



Our Lady of Lourdes

(G) V Cheerleading (Winter)

Coaches:

- Kristi Plass

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 21, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	Dance Studio		
Aug 22, 2023	Tue	Practice	N/A	4:15 PM	6:00 PM	Dance Studio		
Aug 23, 2023	Wed	Practice	N/A	4:15 PM	6:00 PM	Dance Studio		
Aug 28, 2023	Mon	Practice	N/A	4:15 PM	6:00 PM	Dance Studio		
Aug 29, 2023	Tue	Practice	N/A	4:15 PM	6:00 PM	Dance Studio		
Aug 30, 2023	Wed	Practice	N/A	4:15 PM	6:00 PM	Dance Studio		
Sep 1, 2023	Fri	Practice	N/A	5:30 PM	6:45 PM	TBD		
Sep 5, 2023	Tue	Practice	N/A	4:15 PM	6:00 PM	Dance Studio		
Sep 6, 2023	Wed	Practice	N/A	4:15 PM	6:00 PM	Dance Studio		
Sep 8, 2023	Fri	Practice	N/A	5:30 PM	6:45 PM	Dance Studio		
Sep 11, 2023	Mon	Practice	N/A	4:15 PM	6:00 PM	Dance Studio		
Sep 12, 2023	Tue	Practice	N/A	4:15 PM	6:00 PM	Small Gym		
Sep 13, 2023	Wed	Practice	N/A	4:15 PM	6:00 PM	Small Gym		
Sep 14, 2023	Thu	Practice	N/A	5:30 PM	6:45 PM	Dance Studio		
Sep 18, 2023	Mon	Practice	N/A	4:15 PM	6:00 PM	Dance Studio		
Sep 19, 2023	Tue	Practice	N/A	4:15 PM	6:00 PM	Small Gym		
Sep 20, 2023	Wed	Practice	N/A	4:15 PM	6:00 PM	Small Gym		
Sep 22, 2023	Fri	Practice	N/A	5:30 PM	6:45 PM	Dance Studio		
Sep 26, 2023	Tue	Practice	N/A	4:15 PM	6:00 PM	Dance Studio		
Sep 27, 2023	Wed	Practice	N/A	4:15 PM	6:00 PM	Small Gym		
Oct 2, 2023	Mon	Practice (cheer practice)	N/A	4:15 PM	6:00 PM	Small Gym		
Oct 3, 2023	Tue	Practice (cheer practice)	N/A	4:15 PM	6:00 PM	Small Gym		
Oct 4, 2023	Wed	Practice (cheer practice)	N/A	4:15 PM	6:00 PM	Small Gym		
Oct 10, 2023	Tue	Practice (cheer practice)	N/A	4:15 PM	6:00 PM	Small Gym		
Oct 11, 2023	Wed	Practice (cheer practice)	N/A	4:15 PM	6:00 PM	Small Gym		
Nov 7, 2023	Tue	Practice	N/A	4:15 PM	5:00 PM	Dance Studio		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE
Nov 8, 2023	Wed	Practice	N/A	4:15 PM	6:00 PM	Small Gym	
Nov 13, 2023	Mon	Practice	N/A	4:00 PM	6:00 PM	Dance Studio	
Nov 14, 2023	Tue	Practice	N/A	4:00 PM	6:00 PM	Dance Studio	
Nov 15, 2023	Wed	Practice	N/A	4:15 PM	6:00 PM	Dance Studio	
Nov 20, 2023	Mon	Practice	N/A	4:15 PM	6:00 PM	Dance Studio	
Nov 21, 2023	Tue	Practice	N/A	4:15 PM	6:00 PM	Dance Studio	
Nov 27, 2023	Mon	Practice	N/A	4:15 PM	6:00 PM	Dance Studio	
Nov 28, 2023	Tue	Practice	N/A	4:15 PM	6:00 PM	Dance Studio	
Nov 29, 2023	Wed	Practice	N/A	4:15 PM	6:00 PM	Dance Studio	
Dec 4, 2023	Mon	Practice (cheer practice)	N/A	4:15 PM	6:00 PM	Small Gym	
Dec 5, 2023	Tue	Practice (cheer practice)	N/A	4:15 PM	6:00 PM	Dance Studio	
Dec 11, 2023	Mon	Practice (cheer practice)	N/A	4:15 PM	6:00 PM	Dance Studio	
Dec 12, 2023	Tue	Practice (cheer practice)	N/A	4:15 PM	6:00 PM	Dance Studio	
Dec 13, 2023	Wed	Practice (cheer practice)	N/A	4:15 PM	6:00 PM	Dance Studio	
Dec 18, 2023	Mon	Practice (cheer practice)	N/A	4:15 PM	6:00 PM	Dance Studio	
Dec 19, 2023	Tue	Practice (cheer practice)	N/A	4:15 PM	6:00 PM	Dance Studio	
Dec 20, 2023	Wed	Practice (cheer practice)	N/A	4:15 PM	6:00 PM	Small Gym	
Dec 27, 2023	Wed	Practice	N/A	5:30 PM	6:30 PM	Dance Studio	
Dec 28, 2023	Thu	Practice	N/A	5:30 PM	6:30 PM	Dance Studio	
Dec 29, 2023	Fri	Practice	N/A	5:30 PM	6:30 PM	Dance Studio	
Jan 2, 2024	Tue	Practice	N/A	4:15 PM	6:00 PM	Dance Studio	
Jan 3, 2024	Wed	Practice	N/A	4:15 PM	6:30 PM	Small Gym	
Jan 8, 2024	Mon	Practice	N/A	4:15 PM	6:00 PM	Dance Studio	
CANCELLED Jan 9, 2024	Tue	Practice	N/A	4:15 PM	6:00 PM	Small Gym	
Jan 10, 2024	Wed	Practice (cheer practice)	N/A	4:15 PM	6:30 PM	Our Lady of Lourdes Dance Studio	
Jan 12, 2024	Fri	Practice (cheer practice)	N/A	4:00 PM	6:00 PM	Arts and Athletics Center	
Jan 15, 2024	Mon	Practice	N/A	1:00 PM	5:00 PM	Small Gym	
CANCELLED Jan 16, 2024	Tue	Practice	N/A	4:15 PM	6:30 PM	Dance Studio	
Jan 17, 2024	Wed	Practice	N/A	4:15 PM	6:00 PM	Dance Studio	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 17, 2024	Wed	Practice (cheer practice)	N/A	6:00 PM	8:00 PM	Small Gym		
Jan 18, 2024	Thu	Practice (cheer practice)	N/A	2:15 PM	3:30 PM	Small Gym		
Jan 19, 2024	Fri	Practice (cheer practice)	N/A	5:30 PM	8:00 PM	Small Gym		
Jan 20, 2024	Sat	Practice (cheer competitions)	N/A	TBD		TBD		
Jan 21, 2024	Sun	Practice (cheer competitions)	N/A	TBD		TBD		
Jan 22, 2024	Mon	Practice (cheer practice)	N/A	4:15 PM	6:00 PM	Arts and Athletics Center		
CANCELLED Jan 23, 2024	Tue	Practice (cheer practice)	N/A	4:15 PM	6:00 PM	Dance Studio		
Jan 24, 2024	Wed	Practice (cheer practice)	N/A	4:15 PM	6:00 PM	Dance Studio		
Jan 26, 2024	Fri	Practice (cheer practice)	N/A	4:30 PM	6:00 PM	Dance Studio		
Jan 29, 2024	Mon	Practice (cheer)	N/A	4:15 PM	6:00 PM	Small Gym		
Jan 30, 2024	Tue	Practice (cheer practice)	N/A	4:15 PM	5:00 PM	Dance Studio		
Jan 30, 2024	Tue	Practice (cheer)	N/A	5:00 PM	6:00 PM	Small Gym		
Jan 31, 2024	Wed	Practice (cheer practice)	N/A	4:30 PM	6:00 PM	Dance Studio		
Feb 5, 2024	Mon	Practice (cheer practice)	N/A	4:15 PM	6:00 PM	Small Gym		
Feb 6, 2024	Tue	Practice (cheer practice)	N/A	4:15 PM	6:00 PM	Dance Studio		
Feb 7, 2024	Wed	Practice (cheer practice)	N/A	4:15 PM	6:00 PM	Dance Studio		
Feb 8, 2024	Thu	Practice (cheer practice)	N/A	4:15 PM	5:00 PM	Dance Studio		
Feb 8, 2024	Thu	Practice (cheer practice)	N/A	5:00 PM	6:00 PM	Small Gym		
Feb 10, 2024	Sat	Practice (cheer)	N/A	10:00 AM	11:30 AM	Arts and Athletics Center		
Feb 10, 2024	Sat	Regular Season	@ Valley Central	1:00 PM		Valley Central High School		L
Feb 12, 2024	Mon	Practice (cheer practice)	N/A	4:15 PM	6:00 PM	Small Gym		
Feb 14, 2024	Wed	Practice (cheer practice)	N/A	4:00 PM	5:30 PM	Small Gym		
Feb 20, 2024	Tue	Practice (cheer practice)	N/A	4:15 PM	6:00 PM	Small Gym		
Feb 26, 2024	Mon	Practice (cheer practice)	N/A	4:15 PM	6:00 PM	Small Gym		
Feb 28, 2024	Wed	Practice (cheer practice)	N/A	4:15 PM	6:00 PM	Small Gym		
Feb 29, 2024	Thu	Practice (cheer practice)	N/A	4:00 PM	5:00 PM	Dance Studio		
Mar 7, 2024	Thu	Practice (cheer practice)	N/A	4:15 PM	6:00 PM	Small Gym		
Mar 20, 2024	Wed	Practice (underclassmen uniforms)	N/A	4:15 PM	5:00 PM	Small Gym		
Apr 10, 2024	Wed	Practice (seniors uniforms and jackets)	N/A	4:15 PM	5:30 PM	Dance Studio		

Date: 2025-12-16