



Roy C Ketcham/ Wappingers JHS

(G) V Cheerleading (Fall)

Coaches:

- Stephanie Gruber
- Danielle Mikelic

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 20, 2018	Mon	Practice (Practice)	N/A	5:45 PM	8:00 PM	RCK Back Gym		
Aug 21, 2018	Tue	Practice (Practice)	N/A	5:45 PM	8:00 PM	RCK Back Gym		
Aug 22, 2018	Wed	Practice (Practice)	N/A	5:45 PM	8:00 PM	RCK Back Gym		
Aug 29, 2018	Wed	Practice (Practice)	N/A	7:00 PM	9:00 PM	RCK Back Gym		
Aug 30, 2018	Thu	Practice (Practice)	N/A	5:45 PM	8:00 PM	RCK Back Gym		
Sep 11, 2018	Tue	Practice (Practice)	N/A	6:00 PM	8:00 PM	RCK Back Gym		
Sep 13, 2018	Thu	Practice (Practice)	N/A	6:00 PM	8:00 PM	RCK Back Gym		
Sep 14, 2018	Fri	Practice (Game review)	N/A	4:00 PM	5:30 PM	RCK Back Gym		
Sep 17, 2018	Mon	Practice	N/A	7:00 PM	9:00 PM	RCK Back Gym		
Sep 18, 2018	Tue	Practice (Practice)	N/A	7:00 PM	9:00 PM	RCK Back Gym		
Sep 20, 2018	Thu	Practice (Practice)	N/A	6:00 PM	8:00 PM	RCK Back Gym		
Sep 21, 2018	Fri	Practice (Game review)	N/A	4:00 PM	5:30 PM	RCK Back Gym		
Sep 24, 2018	Mon	Practice	N/A	7:00 PM	9:00 PM	RCK Back Gym		
Sep 25, 2018	Tue	Practice (Practice)	N/A	7:00 PM	9:00 PM	RCK Back Gym		
Sep 26, 2018	Wed	Practice (Practice)	N/A	3:00 PM	8:00 PM	RCK Back Gym		
Sep 28, 2018	Fri	Practice (Game review)	N/A	2:30 PM	4:30 PM	RCK Back Gym		
Oct 4, 2018	Thu	Practice	N/A	6:00 PM		RCK Back Gym		
Oct 9, 2018	Tue	Practice	N/A	7:00 PM	9:00 PM	RCK Back Gym		
Oct 10, 2018	Wed	Practice	N/A	6:00 PM	8:00 PM	RCK Back Gym		
Oct 11, 2018	Thu	Practice	N/A	6:00 PM	8:00 PM	RCK Back Gym		
Oct 13, 2018	Sat	Regular Season	@ Poughkeepsie	2:00 PM		Poughkeepsie HS	Departure Point: Bus will leave RCK and return to RCK Departure Time: 12:00 PM Return Date: Return Time: 5:00 PM	L
Oct 15, 2018	Mon	Practice	N/A	7:00 PM	9:00 PM	RCK Back Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 16, 2018	Tue	Regular Season (Scrimmage & All Section Tryouts)	@ Somers	6:00 PM	8:00 PM	Somers HS	Departure Point: Bus will leave RCK and return to RCK Departure Time: 4:00 PM Return Date: Return Time: 9:00 PM	L
Oct 16, 2018	Tue	Practice	N/A	7:00 PM	9:00 PM	RCK Back Gym		
Oct 17, 2018	Wed	Practice	N/A	6:00 PM	8:00 PM	RCK Back Gym		
Oct 18, 2018	Thu	Practice	N/A	6:00 PM	8:00 PM	RCK Back Gym		
Oct 19, 2018	Fri	Practice	N/A	3:00 PM	6:00 PM	RCK Back Gym		
Oct 20, 2018	Sat	Regular Season	@ Carmel (Varsity Fall Cheerleading)	2:00 PM		CHS	Departure Point: Bus will leave RCK and return to RCK Departure Time: 12:00 PM Return Date: Return Time: 5:00 PM	L
Oct 22, 2018	Mon	Practice	N/A	7:00 PM	9:00 PM	RCK Back Gym		
Oct 23, 2018	Tue	Practice	N/A	7:00 PM	9:00 PM	RCK Back Gym		
Oct 24, 2018	Wed	Practice	N/A	6:00 PM	8:00 PM	RCK Back Gym		
Oct 25, 2018	Thu	Practice	N/A	6:00 PM	8:00 PM	RCK Back Gym		
Oct 27, 2018	Sat	Regular Season	@ Walter Panas	2:00 PM		Walter Panas High School	Departure Point: Bus will leave RCK and return to RCK Departure Time: 12:00 PM Return Date: Return Time: 5:00 PM	L
Oct 29, 2018	Mon	Practice	N/A	7:00 PM	9:00 PM	RCK Back Gym		
Oct 30, 2018	Tue	Practice	N/A	7:00 PM	9:00 PM	RCK Back Gym		
Nov 3, 2018	Sat	Regular Season	@ Hendrick Hudson	1:00 PM		TBD	Departure Point: Bus will leave RCK and return to RCK Departure Time: 11:00 AM Return Date: Return Time: 5:00 PM	L
Nov 5, 2018	Mon	Practice (Tryouts)	N/A	6:00 PM	7:30 PM	RCK Back Gym		
Nov 6, 2018	Tue	Practice (Tryouts)	N/A	6:00 PM	7:30 PM	RCK Back Gym		
Nov 7, 2018	Wed	Practice (Practice)	N/A	6:00 PM	7:30 PM	RCK Back Gym		
Nov 13, 2018	Tue	Practice (Practice)	N/A	6:00 PM	8:00 PM	RCK Back Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 5, 2019	Sat	Regular Season (COMPETITION)	@ Eastchester	9:30 AM	12:00 PM	Eastchester HS	Departure Point: Bus will leave RCK and return to RCK Departure Time: 8:15 AM Return Date: Return Time: 12:00 PM	L
Jan 12, 2019	Sat	Regular Season	@ Mahopac	9:00 AM	5:00 PM	Mahopac HS	Departure Point: Bus will leave RCK and return to RCK Departure Time: 7:45 AM Return Date: Return Time: 12:00 PM	L
Jan 19, 2019	Sat	Regular Season	@ TBD	9:00 AM	5:00 PM	JJ Main Gymnasium	Departure Point: Bus will leave RCK and no return. Departure Time: 8:15 AM	L
Jan 23, 2019	Wed	Regular Season	@ White Plains	5:00 PM	5:00 PM	Westchester County Center	Departure Point: Bus will leave RCK and return to RCK Departure Time: 3:00 PM Return Date: Return Time: 9:00 PM	L
Feb 9, 2019	Sat	Regular Season	John Jay HS/ Van Wyck JHS (Winter)	TBD		RCK Gymnasium		L

Date: 2025-12-30