



# 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	<b>Departure Point:</b> 1 van needed for V <b>Pick up at JJ</b> <b>Departure Time:</b> 5:00 PM <b>Return Date:</b> <b>Return Time:</b> 8:30 PM	L
Jan 17, 2024	Wed	Regular Season	@ Mahopac	6:30 PM	8:30 PM	Eclipse Gymnastics	<b>Departure Point:</b> 1 van needed for V <b>Pick up at JJ</b> <b>Departure Time:</b> 5:00 PM <b>Return Date:</b> <b>Return Time:</b> 10:00 PM	L
Jan 29, 2024	Mon	Regular Season	@ Mahopac	7:00 PM		Eclipse Gymnastics	<b>Departure Point:</b> NO <b>TRANSPORTATION NEEDED</b>	L
Jan 30, 2024	Tue	Regular Season	@ Brewster	5:00 PM	7:00 PM	B&C Gymnastics	<b>Departure Point:</b> 1 bus pick up at JJ <b>Departure Time:</b> 3:00 PM <b>Return Date:</b> <b>Return Time:</b> 8:00 PM	L
Jan 31, 2024	Wed	Regular Season	@ Clarkstown North	5:30 PM	7:00 PM	Galaxy Gymnastics	<b>Departure Point:</b> 1 van needed for V <b>Pick up at JJ</b> <b>Departure Time:</b> 4:00 PM <b>Return Date:</b> <b>Return Time:</b> 8:00 PM	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	<b>Departure Point:</b> NO TRANSPORTATION NEEDED	L
Feb 5, 2024	Mon	Regular Season	@ Mahopac	6:00 PM	8:00 PM	Eclipse Gymnastics	<b>Departure Point:</b> 1 van needed for V Pick up at JJ <b>Departure Time:</b> 5:00 PM <b>Return Date:</b> <b>Return Time:</b> 9:00 PM	L

Date: 2026-01-10