14, 2026	Sat	Regular Season (Starfest 2026)	@ TBD	TBD		NSJHS Main Gym	Bus/Driver: Coach Vrabel/15 Athletes	Departure Point: High School Athletic Doors Departure Time: 7:45 AM Return Date: Return Time: 5:00 PM	NL
Feb 18, 2026	Wed	Practice	N/A	3:30 PM	5:30 PM	Philly primary Gym			
Feb 19, 2026	Thu	Practice	N/A	3:30 PM	5:30 PM	Philly primary Gym			
Feb 20, 2026	Fri	Practice	N/A	3:30 PM	5:30 PM	Philly primary Gym			
Feb 21, 2026	Sat	Post-Season (Section 3 Cheerleading Championship)	@ TBD	TBD		Onondaga Community College	Bus/Driver: Coach Vrabel/15 Athletes	Departure Point: High School Athletic Doors Departure Time: 9:15 AM Return Date: Return Time: 5:30 PM	NL
Feb 23, 2026	Mon	Practice	N/A	3:30 PM	5:15 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	
Feb 24, 2026	Tue	Practice	N/A	3:30 PM	5:15 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	
Feb 25, 2026	Wed	Practice	N/A	3:30 PM	5:15 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	
Feb 26, 2026	Thu	Practice	N/A	3:30 PM	5:15 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	

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Mar 2, 2026	Mon	Practice	N/A	3:30 PM	5:15 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	
Mar 3, 2026	Tue	Practice	N/A	3:30 PM	5:15 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	
Mar 4, 2026	Wed	Practice	N/A	3:30 PM	5:15 PM	Philly primary Gym	Bus/Driver: PPS Shuttle - 25 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:20 PM Return Date: Return Time: 5:10 PM	
Mar 5, 2026	Thu	Practice	N/A	3:30 PM	5:15 PM	Indian River High School Auxiliary Gym			
Mar 6, 2026	Fri	Practice	N/A	2:15 PM	3:15 PM	Indian River High School Auxiliary Gym			
Mar 7, 2026	Sat	Post-Season (NYSPHSAA Championship)	@ TBD	8:00 AM		TBD	Bus/Driver: Coach Vrabell/Coach Barbee/14 Athletes	Departure Point: High School Athletic Doors Departure Date: Mar 6, 2026 Departure Time: 3:45 PM Return Date: Mar 7, 2026 Return Time: 3:00 PM	NL

Date: 2026-05-02