



Rome Free Academy

(G) 7/8TH Field Hockey

Coaches:

- Cheryl Salce, Coach
- Mackenzie Welter, Coach

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|------------------------|----------|----------------|--------------------------|------------|----------|--|---|---|---------------------|
| Aug 28, 2023 | Mon | Practice | N/A | 8:30 AM | 10:00 AM | Strough M S | | | |
| Aug 29, 2023 | Tue | Practice | N/A | 8:30 AM | 10:00 AM | Strough M S | | | |
| Aug 30, 2023 | Wed | Practice | N/A | 4:30 PM | 6:00 PM | Strough M S | | | |
| Aug 31, 2023 | Thu | Practice | N/A | 8:30 AM | 10:00 AM | Strough M S | | | |
| Sep 1, 2023 | Fri | Practice | N/A | 8:30 AM | 10:00 AM | Strough M S | | | |
| Sep 5, 2023 | Tue | Practice | N/A | 4:30 PM | 6:00 PM | Strough M S | | | |
| POSTPONED Sep 6, 2023 | Wed | Practice | N/A | 4:30 PM | 6:00 PM | Strough M S | | | |
| Sep 7, 2023 | Thu | Practice | N/A | 4:30 PM | 6:00 PM | Strough M S | | | |
| Sep 8, 2023 | Fri | Practice | N/A | 4:30 PM | 6:00 PM | Strough M S | | | |
| Sep 11, 2023 | Mon | Practice | N/A | 4:30 PM | 6:00 PM | Strough M S | | | |
| Sep 12, 2023 | Tue | Practice | N/A | 4:30 PM | 6:00 PM | Strough M S | | | |
| Sep 13, 2023 | Wed | Scrimmage | @ Holland Patent | 5:00 PM | 6:30 PM | HS Back Field Hockey Fields | Bus/Driver: RCSD- Chris W (315)240-7035 | Departure Point: Back of Strough Departure Time: 3:45 PM | L |
| Sep 14, 2023 | Thu | Practice | N/A | 4:30 PM | 6:00 PM | Strough M S | | | |
| Sep 15, 2023 | Fri | Regular Season | Vernon-Verona-Sherrill | 5:00 PM | | Strough M S | | | L |
| Sep 18, 2023 | Mon | Practice | N/A | 4:30 PM | 6:00 PM | Strough M S | | | |
| Sep 19, 2023 | Tue | Practice | N/A | 4:30 PM | 6:00 PM | Strough M S | | | |
| Sep 20, 2023 | Wed | Practice | N/A | 4:30 PM | 6:00 PM | Strough M S | | | |
| Sep 22, 2023 | Fri | Practice | N/A | 4:30 PM | 6:00 PM | Strough M S | | | |
| Sep 25, 2023 | Mon | Regular Season | @ Central Valley Academy | 5:00 PM | | Barringer Road Elementary Athletic Field | Bus/Driver: RCSD- Chris W (315)240-7035 | Departure Point: Back of Strough Departure Time: 3:15 PM | L |
| Sep 26, 2023 | Tue | Practice | N/A | 4:30 PM | 6:00 PM | Strough M S | | | |
| Sep 27, 2023 | Wed | Regular Season | @ Holland Patent | 5:00 PM | 6:30 PM | HS Back Field Hockey Fields | Bus/Driver: RCSD- Chris W (315)240-7035 | Departure Point: Back of Strough Departure Time: 3:45 PM | L |
| Sep 28, 2023 | Thu | Practice | N/A | 4:30 PM | 6:00 PM | Strough M S | | | |
| POSTPONED Sep 29, 2023 | Fri | Regular Season | Oneida | 5:00 PM | | Strough M S | | | L |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|------------------------|----------|----------------------|--------------------------|------------|----------|---|---|---|---------------------|
| Oct 2, 2023 | Mon | Regular Season | @ New Hartford | 5:00 PM | | Myles Elementary FH/LAX Field | Bus/Driver: F/S - Steve Fosella Bus 9153, phone 315-240-8526 | Departure Point: Back of Strough Departure Time: 3:35 PM | L |
| Oct 3, 2023 | Tue | Practice | N/A | 4:30 PM | 6:00 PM | Strough M S | | | |
| Oct 4, 2023 | Wed | Regular Season | @ Vernon-Verona-Sherrill | 5:00 PM | 6:30 PM | Beacon Light Field | Bus/Driver: RCSD - Trent - 714-471-5955 | Departure Point: Back of Strough Departure Time: 4:00 PM | L |
| Oct 5, 2023 | Thu | Practice | N/A | 4:30 PM | 6:00 PM | Strough M S | | | |
| Oct 6, 2023 | Fri | Practice | N/A | 3:00 PM | 4:30 PM | Strough M S | | | |
| Oct 10, 2023 | Tue | Regular Season | Whitesboro | 5:00 PM | | Strough M S | | | L |
| Oct 11, 2023 | Wed | Practice | N/A | 4:30 PM | 6:00 PM | Strough M S | | | |
| Oct 12, 2023 | Thu | Practice | N/A | 4:30 PM | 6:00 PM | Strough M S | | | |
| Oct 13, 2023 | Fri | Regular Season | Central Valley Academy | 5:00 PM | | Strough M S | | | L |
| Oct 16, 2023 | Mon | Regular Season | Holland Patent | 5:00 PM | | Strough M S | | | L |
| Oct 17, 2023 | Tue | Practice | N/A | 4:30 PM | 6:00 PM | Strough M S | | | |
| Oct 18, 2023 | Wed | Regular Season | New Hartford | 5:00 PM | | Strough M S | | | L |
| Oct 19, 2023 | Thu | Practice | N/A | 4:30 PM | 6:00 PM | Strough M S | | | |
| CANCELLED Oct 20, 2023 | Fri | Regular Season | @ Oneida | 5:00 PM | | Shortell Field Hockey Field | Bus/Driver: First Student | Departure Point: Back of Strough Departure Time: 3:45 PM | L |
| Oct 23, 2023 | Mon | Regular Season 2-2 T | @ Camden | 5:00 PM | 6:30 PM | Camden High School Grass Field Hockey Field | Bus/Driver: First Student - Steve 315-240-8526 Bus 9158 | Departure Point: Back of Strough Departure Time: 3:45 PM | L |

Date: 2026-03-03