



# 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 12, 2024	Thu	Regular Season	Suffern	6:45 PM		Infinity Gymnastics	<b>Departure Point:</b> self transport NO BUS NEEDED	L
Dec 18, 2024	Wed	Regular Season	Somers	6:45 PM	9:00 PM	Infinity Gymnastics	<b>Departure Point:</b> No bus needed SELF TRANSPORT	L
POSTPONED Jan 7, 2025	Tue	Regular Season	Putnam Valley @ Lakeland	6:30 PM		DYNAMIC GYMNASTICS	<b>Departure Point:</b> Pick up at RCK and JJ <b>Departure Time:</b> 4:00 PM <b>Return Date:</b> <b>Return Time:</b> 10:00 PM	L
POSTPONED Jan 8, 2025	Wed	Regular Season	Suffern @ Brewster	5:00 PM		B&C Gymnastics	<b>Departure Point:</b> Pick up at RCK and JJ <b>Departure Time:</b> 3:30 PM	L
Jan 13, 2025	Mon	Regular Season	Scarsdale	6:45 PM		Infinity Gymnastics	<b>Departure Point:</b> No bus needed SELF TRANSPORT	L
Jan 21, 2025	Tue	Regular Season	@ Mahopac	6:30 PM	8:30 PM	Eclipse Gymnastics	<b>Departure Point:</b> Pick up at RCK and JJ <b>Departure Time:</b> 4:30 PM <b>Return Date:</b> <b>Return Time:</b> 10:00 PM	L
Jan 22, 2025	Wed	Regular Season	@ Byram Hills	7:00 PM		Eclipse Gymnastics	<b>Departure Point:</b> Pick up at RCK then JJ <b>Departure Time:</b> 5:00 PM <b>Return Date:</b> <b>Return Time:</b> 9:00 PM	L
POSTPONED Jan 24, 2025	Fri	Regular Season	Suffern	4:30 PM	6:30 PM	Infinity Gymnastics	<b>Departure Point:</b> Pick up at RCK and JJ One way shuttle <b>Departure Time:</b> 3:30 PM	L
Jan 24, 2025	Fri	Regular Season	@ Kingston	5:00 PM		Excel Gymnastics	<b>Departure Point:</b> Pick up at JJ and then RCK <b>Departure Time:</b> 3:30 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
Jan 27, 2025	Mon	Regular Season	Clarkstown North, Clarkstown South @ Tappan Zee HS	6:00 PM		Galaxy Gymnastics	<b>Departure Point:</b> Pick up at RCK and JJ <b>Departure Time:</b> 3:30 PM <b>Return Date:</b> <b>Return Time:</b> 8:30 PM	L
Feb 4, 2025	Tue	Regular Season	@ TBD	TBD		Eclipse Gymnastics	<b>Departure Point:</b> Pick up at RCK and JJ <b>Departure Time:</b> 5:15 PM <b>Return Date:</b> <b>Return Time:</b> 8:00 PM	L
Feb 10, 2025	Mon	Post-Season (Sectional Meet)	@ Mahopac	10:00 AM		Eclipse Gymnastics	<b>Departure Point:</b> Pick up at RCK and JJ <b>Departure Time:</b> 8:30 AM <b>Return Date:</b> <b>Return Time:</b> 2:30 PM	L

Date: 2026-01-10