



# 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 / NON-LEAGUE
Nov 17, 2025	Mon	Practice	N/A	TBD		Infinity Gymnastics	<b>Departure Point:</b> Pick up RCK, VW then JJHS <b>Departure Time:</b> 3:00 PM
Nov 18, 2025	Tue	Practice	N/A	TBD		Infinity Gymnastics	<b>Departure Point:</b> Pick up RCK, VW then JJHS <b>Departure Time:</b> 2:30 PM
Nov 20, 2025	Thu	Practice	N/A	TBD		Infinity Gymnastics	<b>Departure Point:</b> Pick up RCK, VW and then JJHS <b>Departure Time:</b> 2:30 PM
Nov 24, 2025	Mon	Practice	N/A	TBD		Infinity Gymnastics	<b>Departure Point:</b> Pick up RCK <b>Departure Time:</b> 2:30 PM
Nov 25, 2025	Tue	Practice	N/A	TBD		Infinity Gymnastics	<b>Departure Point:</b> Pick up RCK <b>Departure Time:</b> 2:30 PM
Dec 1, 2025	Mon	Practice	N/A	TBD		Infinity Gymnastics	<b>Departure Point:</b> Pick up RCK <b>Departure Time:</b> 2:30 PM
Dec 2, 2025	Tue	Practice	N/A	TBD		Infinity Gymnastics	<b>Departure Point:</b> Pick up RCK <b>Departure Time:</b> 2:30 PM
Dec 4, 2025	Thu	Practice	N/A	TBD		Infinity Gymnastics	<b>Departure Point:</b> Pick up RCK <b>Departure Time:</b> 2:30 PM
Dec 8, 2025	Mon	Practice	N/A	TBD		Infinity Gymnastics	<b>Departure Point:</b> Pick up RCK <b>Departure Time:</b> 2:30 PM
POSTPONED Dec 9, 2025	Tue	Regular Season	@ Brewster	TBD		B&C Gymnastics	<b>Departure Point:</b> 1 bus for V from RCK <b>Departure Time:</b> 5:15 PM <b>Return Date:</b> <b>Return Time:</b> 9:30 PM L
Dec 11, 2025	Thu	Practice	N/A	TBD		Infinity Gymnastics	<b>Departure Point:</b> Pick up RCK <b>Departure Time:</b> 2:30 PM

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE
Dec 15, 2025	Mon	Practice	N/A	TBD		Infinity Gymnastics	<b>Departure Point:</b> Pick up RCK <b>Departure Time:</b> 2:30 PM
Dec 16, 2025	Tue	Practice	N/A	TBD		Infinity Gymnastics	<b>Departure Point:</b> Pick up RCK <b>Departure Time:</b> 2:30 PM
Dec 18, 2025	Thu	Regular Season	@ Byram Hills	7:00 PM		Eclipse Gymnastics	<b>Departure Point:</b> 1 bus for V pick up at RCK and JJ only <b>Departure Time:</b> 5:15 PM <b>Return Date:</b> <b>Return Time:</b> 10:00 PM
Dec 22, 2025	Mon	Practice	N/A	TBD		Infinity Gymnastics	<b>Departure Point:</b> Pick up RCK <b>Departure Time:</b> 2:30 PM
Dec 23, 2025	Tue	Practice	N/A	TBD		Infinity Gymnastics	<b>Departure Point:</b> Pick up RCK <b>Departure Time:</b> 2:30 PM
Jan 5, 2026	Mon	Practice	N/A	TBD		Infinity Gymnastics	<b>Departure Point:</b> Pick up RCK <b>Departure Time:</b> 2:30 PM
Jan 6, 2026	Tue	Practice	N/A	TBD		Infinity Gymnastics	<b>Departure Point:</b> Pick up RCK <b>Departure Time:</b> 2:30 PM
Jan 7, 2026	Wed	Regular Season (Senior Night)	Lakeland, Walter Panas	6:45 PM		Infinity Gymnastics	
Jan 8, 2026	Thu	Practice	N/A	TBD		Infinity Gymnastics	<b>Departure Point:</b> Pick up RCK <b>Departure Time:</b> 2:30 PM
Jan 12, 2026	Mon	Regular Season	Scarsdale	6:45 PM		Infinity Gymnastics	
Jan 15, 2026	Thu	Regular Season	@ Somers	7:00 PM		DYNAMIC GYMNASTICS	<b>Departure Point:</b> Pick up at RCK only <b>Departure Time:</b> 5:30 PM <b>Return Date:</b> <b>Return Time:</b> 9:30 PM
Jan 20, 2026	Tue	Regular Season	@ Mahopac	7:00 PM		Eclipse Gymnastics	<b>Departure Point:</b> pick up at RCK only <b>Departure Time:</b> 5:30 PM <b>Return Date:</b> <b>Return Time:</b> 9:30 PM
Jan 22, 2026	Thu	Regular Season	@ Suffern	6:30 PM		Galaxy Gymnastics	<b>Departure Point:</b> pick up at RCK only <b>Departure Time:</b> 5:00 PM <b>Return Date:</b> <b>Return Time:</b> 9:30 PM

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Jan 27, 2026	Tue	Regular Season	Clarkstown South, Tappan Zee HS @ Clarkstown North	6:00 PM		Galaxy Gymnastics	<b>Departure Point:</b> 1 bus Pick up at RCK only <b>Departure Time:</b> 4:00 PM <b>Return Date:</b> <b>Return Time:</b> 9:00 PM L
Jan 29, 2026	Thu	Practice	N/A	TBD		Infinity Gymnastics	<b>Departure Point:</b> Pick up RCK <b>Departure Time:</b> 2:30 PM
Feb 2, 2026	Mon	Regular Season (Section One Gymnastics - Divisional Tournament)	@ Mahopac	6:15 PM		Eclipse Gymnastics	<b>Departure Point:</b> pick up at RCK only <b>Departure Time:</b> 5:15 PM <b>Return Date:</b> <b>Return Time:</b> 9:00 PM L
Feb 2, 2026	Mon	Practice	N/A	TBD		Infinity Gymnastics	<b>Departure Point:</b> Pick up RCK <b>Departure Time:</b> 2:30 PM
Feb 3, 2026	Tue	Practice	N/A	TBD		Infinity Gymnastics	<b>Departure Point:</b> Pick up RCK <b>Departure Time:</b> 2:30 PM
Feb 5, 2026	Thu	Regular Season (Sectional Game)	@ Mahopac	9:15 AM		Eclipse Gymnastics	<b>Departure Point:</b> P/U RCK, VW and JJHS <b>Departure Time:</b> 7:30 AM <b>Return Date:</b> <b>Return Time:</b> 2:00 PM L
Feb 5, 2026	Thu	Practice	N/A	TBD		Infinity Gymnastics	<b>Departure Point:</b> Pick up RCK <b>Departure Time:</b> 2:30 PM
Feb 9, 2026	Mon	Practice	N/A	TBD		Infinity Gymnastics	<b>Departure Point:</b> Pick up RCK <b>Departure Time:</b> 2:30 PM
Feb 10, 2026	Tue	Practice	N/A	TBD		Infinity Gymnastics	<b>Departure Point:</b> Pick up RCK <b>Departure Time:</b> 2:30 PM

Date: 2026-02-14