



Jamesville-Dewitt

(G) V Gymnastics (JD/FM Gymnastics)

Coaches:

- Tracey Kalin, Head Coach
- Elyssa Becker, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 22, 2022	Mon	Practice (1st practice)	N/A	5:00 PM	6:30 PM	JD HS West Gym		
Aug 23, 2022	Tue	Practice	N/A	5:00 PM	6:30 PM	JD HS West Gym		
Aug 25, 2022	Thu	Practice	N/A	5:00 PM	6:30 PM	JD HS West Gym		
Aug 26, 2022	Fri	Practice	N/A	5:00 PM	6:30 PM	JD HS West Gym		
Aug 29, 2022	Mon	Practice	N/A	5:00 PM	6:30 PM	JD HS West Gym		
Aug 30, 2022	Tue	Practice	N/A	5:00 PM	6:30 PM	JD HS West Gym		
Aug 31, 2022	Wed	Practice	N/A	5:00 PM	6:30 PM	JD HS West Gym		
Sep 1, 2022	Thu	Practice	N/A	5:00 PM	6:30 PM	JD HS West Gym		
Sep 2, 2022	Fri	Practice	N/A	5:00 PM	6:30 PM	JD HS West Gym		
Sep 6, 2022	Tue	Practice (1st Day of School 2022-2023!!!)	N/A	5:00 PM	6:30 PM	JD HS West Gym		
Sep 7, 2022	Wed	Practice	N/A	5:00 PM	6:30 PM	JD HS West Gym		
Sep 8, 2022	Thu	Practice	N/A	5:00 PM	6:30 PM	JD HS West Gym		
Sep 9, 2022	Fri	Practice	N/A	5:00 PM	6:30 PM	JD HS West Gym		
Sep 12, 2022	Mon	Practice	N/A	5:00 PM	6:30 PM	JD HS West Gym		
Sep 13, 2022	Tue	Practice	N/A	5:00 PM	6:30 PM	JD HS West Gym		
Sep 14, 2022	Wed	Practice	N/A	5:00 PM	6:30 PM	JD HS West Gym		
Sep 15, 2022	Thu	Practice	N/A	5:00 PM	6:30 PM	JD HS West Gym		
Sep 16, 2022	Fri	Regular Season 134-137 L	Whitesboro	6:30 PM	9:00 PM	CNY Gymnastic Center		L
Sep 19, 2022	Mon	Practice	N/A	5:00 PM	6:30 PM	JD HS West Gym		
Sep 20, 2022	Tue	Practice	N/A	5:00 PM	6:30 PM	JD HS West Gym		
Sep 21, 2022	Wed	Regular Season	New Hartford	6:00 PM	8:30 PM	JD HS West Gym		L
Sep 22, 2022	Thu	Practice	N/A	5:00 PM	6:30 PM	JD HS West Gym		
Sep 23, 2022	Fri	Practice	N/A	5:00 PM	6:30 PM	JD HS West Gym		
Sep 27, 2022	Tue	Practice	N/A	5:00 PM	6:30 PM	JD HS West Gym		
Sep 28, 2022	Wed	Practice	N/A	5:00 PM	6:30 PM	JD HS West Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 29, 2022	Thu	Regular Season	@ East Syracuse Minoa (ESM/Lpool)	5:30 PM		ESM High School - Gym 1	Departure Point: JDHS Main Gym Departure Time: 4:30 PM	L
Sep 30, 2022	Fri	Practice	N/A	5:00 PM	6:30 PM	JD HS West Gym		
Oct 3, 2022	Mon	Practice	N/A	5:00 PM	6:30 PM	JD HS West Gym		
Oct 4, 2022	Tue	Practice	N/A	5:00 PM	6:30 PM	JD HS West Gym		
Oct 6, 2022	Thu	Regular Season 140-79-128 W	Utica Proctor @ Rome Free Academy	6:30 PM		Valley Gymnastics Center	Departure Point: JDHS Main Gym Departure Time: 5:00 PM	L
POSTPONED Oct 7, 2022	Fri	Regular Season	@ Utica Proctor	4:30 PM		Valley Gymnastics	Departure Point: JDHS Main Gym	L
Oct 11, 2022	Tue	Regular Season	Central Square	5:30 PM	8:00 PM	JD HS West Gym		L
Oct 12, 2022	Wed	Practice	N/A	5:00 PM	6:30 PM	JD HS West Gym		
Oct 13, 2022	Thu	Practice	N/A	5:00 PM	6:30 PM	JD HS West Gym		
Oct 14, 2022	Fri	Practice	N/A	5:00 PM	6:30 PM	JD HS West Gym		
Oct 17, 2022	Mon	Regular Season	@ Baldwinsville	5:00 PM	7:00 PM	Bville - Baker Gym 3&4	Departure Point: JD HS Athletic Loop Departure Time: 4:15 PM Return Date: Return Time: 7:00 PM	L
Oct 18, 2022	Tue	Practice	N/A	5:00 PM	6:30 PM	JD HS West Gym		
Oct 19, 2022	Wed	Practice	N/A	5:00 PM	6:30 PM	JD HS West Gym		
Oct 20, 2022	Thu	Practice	N/A	5:00 PM	6:30 PM	JD HS West Gym		
Oct 21, 2022	Fri	Post-Season (Sectionals at Valley Gymnastic Center, time 9am)	@ TBD	9:00 AM	2:00 PM	Valley Gymnastics	Departure Point: JD HS Athletic Loop Departure Time: 7:00 AM Return Date: Return Time: 2:00 PM	L

Date: 2026-01-31