



SPEED DEMONS SCHEDULE 2018-2019

Meet Schedule:

October 20 – Red and Black Meet (HOME)

October 27- BYE

October 28 - Terror on the Blocks Hosted by Auburn (Fee Required)

November 3 – Oneonta (HOME) PICTURE DAY 8:45am

November 10 - BYE

November 17- Norwich (HOME)

December 1 -@ Oneida

December 8- Skaneateles (HOME)

December 15- BYE

January 5 - BYE

January 12 -@Cortland

January 19-Auburn (HOME)

January 26 -@ Watertown

February 2-3: CNY District Championship Hosted by Fulton @ Granby Elementary

March 15-17: NYS Championship Hosted by Flushing (Fee Required)

***Schedule is subject to change**

Coaching Staff:

Head Coach: Cassandra Jones

cizyk@yahoo.com

Asst Coach: Brittany Zacharias

bzacharias@syracuseymca.org

Parent Board

President: Lisa Doran

lisa.doran@exeloncorp.com

Vice President: Kelly LaPage

lapagekelly@yahoo.com

Secretary: Liz Rawls

erawls@hospicecny.org

Treasurer: Sue Tallents

tallents@windstream.net

IPP: Brett Tallents

tallents@windstream.net

Speed Demon Coordinator: Shonna Sargent

ssargent@fultonfamilyymca.org

SENIOR LEVEL PRACTICE:

Monday, Wednesday, Friday 6:30-7:30pm AND

Tuesday and Thursday 5:30-7:30pm

JUNIOR LEVEL PRACTICE:

Monday, Wednesday, Friday 5:30pm-6:30pm