



Institute of Technology, Syracuse

(G) V Cheerleading

Coaches:

- Alajah Brooks, Head Coach

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|---|---------------------------------------|------------|----------|-----------------------------------|--|---------------------|
| Sep 2, 2023 | Sat | Regular Season | @ Henninger (Fall) | 12:00 PM | 2:30 PM | Henninger H S | Departure Point: ITC Departure Time: 11:15 AM Return Date: Return Time: 2:15 PM | NL |
| Sep 8, 2023 | Fri | Regular Season | Central Valley Academy (Fall) | 6:00 PM | | Fowler High School Stadium | Departure Point: ITC Departure Time: 5:10 PM Return Date: Return Time: 8:00 PM | L |
| Sep 16, 2023 | Sat | Regular Season | @ Vernon-Verona-Sherrill (Dance Team) | 7:00 PM | 9:15 PM | Turf Field Stadium | Departure Point: ITC Departure Time: 5:15 PM Return Date: Return Time: 9:15 PM | L |
| Sep 23, 2023 | Sat | Regular Season | @ Adirondack | 3:00 PM | 5:15 PM | Stadium Field | Departure Point: ITC Departure Time: 1:00 PM Return Date: Return Time: 5:15 PM | L |
| Oct 6, 2023 | Fri | Regular Season | @ Chittenango (Fall) | 6:30 PM | 8:45 PM | Chittenango HS-Stadium | Departure Point: ITC Departure Time: 5:10 PM Return Date: Return Time: 8:45 PM | L |
| Oct 13, 2023 | Fri | Regular Season | @ TBD | 6:30 PM | | Westhill High School Turf Stadium | Departure Point: ITC Departure Time: 5:15 PM Return Date: Return Time: 8:30 PM | L |
| Oct 20, 2023 | Fri | Regular Season | Homer | 6:00 PM | 8:15 PM | Fowler High School Stadium | Departure Point: ITC Departure Time: 5:15 PM Return Date: Return Time: 8:15 PM | L |
| Oct 21, 2023 | Sat | Regular Season (Fall Cheer Competition) | @ Cicero-North Syracuse (Fall) | TBD | | NSJHS Main Gym | Departure Point: ITC Departure Date: Oct 21, 2023 | NL |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|---|--|------------|----------|---|---|---------------------|
| Oct 26, 2023 | Thu | Post-Season | @ Fowler | 4:30 PM | | Fowler High School Stadium | Departure Point: ITC Departure Time: 3:45 PM Return Date: Return Time: 6:30 PM | NL |
| Jan 29, 2024 | Mon | Practice | N/A | 6:00 PM | 8:00 PM | GC2 Gymnastics East Syracuse | Departure Date: Jan 29, 2024 Departure Time: 5:15 PM Return Date: Return Time: 8:00 PM | |
| Feb 3, 2024 | Sat | Regular Season (Sweetheart Classic @ West Genesee) | @ TBD | 9:00 AM | | West Genesee HS | Departure Point: ITC Departure Time: 8:15 AM Return Date: Return Time: 2:30 PM | L |
| Feb 5, 2024 | Mon | Regular Season (OHSL Tournament 116 Volney St. Phoenix, NY) | Cazenovia, Chittenango (Winter), Hannibal (Winter) @ Phoenix | 5:00 PM | | EJD Gym 1 | Departure Time: 4:00 PM Return Date: Return Time: 7:45 PM | L |
| Feb 10, 2024 | Sat | Meet (Snowman Showdown 2024) | Vs. Multiple | 8:00 AM | 6:00 PM | Chittenango HS- Large Gym, Chittenango HS- Small Gym | | NL |
| Feb 10, 2024 | Sat | Regular Season (Snowman Showdown @ Chittenango) | @ Chittenango (Fall) | 9:00 AM | | Chittenango HS- Large Gym, Chittenango HS- Small Gym | Departure Point: ITC Departure Time: 8:00 AM | L |
| Feb 17, 2024 | Sat | Post-Season (Sectionals) | TBD | 9:00 AM | | SRC Arena | Departure Point: ITC Departure Time: 8:30 AM | L |
| Mar 2, 2024 | Sat | Post-Season (NYSPHSAA Cheer State Championship) | TBD | 9:00 AM | | Visions Federal Credit Union Veterans Memorial Arena Binghamton | Departure Point: ITC Departure Date: Mar 1, 2024 Departure Time: 3:30 PM | NL |

Date: 2024-05-01