



Roy C Ketcham/ Wappingers JHS

(G) V Gymnastics (Wappingers)

Coaches:

- Sarah Grunbok, Head Coach
- Danielle Bethel

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 28, 2018	Fri	Regular Season (SCRIMMAGE AT FDR)	TBD	10:00 AM		TBD	Departure Point: RCK 8:15 AM / JJ 8:30AM Return to RCK Only Departure Time: 8:15 AM Return Date: Return Time: 3:00 PM	L
Jan 3, 2019	Thu	Regular Season	@ Brewster	4:30 PM		TBD	Departure Point: Bus will leave RCK 2:30pm JJ 2:45PM and return to RCK only. Departure Time: 2:30 PM Return Date: Return Time: 8:00 PM	L
Jan 4, 2019	Fri	Regular Season	@ Mahopac	5:00 PM		Mahopac HS	Departure Point: RCK 2:30PM / JJ 2:45PM Return to RCK Only 9pm Departure Time: 2:30 PM Return Date: Return Time: 9:00 PM	L
Jan 8, 2019	Tue	Regular Season	Suffern	4:30 PM		RCK Gymnasium	Departure Time: 2:30 PM Return Date: Return Time: 7:00 PM	L
Jan 14, 2019	Mon	Regular Season	Mahopac	4:00 PM		RCK Gymnasium	Departure Time: 2:30 PM Return Date: Return Time: 7:00 PM	L
Jan 17, 2019	Thu	Regular Season	Lakeland @ Ossining	5:00 PM	10:00 PM	TBD	Departure Point: RCK 2:45pm JJ 3PM and return to JJ 9:45pm / RCK 10pm Departure Time: 2:45 PM Return Date: Return Time: 10:00 PM	L
Jan 22, 2019	Tue	Regular Season	Scarsdale	4:00 PM		TBD	Departure Time: 2:30 PM Return Date: Return Time: 7:00 PM	L
Jan 25, 2019	Fri	Regular Season	Lakeland	4:00 PM	8:00 PM	TBD	Departure Time: 3:00 PM Return Date: Return Time: 10:00 PM	L
Jan 31, 2019	Thu	Regular Season	@ Ossining	5:00 PM	9:00 PM	Ossining HS	Departure Time: 2:30 PM Return Date: Return Time: 10:00 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 4, 2019	Mon	Regular Season (Divisional Championships)	@ TBD	3:30 PM	8:00 PM	TBD	Departure Point: RCK 1:45 / JJ 2pm returns JJ 7pm RCK 7:15pm Departure Time: 1:45 PM Return Date: Return Time: 10:00 PM	L
Feb 7, 2019	Thu	Post-Season (Sectionals)	@ TBD	3:30 PM	8:00 PM	CHS	Departure Point: RCK 1:45 / JJ 2pm returns JJ 7pm RCK 7:15pm Departure Time: 1:45 PM Return Date: Return Time: 10:00 PM	L

Date: 2026-01-31