



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 |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|-----------------------|----------|---|-----------|------------|----------|---------------------------------------|---|---|---------------------|
| 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 | | | |

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|------------------------|----------|--------------------------------|--------------------|------------|----------|---------------------------------------|---|---|---------------------|
| 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 Middle School Small Gymnasium | | | |
| Oct 11, 2023 | Wed | Practice | N/A | 2:30 PM | 4:30 PM | Strough M S | | | |

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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 (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: 2024-05-03