



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 23, 2021	Mon	Practice	N/A	2:30 PM	4:30 PM	TBD			
Aug 24, 2021	Tue	Practice	N/A	2:30 PM	4:30 PM	TBD			
Aug 25, 2021	Wed	Practice	N/A	2:30 PM	4:30 PM	TBD			
Aug 26, 2021	Thu	Practice	N/A	2:30 PM	4:30 PM	TBD			
Aug 27, 2021	Fri	Practice	N/A	2:30 PM	4:30 PM	TBD			
Aug 30, 2021	Mon	Practice	N/A	2:30 PM	4:30 PM	TBD			
Aug 31, 2021	Tue	Practice	N/A	2:30 PM	4:30 PM	TBD			
Sep 1, 2021	Wed	Practice	N/A	2:30 PM	4:30 PM	TBD			
Sep 2, 2021	Thu	Practice	N/A	2:30 PM	4:30 PM	TBD			
Sep 3, 2021	Fri	Practice	N/A	2:30 PM	4:30 PM	TBD			
POSTPONED Sep 6, 2021	Mon	Practice	N/A	2:30 PM	4:30 PM	TBD			
Sep 7, 2021	Tue	Practice	N/A	2:30 PM	4:30 PM	TBD			
Sep 8, 2021	Wed	Practice	N/A	2:30 PM	4:30 PM	TBD			
Sep 9, 2021	Thu	Practice	N/A	2:30 PM	4:30 PM	TBD			
Sep 10, 2021	Fri	Practice	N/A	2:30 PM	4:30 PM	TBD			
Sep 11, 2021	Sat	Regular Season (All Home Game at Valley Gymnastics in New Hartford)	@ TBD	TBD		Valley Gymnastics Center	Bus/Driver: First Student	Departure Point: 95 Dart Circle Departure Time: 2:00 PM Return Date: Return Time: 6:30 PM	L
Sep 13, 2021	Mon	Practice	N/A	2:30 PM	4:30 PM	TBD			
Sep 14, 2021	Tue	Practice	N/A	2:30 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 15, 2021	Wed	Practice	N/A	2:30 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 16, 2021	Thu	Practice	N/A	2:30 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 17, 2021	Fri	Practice	N/A	2:30 PM	4:30 PM	Stadium Support Facility Gym A			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 18, 2021	Sat	Regular Season 107-111 L	@ Utica Proctor	3:30 PM		Valley Gymnastics Center	Bus/Driver: RCSD - Justin 315-335-8742	Departure Point: RFA High School dart circle Departure Time: 2:30 PM Return Date: Return Time: 6:30 PM	L
Sep 20, 2021	Mon	Practice	N/A	2:30 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 21, 2021	Tue	Regular Season (Sectionals)	@ TBD	9:00 AM		Valley Gymnastics Center		Departure Point: 95 Dart Circle Departure Time: 8:30 AM Return Date: Return Time: 12:00 PM	NL
Sep 21, 2021	Tue	Regular Season	@ Central Square	5:30 PM		Central Square Gymnastics Center	Bus/Driver: RCSD - Trent 714-471-5955	Departure Point: 95 Dart Circle Departure Time: 4:00 PM	L
Sep 22, 2021	Wed	Practice	N/A	2:30 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 23, 2021	Thu	Practice	N/A	2:30 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 24, 2021	Fri	Practice	N/A	2:30 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 24, 2021	Fri	Regular Season	Baldwinsville @ Whitesboro	7:00 PM	9:00 PM	Valley Gymnastics	Bus/Driver: First Student - Richard 315- 271-0433	Departure Point: RFA High School dart circle Departure Time: 6:00 PM Return Date: Return Time: 9:00 PM	NL
Sep 27, 2021	Mon	Practice	N/A	2:30 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 28, 2021	Tue	Practice	N/A	2:30 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 28, 2021	Tue	Regular Season	@ East Syracuse Minoa (ESM/Lpool)	5:30 PM	8:00 PM	ESM High School - Gym 1	Bus/Driver: RCSD - Justin 315-335-8742	Departure Point: RFA High School dart circle Departure Time: 4:00 PM Return Date: Return Time: 8:00 PM	L
Sep 29, 2021	Wed	Practice	N/A	2:30 PM	4:30 PM	Stadium Support Facility Gym A			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 30, 2021	Thu	Practice	N/A	2:30 PM	4:30 PM	Stadium Support Facility Gym A			
Oct 1, 2021	Fri	Practice	N/A	2:30 PM	4:30 PM	Stadium Support Facility Gym A			
Oct 4, 2021	Mon	Practice	N/A	2:30 PM	4:30 PM	Stadium Support Facility Gym A			
Oct 5, 2021	Tue	Practice	N/A	2:30 PM	4:30 PM	Stadium Support Facility Gym A			
Oct 6, 2021	Wed	Practice	N/A	2:30 PM	4:30 PM	Stadium Support Facility Gym A			
Oct 7, 2021	Thu	Practice	N/A	2:30 PM	4:30 PM	TBD			
Oct 8, 2021	Fri	Practice	N/A	2:30 PM	4:30 PM	TBD			
Oct 11, 2021	Mon	Practice	N/A	2:30 PM	4:30 PM	TBD			
Oct 12, 2021	Tue	Practice	N/A	2:30 PM	4:30 PM	TBD			
Oct 13, 2021	Wed	Practice	N/A	2:30 PM	4:30 PM	TBD			
Oct 13, 2021	Wed	Regular Season	@ Jamesville-Dewitt (JD/FM Gymnastics)	6:00 PM	9:00 PM	JD HS West Gym	Bus/Driver: RCSD/Trent 714-471-5955	Departure Point: RFA High School dart circle Departure Time: 4:00 PM Return Date: Return Time: 8:00 PM	L
Oct 14, 2021	Thu	Practice	N/A	2:30 PM	4:30 PM	TBD			
Oct 15, 2021	Fri	Practice	N/A	2:30 PM	4:30 PM	TBD			
Oct 16, 2021	Sat	Regular Season 113-137 L	@ Whitesboro	3:00 PM		Valley Gymnastics	Bus/Driver: RCSD/Justin 315-335-8742	Departure Point: RFA High School dart circle Departure Time: 2:00 PM Return Date: Return Time: 6:00 PM	L
Oct 18, 2021	Mon	Practice	N/A	2:30 PM	4:30 PM	TBD			
Oct 19, 2021	Tue	Practice	N/A	2:30 PM	4:30 PM	TBD			
Oct 20, 2021	Wed	Practice	N/A	2:30 PM	4:30 PM	TBD			
Oct 21, 2021	Thu	Practice	N/A	2:30 PM	4:30 PM	TBD			
Oct 21, 2021	Thu	Post-Season	@ TBD	TBD		Valley Gymnastics Center			L

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Oct 22, 2021	Fri	Regular Season (Sectionals)	@ TBD	9:00 AM		Valley Gymnastics Center	Bus/Driver: First Student - Todd 315-709-9097	Departure Point: 95 Dart Circle Departure Time: 8:30 AM Return Date: Return Time: 12:00 PM	NL

Date: 2024-05-15