



Jamesville-Dewitt

(G) V Gymnastics (JD/FM Gymnastics)

Coaches:

- Tracey Fishkin, Head Coach
- Elyssa Rosenbaum, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 18, 2022	Thu	Practice (JD COACHES Meeting noon-1pm LGR)	N/A	12:00 PM	1:00 PM	TBD		
Aug 22, 2022	Mon	Practice (1st practice)	N/A	TBD		TBD		
Aug 24, 2022	Wed	Practice (Pre-Season Coaches Meeting at Marcellus HS 6pm)	N/A	6:00 PM	7:00 PM	TBD		
Aug 25, 2022	Thu	Practice (All Sports Booster Fundraiser @ Syracuse Mets)	N/A	TBD		TBD		
Aug 27, 2022	Sat	Practice (Pre-Season Parent meeting - JDHS Auditorium or JDHS Stadium)	N/A	8:00 AM	8:30 AM	TBD		
Aug 30, 2022	Tue	Practice (Freshman orientation noon-1:30, Freshman Parent Mgt. w Guidance Department 7pm)	N/A	7:00 PM		TBD		
Aug 31, 2022	Wed	Practice (Superintendent Conference Day for Teachers)	N/A	7:45 AM	2:00 PM	TBD		
Sep 1, 2022	Thu	Practice (Superintendent Conference Day for Teachers)	N/A	7:45 AM	2:00 PM	TBD		
Sep 2, 2022	Fri	Practice (Picture Day)	N/A	11:30 AM		JD HS Main Gym		
Sep 3, 2022	Sat	Practice (SU v Louisville Youth Sport Day)	N/A	8:00 PM		TBD		
Sep 5, 2022	Mon	Practice (Labor Day - No practices)	N/A	TBD		TBD		
Sep 6, 2022	Tue	Practice (1st Day of School 2022-2023!!!)	N/A	TBD		TBD		
Sep 13, 2022	Tue	Regular Season	Whitesboro	5:30 PM	8:00 PM	JD HS West Gym		L
Sep 19, 2022	Mon	Regular Season	New Hartford	5:30 PM	8:00 PM	JD HS West Gym		L
Sep 26, 2022	Mon	Practice (Rosh Hashanah - No practices)	N/A	TBD		TBD		
Sep 29, 2022	Thu	Regular Season	@ East Syracuse Minoa (ESM/Lpool)	5:30 PM		ESM High School - Gym 1	Departure Point: JDHS Athletic Loop Departure Time: 4:00 PM Return Date: Return Time: 6:00 PM	L
Oct 1, 2022	Sat	Practice (SAT Exams at JDHS - no building access 7:45am-3pm)	N/A	7:45 AM	3:00 PM	TBD		
Oct 3, 2022	Mon	Practice (EASTSIDE College Fair at JDHS for SR - excused by 5pm)	N/A	TBD		TBD		
Oct 3, 2022	Mon	Practice (Spirit Week/Homecoming Oct 3-Oct 8)	N/A	TBD		TBD		

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Oct 5, 2022	Wed	Practice (Yom Kippur - no practices)	N/A	TBD		TBD		
Oct 6, 2022	Thu	Practice (JDHS Open House 6:30-8:30 pm)	N/A	6:30 PM	8:30 PM	TBD		
Oct 7, 2022	Fri	Regular Season	@ Utica Proctor	4:30 PM		Valley Gymnastics		L
Oct 7, 2022	Fri	Regular Season	@ Rome Free Academy	4:30 PM		Valley Gymnastics Center	Departure Point: JDHS Athletic Loop Departure Time: 2:45 PM Return Date: Return Time: 7:00 PM	L
Oct 10, 2022	Mon	Practice (Columbus Day - No School)	N/A	TBD		TBD		
Oct 11, 2022	Tue	Regular Season	Central Square	5:30 PM	8:00 PM	JD HS West Gym		L
Oct 15, 2022	Sat	Practice (PSAT Exams at JDHS for Jr's - no building access 7:45am-3pm)	N/A	7:45 AM	3:00 PM	TBD		
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: 3:30 PM Return Date: Return Time: 7:00 PM	L
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: 2022-08-11