



Rome Free Academy

(G) V Cheerleading (Fall)

Coaches:

- Kim Luczak

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 21, 2023	Mon	Practice (Girls Summer Cheerleading Workouts)	N/A	10:00 AM	12:00 PM	Strough Middle School Small Gymnasium			
Aug 22, 2023	Tue	Practice (Girls Summer Cheerleading Workouts)	N/A	10:00 AM	12:00 PM	Strough Middle School Small Gymnasium			
Aug 23, 2023	Wed	Practice (Girls Summer Cheerleading Workouts)	N/A	10:00 AM	12:00 PM	Strough Middle School Small Gymnasium			
Aug 24, 2023	Thu	Practice (Girls Summer Cheerleading Workouts)	N/A	10:00 AM	12:00 PM	Strough Middle School Small Gymnasium			
Aug 25, 2023	Fri	Practice (Girls Summer Cheerleading Workouts)	N/A	10:00 AM	12:00 PM	Strough Middle School Small Gymnasium			
Aug 28, 2023	Mon	Practice (Girls Summer Cheerleading Workouts)	N/A	10:00 AM	12:00 PM	Strough Middle School Small Gymnasium			
Aug 29, 2023	Tue	Practice (Girls Summer Cheerleading Workouts)	N/A	10:00 AM	12:00 PM	Strough Middle School Small Gymnasium			
Aug 30, 2023	Wed	Practice (Girls Summer Cheerleading Workouts)	N/A	10:00 AM	12:00 PM	Strough Middle School Small Gymnasium			
Aug 31, 2023	Thu	Practice (Girls Summer Cheerleading Workouts)	N/A	10:00 AM	12:00 PM	Strough Middle School Small Gymnasium			
Sep 1, 2023	Fri	Practice (Girls Summer Cheerleading Workouts)	N/A	10:00 AM	12:00 PM	Strough Middle School Small Gymnasium			
Sep 2, 2023	Sat	Regular Season (To ESM)	@ TBD	TBD		East Syracuse Minoa High School	Bus/Driver: First Student - Shane 315-292-3620	Departure Point: Stadium Support Departure Time: 2:00 PM	L

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Sep 4, 2023	Mon	Practice (Girls Summer Cheerleading Workouts)	N/A	10:00 AM	12:00 PM	Strough Middle School Small Gymnasium			
Sep 5, 2023	Tue	Practice (Girls Summer Cheerleading Workouts)	N/A	10:00 AM	12:00 PM	Strough Middle School Small Gymnasium			
CANCELLED Sep 6, 2023	Wed	Practice (Girls Summer Cheerleading Workouts)	N/A	10:00 AM	12:00 PM	Strough Middle School Small Gymnasium			
Sep 7, 2023	Thu	Practice	N/A	2:30 PM	4:30 PM	Strough M S			
Sep 8, 2023	Fri	Regular Season (vs Fowler)	TBD	6:30 PM		Stadium Turf Field			L
Sep 11, 2023	Mon	Practice	N/A	2:30 PM	4:30 PM	Strough Middle School Small Gymnasium			
Sep 12, 2023	Tue	Practice	N/A	2:30 PM	4:30 PM	Strough Middle School Small Gymnasium			
Sep 13, 2023	Wed	Practice	N/A	2:30 PM	4:30 PM	Strough Middle School Small Gymnasium			
Sep 14, 2023	Thu	Regular Season (At FM)	@ TBD	TBD		TBD	Bus/Driver: RCSD- Chris W (315)240-7035	Departure Point: Stadium Support Departure Time: 5:00 PM	L
Sep 15, 2023	Fri	Practice	N/A	2:30 PM	4:30 PM	Strough Middle School Small Gymnasium			
Sep 18, 2023	Mon	Practice	N/A	2:30 PM	4:30 PM	Strough Middle School Small Gymnasium			
Sep 19, 2023	Tue	Practice	N/A	2:30 PM	4:30 PM	Strough Middle School Small Gymnasium			
Sep 20, 2023	Wed	Practice	N/A	2:30 PM	4:30 PM	Strough Middle School Small Gymnasium			
Sep 21, 2023	Thu	Practice	N/A	2:30 PM	4:30 PM	Strough Middle School Small Gymnasium			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 22, 2023	Fri	Regular Season (Homecoming)	@ Henninger (Fall)	6:00 PM		Henninger Stadium	Bus/Driver: RCSD- Chris W (315)240-7035	Departure Point: Stadium Support Departure Time: 4:00 PM	L
CANCELLED Sep 25, 2023	Mon	Practice	N/A	2:30 PM	4:30 PM	Strough Middle School Small Gymnasium			
Sep 26, 2023	Tue	Practice	N/A	2:30 PM	4:30 PM	Strough Middle School Small Gymnasium			
CANCELLED Sep 27, 2023	Wed	Practice	N/A	2:30 PM	4:30 PM	Strough Middle School Small Gymnasium			
Sep 28, 2023	Thu	Practice	N/A	2:30 PM	4:30 PM	Strough Middle School Small Gymnasium			
Sep 29, 2023	Fri	Regular Season (vs Auburn)	TBD	6:30 PM		Stadium Turf Field			L
Oct 2, 2023	Mon	Practice	N/A	2:30 PM	4:30 PM	Strough Middle School Small Gymnasium			
Oct 3, 2023	Tue	Practice	N/A	2:30 PM	4:30 PM	Strough Middle School Small Gymnasium			
Oct 4, 2023	Wed	Practice	N/A	2:30 PM	4:30 PM	Strough Middle School Small Gymnasium			
Oct 5, 2023	Thu	Regular Season (vs Whitesboro)	TBD	6:30 PM		Stadium Turf Field			L
Oct 6, 2023	Fri	Practice	N/A	2:30 PM	4:30 PM	Strough Middle School Small Gymnasium			
Oct 10, 2023	Tue	Practice	N/A	2:30 PM	4:30 PM	Strough Middle School Small Gymnasium			
Oct 11, 2023	Wed	Practice	N/A	2:30 PM	4:30 PM	Strough M S			
Oct 11, 2023	Wed	Practice	N/A	2:30 PM	4:30 PM	Strough Middle School Small Gymnasium			

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Oct 12, 2023	Thu	Practice	N/A	2:30 PM	4:30 PM	Strough Middle School Small Gymnasium			
Oct 13, 2023	Fri	Regular Season (at W. Genesee)	@ TBD	6:00 PM		TBD	Bus/Driver: RCSD - Trent 714-471-5955	Departure Point: Stadium Support Departure Time: 3:55 PM	L
Oct 16, 2023	Mon	Practice	N/A	2:30 PM	4:30 PM	Strough Middle School Small Gymnasium			
Oct 17, 2023	Tue	Practice	N/A	2:30 PM	4:30 PM	Strough Middle School Small Gymnasium			
Oct 18, 2023	Wed	Practice	N/A	2:30 PM	4:30 PM	Strough Middle School Small Gymnasium			
Oct 19, 2023	Thu	Practice	N/A	2:30 PM	4:30 PM	Strough Middle School Small Gymnasium			
Oct 20, 2023	Fri	Regular Season (at Corcoran)	@ TBD	TBD		TBD	Bus/Driver: RCSD- Chris W (315)240- 7035	Departure Point: Stadium Support Departure Time: 4:00 PM	L
Oct 27, 2023	Fri	Regular Season (Sectionals)	@ Christian Brothers Academy, Dewitt	6:30 PM	9:00 PM	Alibrandi Stadium	Bus/Driver: First Student - Sara (Declined to provide phone number)	Departure Point: Stadium Support Facility Departure Date: Nov 1, 2024 Departure Time: 4:30 PM Return Date: Nov 1, 2024 Return Time: 10:00 PM	NL
Oct 27, 2023	Fri	Regular Season (at CNS)	@ TBD	6:30 PM		TBD	Bus/Driver: First Student - Sara (Declined to provide phone number)	Departure Point: Stadium Support Facility Departure Time: 4:30 PM	L
CANCELLED Dec 23, 2023	Sat	Regular Season	@ Henninger (Winter)	10:30 PM		Henninger H S			L
CANCELLED Jan 18, 2024	Thu	Regular Season	@ Henninger (Winter)	5:00 PM		Henninger H S			L

Date: 2026-05-04