



# Rome Free Academy

## (G) V Gymnastics

### Coaches:

- Kevin Perrone, Head Coach
- Kaelei Spoor, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 21, 2023	Mon	Practice	N/A	2:30 PM	4:30 PM	Stadium Support Facility Gym A			
Aug 22, 2023	Tue	Practice	N/A	2:30 PM	4:30 PM	Stadium Support Facility Gym A			
Aug 23, 2023	Wed	Practice	N/A	2:30 PM	4:30 PM	Stadium Support Facility Gym A			
Aug 24, 2023	Thu	Practice	N/A	2:30 PM	4:30 PM	Stadium Support Facility Gym A			
Aug 25, 2023	Fri	Practice	N/A	2:30 PM	4:30 PM	Stadium Support Facility Gym A			
Aug 28, 2023	Mon	Practice	N/A	2:30 PM	4:30 PM	Stadium Support Facility Gym A			
Aug 29, 2023	Tue	Practice	N/A	2:30 PM	4:30 PM	Stadium Support Facility Gym A			
Aug 30, 2023	Wed	Practice	N/A	2:30 PM	4:30 PM	Stadium Support Facility Gym A			
Aug 31, 2023	Thu	Practice	N/A	2:30 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 1, 2023	Fri	Practice	N/A	2:30 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 4, 2023	Mon	Practice	N/A	2:30 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 5, 2023	Tue	Practice	N/A	2:30 PM	4:30 PM	Stadium Support Facility Gym A			
POSTPONED Sep 6, 2023	Wed	Practice	N/A	2:30 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 7, 2023	Thu	Practice	N/A	2:30 PM	4:30 PM	Stadium Support Facility Gym A			

DATE	WEEK DAY	TYPE	OPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 8, 2023	Fri	Practice	N/A	2:30 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 12, 2023	Tue	Regular Season	Jamesville-Dewitt (JD/FM Gymnastics)	6:30 PM		Valley Gymnastics Center	<b>Bus/Driver:</b> RCSD- Marnie (315)335-2667	<b>Departure Point:</b> RFA Bus Loop <b>Departure Time:</b> 5:15 PM	L
Sep 13, 2023	Wed	Practice	N/A	2:30 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 14, 2023	Thu	Practice	N/A	2:30 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 15, 2023	Fri	Practice	N/A	2:30 PM	4:30 PM	Stadium Support Facility Gym A			
Oct 12, 2023	Thu	Regular Season	Baldwinsville	7:00 PM	9:00 PM	Valley Gymnastics Center	<b>Bus/Driver:</b> RCSD- Marnie (315)335-2667	<b>Departure Point:</b> RFA Bus Loop <b>Departure Time:</b> 4:45 PM	L
Oct 20, 2023	Fri	Regular Season (Sectionals @ Valley)	TBD	7:00 PM		Valley Gymnastics Center	<b>Bus/Driver:</b> Transportation not required per 10/17 email from Coach		L

Date: 2024-05-01