



Utica Proctor

(G) V Cheerleading (Co-ed Fall)

Coaches:

- Christy Cannistra

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE	LEAGUE
Aug 19, 2019	Mon	Practice	N/A	1:00 PM	4:00 PM	PHS Aux Gym ROTC (small gym)			
Aug 20, 2019	Tue	Practice	N/A	1:00 PM	4:00 PM	PHS Aux Gym ROTC (small gym)			
Aug 21, 2019	Wed	Practice	N/A	1:00 PM	4:00 PM	PHS Aux Gym ROTC (small gym)			
Aug 22, 2019	Thu	Practice	N/A	1:00 PM	4:00 PM	PHS Aux Gym ROTC (small gym)			
Aug 23, 2019	Fri	Practice	N/A	1:00 PM	4:00 PM	PHS Aux Gym ROTC (small gym)			
Aug 26, 2019	Mon	Practice	N/A	9:00 AM	12:00 PM	PHS Main Gym			
Aug 27, 2019	Tue	Practice	N/A	9:00 AM	12:00 PM	PHS Main Gym			
Aug 28, 2019	Wed	Practice	N/A	9:00 AM	12:00 PM	PHS Main Gym			
Aug 29, 2019	Thu	Practice	N/A	8:00 AM	12:00 PM	PHS Main Gym			
Aug 30, 2019	Fri	Practice	N/A	8:00 AM	12:00 PM	PHS Main Gym			
Sep 2, 2019	Mon	Practice	N/A	8:00 AM	12:00 PM	PHS Main Gym			
Sep 3, 2019	Tue	Practice	N/A	3:00 PM	6:00 PM	PHS Main Gym			
Sep 4, 2019	Wed	Practice	N/A	3:00 PM	6:00 PM	PHS Aux Gym ROTC (small gym)			
Sep 4, 2019	Wed	Practice	N/A	3:00 PM	6:00 PM	PHS Main Gym			
Sep 5, 2019	Thu	Practice	N/A	3:00 PM	6:00 PM	PHS Main Gym			
Sep 5, 2019	Thu	Practice	N/A	3:00 PM	6:00 PM	PHS Aux Gym ROTC (small gym)			
Sep 6, 2019	Fri	Practice	N/A	3:00 PM	6:00 PM	PHS Main Gym			
Sep 6, 2019	Fri	Practice	N/A	3:00 PM	6:00 PM	PHS Aux Gym ROTC (small gym)			
Sep 6, 2019	Fri	Practice	N/A	4:30 PM	6:30 PM	PHS Stadium (Turf Field/Track)			
Sep 9, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS Main Gym			
Sep 9, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS Aux Gym ROTC (small gym)			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 10, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Sep 10, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS Main Gym		
Sep 11, 2019	Wed	Practice	N/A	3:00 PM	4:30 PM	PHS Main Gym		
Sep 11, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Sep 12, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Sep 12, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Main Gym		
Sep 16, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS Main Gym		
Sep 16, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Sep 17, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS Main Gym		
Sep 17, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Sep 18, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Sep 18, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS Main Gym		
Sep 19, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Sep 19, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Main Gym		
Sep 20, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Sep 20, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS Main Gym		
Sep 23, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS Main Gym		
Sep 24, 2019	Tue	Practice	N/A	3:00 PM	4:30 PM	PHS Main Gym		
Sep 24, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Sep 25, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Sep 25, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS Main Gym		
Sep 26, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Main Gym		
Sep 26, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Sep 27, 2019	Fri	Regular Season	@ West Genesee (Fall)	6:00 PM	9:00 PM	WG-HS Mike Messere Field - Turf Stadium	Bus/Driver: bernie	Departure Point: 1st floor cafe Departure Time: 4:30 PM NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 30, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS Aux Gym ROTC (small gym)			
Sep 30, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS Main Gym			
Oct 1, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS Main Gym			
Oct 1, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS Aux Gym ROTC (small gym)			
Oct 2, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS Main Gym			
Oct 2, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS Aux Gym ROTC (small gym)			
Oct 3, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Aux Gym ROTC (small gym)			
Oct 3, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Main Gym			
Oct 4, 2019	Fri	Regular Season (**HOMECOMING**)	@ Baldwinsville (FALL)	6:30 PM	9:00 PM	Bville - Baker P/A Stadium TURF	Bus/Driver: bernie	Departure Time: 5:00 PM	NL
Oct 7, 2019	Mon	Practice	N/A	3:30 PM	5:00 PM	PHS Aux Gym ROTC (small gym)			
Oct 7, 2019	Mon	Practice	N/A	4:00 PM	6:00 PM	PHS Main Gym			
Oct 8, 2019	Tue	Practice	N/A	3:00 PM	6:00 PM	PHS Main Gym			
Oct 8, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS Aux Gym ROTC (small gym)			
Oct 9, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS Aux Gym ROTC (small gym)			
Oct 9, 2019	Wed	Practice	N/A	3:00 PM	6:00 PM	PHS Main Gym			
Oct 10, 2019	Thu	Practice	N/A	3:00 PM	6:00 PM	PHS Main Gym			
Oct 10, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Aux Gym ROTC (small gym)			
Oct 11, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS Main Gym			
Oct 11, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS Aux Gym ROTC (small gym)			
Oct 12, 2019	Sat	Regular Season	Rome Free Academy (Fall)	1:30 PM		PHS Stadium (Turf Field/Track)			L
Oct 14, 2019	Mon	Practice	N/A	9:00 AM	1:00 PM	PHS Main Gym			
CANCELLED Oct 15, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS Main Gym			
CANCELLED Oct 15, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS Aux Gym ROTC (small gym)			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
CANCELLED Oct 16, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS Aux Gym ROTC (small gym)			
CANCELLED Oct 16, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS Main Gym			
Oct 17, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Main Gym			
Oct 17, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Aux Gym ROTC (small gym)			
POSTPONED Oct 18, 2019	Fri	Regular Season	@ Cicero-North Syracuse (Fall)	7:00 PM		CNS HS-Bragman Stadium	Bus/Driver: bernie	Departure Point: 1st floor cafe Departure Time: 5:30 PM	NL
Oct 21, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	Phs cafeteria 2nd Floor, PHS Aux Gym ROTC (small gym)			
Oct 22, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	Phs cafeteria 2nd Floor, PHS Aux Gym ROTC (small gym)			
Oct 23, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	Phs cafeteria 2nd Floor, PHS Aux Gym ROTC (small gym)			
Oct 29, 2019	Tue	Practice	N/A	3:30 PM	5:00 PM	PHS Aux Gym ROTC (small gym)			
Oct 30, 2019	Wed	Practice	N/A	3:30 PM	5:00 PM	PHS Aux Gym ROTC (small gym)			
Nov 6, 2019	Wed	Practice	N/A	3:30 PM	5:00 PM	PHS Aux Gym ROTC (small gym)			
Nov 7, 2019	Thu	Practice	N/A	3:30 PM	5:00 PM	PHS Aux Gym ROTC (small gym)			
Nov 9, 2019	Sat	Regular Season (AA sectional final)	Cicero-North Syracuse (Fall)	8:00 PM	11:00 PM	JMA Wireless Dome	Bus/Driver: bernie	Departure Point: 1st floor cafe	L

Date: 2025-02-27