



Rome Free Academy

(G) V Field Hockey

Coaches:

- Mackenzie Welter, Head Coach
- Kelly Reese, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 21, 2023	Mon	Practice (Practice - Turf)	N/A	7:00 AM	10:00 AM	Stadium Turf Field			
Aug 22, 2023	Tue	Practice (Practice - Turf)	N/A	7:00 AM	10:00 AM	Stadium Turf Field			
Aug 23, 2023	Wed	Practice (Practice - Turf)	N/A	7:00 AM	10:00 AM	Stadium Turf Field			
Aug 24, 2023	Thu	Practice (Practice - Turf)	N/A	7:00 AM	10:00 AM	Stadium Turf Field			
Aug 25, 2023	Fri	Practice (Practice - Turf)	N/A	7:00 AM	10:00 AM	Stadium Turf Field			
Aug 26, 2023	Sat	Practice (Practice - Turf)	N/A	7:00 AM	9:00 AM	Stadium Turf Field			
Aug 28, 2023	Mon	Practice	N/A	10:00 AM		Stadium Support Facility Gym B			
Aug 29, 2023	Tue	Scrimmage	Clinton	1:00 PM	3:00 PM	Stadium Turf Field			NL
Aug 30, 2023	Wed	Practice (Practice - Turf)	N/A	7:00 AM	9:00 AM	Stadium Turf Field			
Aug 31, 2023	Thu	Regular Season (Huntington Tournament) 3-0-0-0 W	Holland Patent, Vernon-Verona-Sherrill @ Baldwinsville	10:00 AM	2:00 PM	Bville - Baker P/A Stadium TURF	Bus/Driver: RCSD- Leonora 315-838-8643	Departure Point: Stadium Support-back parking lot Departure Time: 7:45 AM	NL
Sep 1, 2023	Fri	Regular Season (Huntington Tournament)	Holland Patent, Vernon-Verona-Sherrill @ Baldwinsville	12:00 PM	4:00 PM	Bville - Baker P/A Stadium TURF	Bus/Driver: RCSD- Chris W (315)240-7035	Departure Point: Stadium Support-back parking lot Departure Time: 11:45 AM	NL
Sep 5, 2023	Tue	Practice (Practice - Turf)	N/A	7:00 PM	9:00 PM	Stadium Turf Field			
Sep 6, 2023	Wed	Practice (Practice - Turf)	N/A	6:00 PM	8:00 PM	Stadium Turf Field			
Sep 7, 2023	Thu	Regular Season	@ Holland Patent	4:30 PM		Accelerate Sports Complex	Bus/Driver: First Student - Todd Seamans bus 9190, 315-709-9097	Departure Point: Stadium Support-back parking lot Departure Time: 3:15 PM	NL
Sep 9, 2023	Sat	Practice (Practice - Turf)	N/A	8:00 AM	10:00 AM	Stadium Turf Field			
Sep 11, 2023	Mon	Regular Season	New Hartford	7:00 PM		Stadium Turf Field			L

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Sep 12, 2023	Tue	Practice (Practice - Turf)	N/A	6:30 PM	8:30 PM	Stadium Turf Field			
Sep 13, 2023	Wed	Practice (Practice - Turf)	N/A	7:00 PM	9:00 PM	Stadium Turf Field			
Sep 14, 2023	Thu	Practice (Practice - Turf)	N/A	6:30 PM	8:30 PM	Stadium Turf Field			
Sep 15, 2023	Fri	Regular Season	Central Valley Academy	6:30 PM		Stadium Turf Field			L
Sep 18, 2023	Mon	Regular Season	@ Camden	6:30 PM		Camden High School Stadium	Bus/Driver: RCSD- Chris W (315)240-7035	Departure Point: Stadium Support-back parking lot Departure Time: 5:15 PM	L
Sep 20, 2023	Wed	Regular Season	@ Oneida	4:15 PM		HS Field Hockey Field	Bus/Driver: F/S - Shane Miller Bus 9181 p#315-292-3620	Departure Point: Stadium Support-back parking lot Departure Time: 3:15 PM	L
Sep 21, 2023	Thu	Practice (Practice - Turf)	N/A	6:30 PM	8:30 PM	Stadium Turf Field			
Sep 22, 2023	Fri	Regular Season (Futures Night)	@ Cicero-North Syracuse	5:00 PM	6:15 PM	CNS HS-Bragman Stadium	Bus/Driver: F/S - John Stigleman Bus 9158 315-886-9795	Departure Point: Stadium Support-back parking lot Departure Time: 3:15 PM	NL
Sep 25, 2023	Mon	Regular Season (NL)	Baldwinsville	4:15 PM	5:45 PM	Stadium Turf Field			NL
Sep 26, 2023	Tue	Practice (Practice - Turf)	N/A	6:00 PM	8:00 PM	Stadium Turf Field			
Sep 27, 2023	Wed	Regular Season 6-1 W	Whitesboro	5:00 PM		Stadium Turf Field			L
Sep 28, 2023	Thu	Practice (Practice - Turf)	N/A	6:30 PM	8:30 PM	Stadium Turf Field			
Sep 29, 2023	Fri	Practice	N/A	4:00 PM	5:30 PM	Stadium Turf Field			
Sep 30, 2023	Sat	Regular Season	Fayetteville-Manlius	2:30 PM		Stadium Turf Field			L
Oct 2, 2023	Mon	Regular Season	@ New Hartford	5:00 PM		HS Turf Field	Bus/Driver: F/S - Steve Fosella Bus 9153, phone 315-240-8526	Departure Point: Stadium Support-back parking lot Departure Time: 3:30 PM	L
Oct 3, 2023	Tue	Practice (Practice - Turf)	N/A	6:30 PM	8:30 PM	Stadium Turf Field			
Oct 4, 2023	Wed	Regular Season (SENIOR NIGHT)	Vernon-Verona-Sherrill	6:15 PM		Stadium Turf Field			L
Oct 5, 2023	Thu	Practice	N/A	4:00 PM	5:30 PM	Stadium Turf Field			
Oct 6, 2023	Fri	Regular Season 3-1 W	@ Whitesboro	4:30 PM	5:45 PM	Ed Wadas Complex High School	Bus/Driver: RCSD- Trent (714)471-5955	Departure Point: Stadium Support-back parking lot Departure Time: 3:20 PM	L

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Oct 9, 2023	Mon	Practice (Practice - Turf)	N/A	7:00 PM	9:00 PM	Stadium Turf Field			
Oct 10, 2023	Tue	Regular Season	Liverpool	7:00 PM		Stadium Turf Field			L
Oct 11, 2023	Wed	Practice (Practice - Turf)	N/A	6:30 PM	8:30 PM	Stadium Turf Field			
Oct 12, 2023	Thu	Practice (Practice - Turf)	N/A	3:00 PM	4:00 PM	Stadium Turf Field			
Oct 13, 2023	Fri	Practice (Practice - Turf)	N/A	6:30 PM	8:30 PM	Stadium Turf Field			
Oct 14, 2023	Sat	Regular Season	@ Central Valley Academy	10:00 AM	12:00 PM	Diss Athletic Complex	Bus/Driver: RCSD- Chris W (315)240-7035	Departure Point: Stadium Support-back parking lot Departure Time: 9:00 AM	L
Oct 17, 2023	Tue	Practice (Practice - Turf)	N/A	6:30 PM	8:30 PM	Stadium Turf Field			
Oct 18, 2023	Wed	Practice (Practice - Turf)	N/A	6:30 PM	8:30 PM	Stadium Turf Field			
Oct 19, 2023	Thu	Practice (Practice - Turf)	N/A	7:00 PM	9:00 PM	Stadium Turf Field			
Oct 20, 2023	Fri	Practice (Practice - Turf)	N/A	6:30 PM	8:30 PM	Stadium Turf Field			
Oct 21, 2023	Sat	Practice (Practice - Turf)	N/A	8:00 AM	10:00 AM	Stadium Turf Field			
Oct 21, 2023	Sat	Scrimmage (scrimmage)	@ Whitney Point	11:00 AM		WPHS Tymeson Turf Field	Bus/Driver: First Student-Steve F. (315)240-8526	Departure Point: Stadium Support Facility Departure Date: Oct 21, 2023 Departure Time: 8:00 AM	NL
Oct 23, 2023	Mon	Practice (Practice - Turf)	N/A	6:30 PM	8:30 PM	Stadium Turf Field			
Oct 24, 2023	Tue	Post-Season (sectional semi finals)	Liverpool @ Vernon-Verona-Sherrill	4:00 PM	5:30 PM	Turf Field Stadium	Bus/Driver: First Student	Departure Point: RFA Bus Loop Departure Time: 2:30 PM	NL
Oct 25, 2023	Wed	Practice (Practice - Turf)	N/A	6:30 PM	8:30 PM	Stadium Turf Field			
Oct 26, 2023	Thu	Practice (Practice - Turf)	N/A	6:30 PM	8:30 PM	Stadium Turf Field			
Oct 27, 2023	Fri	Practice (Practice - Turf)	N/A	4:00 PM	6:00 PM	Stadium Turf Field			
Oct 28, 2023	Sat	Practice (Practice - Turf)	N/A	8:00 AM	10:00 AM	Stadium Turf Field			

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Oct 29, 2023	Sun	Post-Season (Sectional Final)	@ Cicero-North Syracuse	5:00 PM	7:00 PM	Turf Field Stadium	Bus/Driver: RCSD- Marnie (315)335-2667	Departure Point: Stadium Support Facility Departure Time: 3:30 PM	NL
Oct 31, 2023	Tue	Practice	N/A	3:30 PM	5:00 PM	Stadium Turf Field			
Nov 1, 2023	Wed	Practice	N/A	4:00 PM	6:00 PM	Stadium Turf Field			
Nov 3, 2023	Fri	Practice	N/A	4:00 PM	6:00 PM	Stadium Turf Field			
Nov 4, 2023	Sat	Practice	N/A	9:00 AM	11:00 AM	Stadium Turf Field			
Nov 5, 2023	Sun	Post-Season (Regionals at VVS)	@ TBD	1:00 PM		TBD	Bus/Driver: RCSD- Chris W (315)240-7035	Departure Point: Stadium Support Facility Departure Time: 11:30 AM	L
TBD		Practice	N/A	6:30 PM	8:30 PM	TBD			

Date: 2024-05-20