

## **Coaches:**

- Ashley Windhausen, Head Coach
- Mercedes Windhausen
- Paige Compoli

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Aug 28, 2023	Mon	Practice (Tryouts)	N/A	4:00 PM	6:00 PM	TBD		
Aug 29, 2023	Tue	Practice (Tryouts)	N/A	4:00 PM	6:00 PM	TBD		
Aug 30, 2023	Wed	Practice (Tryouts)	N/A	4:00 PM	7:00 PM	TBD		
Aug 31, 2023	Thu	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Sep 1, 2023	Fri	Practice (Home Game VS Ballston Spa )	N/A	5:00 PM		TBD		
Sep 5, 2023	Tue	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Sep 6, 2023	Wed	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Sep 7, 2023	Thu	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Sep 8, 2023	Fri	Regular Season	@ Elmira (Fall)	7:00 PM	9:00 PM	EHS Stadium		NL
Sep 11, 2023	Mon	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Sep 13, 2023	Wed	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Sep 14, 2023	Thu	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Sep 15, 2023	Fri	Regular Season	Henninger (Fall)	6:00 PM		LIVERPOOL HS STADIUM		L
Sep 18, 2023	Mon	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Sep 20, 2023	Wed	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Sep 21, 2023	Thu	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Sep 23, 2023	Sat	Regular Season	@ Utica Proctor (Co-ed Fall)	10:15 AM		PHS Stadium (Turf Field/Track)		L
Sep 25, 2023	Mon	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Sep 27, 2023	Wed	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Sep 28, 2023	Thu	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Oct 2, 2023	Mon	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Oct 4, 2023	Wed	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Oct 5, 2023	Thu	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Oct 7, 2023	Sat	Regular Season (Fall Clasic Cheerleading)	TBD	TBD	9:00 PM	Oriskany High School		L
Oct 9, 2023	Mon	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 11, 2023	Wed	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Oct 12, 2023	Thu	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Oct 16, 2023	Mon	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Oct 18, 2023	Wed	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Oct 19, 2023	Thu	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Oct 21, 2023	Sat	Practice (Competition @ CNS )	N/A	8:00 AM		TBD		
Oct 23, 2023	Mon	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Oct 25, 2023	Wed	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Oct 26, 2023	Thu	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Oct 28, 2023	Sat	Practice (Section 3 Game Day Championships @ General Brown)	N/A	8:00 AM		TBD		
Oct 28, 2023	Sat	Regular Season	Utica Proctor (Co-ed Fall)	12:00 PM	3:00 PM	LIVERPOOL HS STADIUM		L
Oct 30, 2023	Mon	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Nov 1, 2023	Wed	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Nov 2, 2023	Thu	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Nov 13, 2023	Mon	Practice (Tryouts @ Liverpool Elementary )	N/A	5:00 PM	7:00 PM	TBD		
Nov 14, 2023	Tue	Practice (Tryouts @ Liverpool Elementary )	N/A	5:00 PM	7:00 PM	TBD		
Nov 15, 2023	Wed	Practice (Tryouts @ Liverpool Elementary )	N/A	5:00 PM	7:00 PM	TBD		
Nov 20, 2023	Mon	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Nov 21, 2023	Tue	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Nov 22, 2023	Wed	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Nov 27, 2023	Mon	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Nov 28, 2023	Tue	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Nov 30, 2023	Thu	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Dec 1, 2023	Fri	Practice (Game)	N/A	6:00 PM		TBD		
Dec 4, 2023	Mon	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Dec 5, 2023	Tue	Practice (Game)	N/A	5:45 PM		TBD		
Dec 6, 2023	Wed	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		

DATE	WEEK DAY	<sup>C</sup> TYPE	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE TRANSPORTATION / NON- LEAGUE
Dec 7, 2023	Thu	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD	
Dec 11, 2023	Mon	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD	
Dec 12, 2023	Tue	Practice (Game)	N/A	6:00 PM		TBD	
Dec 13, 2023	Wed	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD	
Dec 14, 2023	Thu	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD	
Dec 18, 2023	Mon	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD	
Dec 19, 2023	Tue	Practice (Game)	N/A	6:00 PM		TBD	
Dec 20, 2023	Wed	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD	
Dec 21, 2023	Thu	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD	
Dec 25, 2023	Mon	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD	
Dec 26, 2023	Tue	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD	
Dec 28, 2023	Thu	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD	
Dec 29, 2023	Fri	Practice (Game)	N/A	6:00 PM		TBD	
Jan 2, 2024	Tue	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD	
Jan 3, 2024	Wed	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD	
Jan 4, 2024	Thu	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD	
Jan 5, 2024	Fri	Practice (Game)	N/A	6:00 PM		TBD	
Jan 8, 2024	Mon	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD	
Jan 9, 2024	Tue	Practice (Game)	N/A	6:00 PM		TBD	
Jan 10, 2024	Wed	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD	
Jan 11, 2024	Thu	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD	
Jan 15, 2024	Mon	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD	
Jan 16, 2024	Tue	Practice (Game)	N/A	6:00 PM		TBD	
Jan 17, 2024	Wed	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD	
Jan 18, 2024	Thu	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD	
Jan 20, 2024	Sat	Practice (Competition)	N/A	8:00 AM		TBD	
Jan 20, 2024	Sat	Regular Season (Bling it on Cheer Classic - Baldwinsville)	TBD	TBD	9:00 PM	TBD	L
Jan 22, 2024	Mon	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD	

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 23, 2024	Tue	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Jan 24, 2024	Wed	Practice (Leagues competition)	N/A	5:30 PM		TBD		
Jan 24, 2024	Wed	Regular Season (SCAC League Competitive Cheerleading Championship)	West Genesee (Winter), Jamesville- Dewitt (Winter), Fulton, Baldwinsville (WINTER), Central Square (Winter), Cicero-North Syracuse (Winter), East Syracuse Minoa (Winter), Oswego (Winter Cheer), Auburn (Winter)		9:00 PM	LIVERPOOL HS MAIN GYMNASIUM		L
Jan 25, 2024	Thu	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Jan 26, 2024	Fri	Practice (Game)	N/A	6:00 PM		TBD		
Jan 29, 2024	Mon	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Jan 30, 2024	Tue	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Jan 31, 2024	Wed	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Feb 1, 2024	Thu	Practice (Game)	N/A	6:00 PM		TBD		
Feb 3, 2024	Sat	Practice (Competition)	N/A	8:00 AM		TBD		
Feb 3, 2024	Sat	Regular Season (West Genesee Sweetheart Classic)	TBD	TBD	9:00 PM	TBD		L
Feb 5, 2024	Mon	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Feb 6, 2024	Tue	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Feb 8, 2024	Thu	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Feb 9, 2024	Fri	Regular Season	Jamesville-Dewitt (Winter)	6:30 PM		LIVERPOOL HS MAIN GYMNASIUM		L
Feb 10, 2024	Sat	Practice (Competition)	N/A	8:00 AM		TBD		
Feb 10, 2024	Sat	Regular Season (2024 Starfest)	TBD	TBD	9:00 PM	TBD		L
Feb 12, 2024	Mon	Practice (Game)	N/A	6:00 PM		TBD		
Feb 13, 2024	Tue	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Feb 15, 2024	Thu	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Feb 16, 2024	Fri	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Feb 17, 2024	Sat	Practice (Sectionals)	N/A	8:00 AM		TBD		
Feb 20, 2024	Tue	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		
Feb 21, 2024	Wed	Practice (Practice)	N/A	5:00 PM	7:00 PM	TBD		

DATE	WEEK DAY	OPPONENTS	LEAGUI START END TIME TIME LOCATION TRANSPORTATION / NON- LEAGUI
Feb 22, 2024	Thu Practice (Practice)	N/A	5:00 7:00 PM PM
Feb 26, 2024	Mon Practice (Practice)	N/A	5:00 7:00 PM PM
Feb 27, 2024	Tue Practice (Practice)	N/A	5:00 7:00 PM PM TBD
Feb 28, 2024	Wed Practice (Practice)	N/A	5:00 7:00 PM PM
Feb 29, 2024	Thu Practice (Practice)	N/A	5:00 7:00 PM PM

Date: 2024-05-01