



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
Nov 16, 2023	Thu	Practice (Gymnastics to back gym at Infinity Gymnastics)	N/A	3:00 PM	4:15 PM	Infinity Gymnastics		
Nov 30, 2023	Thu	Practice (Gymnastics to back gym at Infinity Gymnastics)	N/A	3:00 PM	4:15 PM	Infinity Gymnastics		
Dec 7, 2023	Thu	Practice (Gymnastics to back gym at Infinity Gymnastics)	N/A	3:00 PM	4:15 PM	Infinity Gymnastics		
Dec 8, 2023	Fri	Regular Season	Scarsdale	7:15 PM	9:00 PM	Infinity Gymnastics		L
Dec 20, 2023	Wed	Regular Season (Senior Night)	Lakeland	7:15 PM	9:00 PM	Infinity Gymnastics		L
Jan 5, 2024	Fri	Regular Season	Suffern	7:15 PM	8:30 PM	Infinity Gymnastics		L
Jan 11, 2024	Thu	Regular Season	@ Somers	6:30 PM	8:00 PM	DYNAMIC GYMNASTICS	<p>Departure Point: 1 van needed for V</p> <p>Pick up at JJ</p> <p>Departure Time: 5:00 PM</p> <p>Return Date:</p> <p>Return Time: 8:30 PM</p>	L
Jan 17, 2024	Wed	Regular Season	@ Mahopac	6:30 PM	8:30 PM	Eclipse Gymnastics	<p>Departure Point: 1 van needed for V</p> <p>Pick up at JJ</p> <p>Departure Time: 5:00 PM</p> <p>Return Date:</p> <p>Return Time: 10:00 PM</p>	L
Jan 29, 2024	Mon	Regular Season	@ Mahopac	7:00 PM		Eclipse Gymnastics	<p>Departure Point:</p> <p>NO TRANSPORTATION NEEDED</p>	L
Jan 30, 2024	Tue	Regular Season	@ Brewster	5:00 PM	7:00 PM	B&C Gymnastics	<p>Departure Point: 1 bus pick up at JJ</p> <p>Departure Time: 3:00 PM</p> <p>Return Date:</p> <p>Return Time: 8:00 PM</p>	L
Jan 31, 2024	Wed	Regular Season	@ Clarkstown North	5:30 PM	7:00 PM	Galaxy Gymnastics	<p>Departure Point: 1 van needed for V</p> <p>Pick up at JJ</p> <p>Departure Time: 4:00 PM</p> <p>Return Date:</p> <p>Return Time: 8:00 PM</p>	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 1, 2024	Thu	Regular Season	@ Mahopac	7:00 PM		Eclipse Gymnastics	Departure Point: NO TRANSPORTATION NEEDED	L
Feb 5, 2024	Mon	Regular Season	@ Mahopac	6:00 PM	8:00 PM	Eclipse Gymnastics	Departure Point: 1 van needed for V Pick up at JJ Departure Time: 5:00 PM Return Date: Return Time: 9:00 PM	L

Date: 2026-01-10