



Roy C Ketcham/ Wappingers JHS

(G) V Cheerleading (Fall)

Coaches:

- Stephanie Gruber
- Danielle Mikelic

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 27, 2019	Tue	Practice	N/A	6:00 PM	8:00 PM	RCK Back Gym			
Aug 27, 2019	Tue	Practice	N/A	6:00 PM	8:00 PM	RCK Back Gym			
Aug 28, 2019	Wed	Practice	N/A	6:00 PM	8:00 PM	RCK Back Gym			
Sep 3, 2019	Tue	Practice	N/A	6:00 PM	8:00 PM	RCK Back Gym			
Sep 4, 2019	Wed	Practice	N/A	6:00 PM	8:00 PM	RCK Back Gym			
Sep 6, 2019	Fri	Practice	N/A	3:00 PM	8:00 PM	RCK Back Gym			
Sep 7, 2019	Sat	Practice	N/A	10:00 AM	5:00 PM	RCK Back Gym			
Sep 8, 2019	Sun	Practice	N/A	10:00 AM	5:00 PM	RCK Back Gym			
Sep 10, 2019	Tue	Practice	N/A	6:00 PM	8:00 PM	RCK Back Gym			
Sep 11, 2019	Wed	Practice	N/A	6:00 PM	8:00 PM	RCK Back Gym			
Sep 13, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	RCK Back Gym			
Sep 16, 2019	Mon	Practice	N/A	6:00 PM	8:00 PM	RCK Back Gym			
Sep 17, 2019	Tue	Practice	N/A	6:00 PM	8:00 PM	RCK Back Gym			
Sep 18, 2019	Wed	Practice	N/A	6:00 PM	8:00 PM	RCK Back Gym			
Sep 20, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	RCK Back Gym			
Sep 20, 2019	Fri	Regular Season	@ Carmel (Varsity Fall Cheerleading)	7:00 PM		CHS Track			Departure Point: Bus Leaves RCK and Returns to RCK Departure Time: L 5:30 PM Return Date: Return Time: 10:45 PM
Sep 23, 2019	Mon	Practice	N/A	6:00 PM	8:00 PM	RCK Back Gym			
Sep 24, 2019	Tue	Practice	N/A	6:00 PM	8:00 PM	RCK Back Gym			
Sep 25, 2019	Wed	Practice	N/A	6:00 PM	8:00 PM	RCK Back Gym			
Sep 27, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	RCK Back Gym			
Sep 27, 2019	Fri	Regular Season	John Jay HS/ Van Wyck JHS (Fall)	7:00 PM	9:00 PM	TBD			L
Sep 30, 2019	Mon	Practice	N/A	6:00 PM	8:00 PM	RCK Back Gym			
Oct 1, 2019	Tue	Practice	N/A	6:00 PM	8:00 PM	RCK Back Gym			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON-LEAGUE	
Oct 2, 2019	Wed	Practice	N/A	6:00 PM	8:00 PM	RCK Back Gym			
Oct 3, 2019	Thu	Regular Season (Varsity Competition)	@ Walter Panas	4:45 PM		Walter Panas High School	Departure Point: Bus will leave RCK and return to RCK Departure Time: 2:45 PM Return Date: Return Time: 8:30 PM	L	
Oct 4, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	RCK Back Gym			
Oct 8, 2019	Tue	Practice	N/A	6:00 PM	8:00 PM	RCK Back Gym			
Oct 9, 2019	Wed	Practice	N/A	6:00 PM	8:00 PM	RCK Back Gym			
Oct 11, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	RCK Back Gym			
Oct 14, 2019	Mon	Practice	N/A	6:00 PM	8:00 PM	RCK Back Gym			
Oct 15, 2019	Tue	Practice	N/A	6:00 PM	8:00 PM	RCK Back Gym			
Oct 16, 2019	Wed	Practice	N/A	6:00 PM	8:00 PM	RCK Back Gym			
Oct 17, 2019	Thu	Regular Season (All Section Try Outs)	@ Scarsdale	4:45 PM	9:00 PM	Scarsdale HS	Bus/Driver: small bus needed	Departure Point: Bus will leave RCK and return to RCK Departure Time: 2:45 PM Return Date: Return Time: 9:00 PM	L
Oct 18, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	RCK Back Gym			
Oct 19, 2019	Sat	Regular Season (Game Day competition)	@ Poughkeepsie	TBD		Poughkeepsie HS	Bus/Driver: small bus needed	Departure Point: Bus will leave RCK and return to RCK Departure Time: 8:00 AM Return Date: Return Time: 9:00 PM	L
Oct 21, 2019	Mon	Practice	N/A	6:00 PM	8:00 PM	RCK Back Gym			
Oct 22, 2019	Tue	Regular Season (Game Day Competition - Varsity only)	@ Minisink Valley	4:30 PM		TBD		Departure Point: Bus will leave RCK and return to RCK Departure Time: 2:45 PM Return Date: Return Time: 8:30 PM	L
Oct 22, 2019	Tue	Practice	N/A	6:00 PM	8:00 PM	RCK Back Gym			
Oct 23, 2019	Wed	Practice	N/A	6:00 PM	8:00 PM	RCK Back Gym			
Oct 25, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	RCK Back Gym			
Oct 25, 2019	Fri	Post-Season	@ Carmel (Varsity Fall Cheerleading)	7:00 PM		CHS Turf		NL	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 26, 2019	Sat	Regular Season (Competition - Varsity only)	@ Walter Panas	TBD		Walter Panas High School		Departure Point: Bus will leave RCK and return to RCK Departure Time: 12:00 PM Return Date: Return Time: 4:00 PM	L
Oct 28, 2019	Mon	Practice	N/A	6:00 PM	8:00 PM	RCK Back Gym			
Oct 29, 2019	Tue	Practice	N/A	6:00 PM	8:00 PM	RCK Back Gym			
Oct 30, 2019	Wed	Practice	N/A	6:00 PM	8:00 PM	RCK Back Gym			
Nov 1, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	RCK Back Gym			
Nov 2, 2019	Sat	Regular Season (Competition - Varsity and JV)	@ Yorktown	2:00 PM	5:30 PM	Yorktown HS		Departure Point: Bus will leave RCK and return to RCK Departure Time: 12:00 PM Return Date: Return Time: 5:30 PM	L
Nov 4, 2019	Mon	Practice	N/A	6:00 PM	8:00 PM	RCK Back Gym			
Nov 5, 2019	Tue	Practice	N/A	6:00 PM	8:00 PM	RCK Back Gym			
Nov 6, 2019	Wed	Practice	N/A	6:00 PM	8:00 PM	RCK Back Gym			
Nov 8, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	RCK Back Gym			
Nov 9, 2019	Sat	Regular Season (Sectionals)	@ Hendrick Hudson	9:30 AM		Hendrick Hudson HS		Departure Point: Bus will leave RCK and return to RCK Departure Time: 8:00 AM Return Date: Return Time: 8:00 PM	L
Nov 16, 2019	Sat	Regular Season (Brookdale Community College Competition)	@ TBD	TBD		TBD	Bus/Driver: small bus needed	Departure Point: Bus will leave RCK and return to RCK Departure Time: 8:00 AM Return Date: Return Time: 8:00 PM	L
Dec 7, 2019	Sat	Scrimmage	@ Walter Panas	2:30 PM		Walter Panas High School		Departure Point: Bus will leave RCK and return to RCK Departure Time: 12:30 PM Return Date: Return Time: 7:30 PM	L
Dec 14, 2019	Sat	Regular Season	@ North Rockland	TBD		North Rockland HS		Departure Point: Bus will leave RCK and return to RCK Departure Time: 12:30 PM Return Date: Return Time: 7:30 PM	L

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Feb 15, 2020	Sat	Regular Season	John Jay HS/ Van Wyck JHS (Winter)	TBD		RCK Gymnasium			L
Feb 15, 2020	Sat	Regular Season	Hyde Park (Winter)	TBD		TBD			L

Date: 2026-01-01