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	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		
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 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
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 21, 2023	Thu	Practice (Practice - Turf)	N/A	6:30 PM	8:30 PM	Stadium Turf Field		
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 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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 5, 2023	Thu	Practice	N/A	4:00 PM	5:30 PM	Stadium Turf Field		
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 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 23, 2023	Mon	Practice (Practice - Turf)	N/A	6:30 PM	8:30 PM	Stadium Turf Field		
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		
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		
TBD		Practice	N/A	6:30 PM	8:30 PM	TBD		

Date: 2024-05-20