



# 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
Sep 1, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 2, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 6, 2022	Tue	Practice	N/A	3:00 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 7, 2022	Wed	Practice	N/A	3:00 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 8, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 9, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 10, 2022	Sat	Regular Season	Central Square	3:00 PM		Valley Gymnastics Center	<b>Bus/Driver:</b> RCSD/Justin 315-335-8742	<b>Departure Point:</b> RFA Bus Loop <b>Departure Date:</b> Sep 10, 2022 <b>Departure Time:</b> 2:00 PM <b>Return Date:</b> Sep 10, 2022 <b>Return Time:</b> 6:00 PM	L
Sep 12, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 13, 2022	Tue	Regular Season (Proctor @ NH & RFA @ Proctor) 79-125 L	@ Utica Proctor	5:00 PM		Valley Gymnastics	<b>Bus/Driver:</b> RCSD/Trent 714-471-5955	<b>Departure Point:</b> RFA Bus Loop <b>Departure Date:</b> Sep 13, 2022 <b>Departure Time:</b> 4:00 PM <b>Return Date:</b> Sep 13, 2022 <b>Return Time:</b> 7:30 PM	L
Sep 13, 2022	Tue	Regular Season 79-125-137 L	Utica Proctor @ New Hartford	5:00 PM		Valley Gymnastics			L
Sep 14, 2022	Wed	Practice	N/A	3:00 PM	4:30 PM	Stadium Support Facility Gym A			

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Sep 15, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 16, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 19, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 20, 2022	Tue	Regular Season	@ East Syracuse Minoa (ESM/Lpool)	5:30 PM		ESM High School - Gym 1	<b>Bus/Driver:</b> First Student - Steve 315-240-8526 Bus 9153	<b>Departure Point:</b> RFA High School Dart Circle <b>Departure Date:</b> Sep 20, 2022 <b>Departure Time:</b> 3:30 PM <b>Return Date:</b> Sep 20, 2022 <b>Return Time:</b> 8:00 PM	NL
Sep 21, 2022	Wed	Practice	N/A	3:00 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 22, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 23, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 26, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 27, 2022	Tue	Regular Season	@ Baldwinsville	5:00 PM	7:00 PM	Bville - Baker Gym 3&4	<b>Bus/Driver:</b> First Student - John S. 315-886-9795 Bus 9165	<b>Departure Point:</b> RFA Bus Loop <b>Departure Date:</b> Sep 27, 2022 <b>Departure Time:</b> 3:45 PM <b>Return Date:</b> Sep 27, 2022 <b>Return Time:</b> 8:00 PM	L
Sep 28, 2022	Wed	Practice	N/A	3:00 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 29, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 30, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	Stadium Support Facility Gym A			
Oct 3, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	Stadium Support Facility Gym A			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 4, 2022	Tue	Practice	N/A	3:00 PM	4:30 PM	Stadium Support Facility Gym A			
Oct 5, 2022	Wed	Practice	N/A	3:00 PM	4:30 PM	Stadium Support Facility Gym A			
Oct 6, 2022	Thu	Regular Season 79-140-128 L	Jamesville-Dewitt (JD/FM Gymnastics), Utica Proctor	6:30 PM		Valley Gymnastics Center	<b>Bus/Driver:</b> RCSD Trent 714-471-5955	<b>Departure Point:</b> RFA Bus Loop <b>Departure Time:</b> 6:00 PM	L
CANCELLED Oct 7, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	Stadium Support Facility Gym A			
Oct 11, 2022	Tue	Practice	N/A	3:00 PM	4:30 PM	Stadium Support Facility Gym A			
Oct 12, 2022	Wed	Practice	N/A	3:00 PM	4:30 PM	Stadium Support Facility Gym A			
Oct 13, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	Stadium Support Facility Gym A			
Oct 14, 2022	Fri	Regular Season 109-140 L	Whitesboro	7:00 PM		Valley Gymnastics Center	<b>Bus/Driver:</b> RCSD Justin 315-335-8742	<b>Departure Point:</b> RFA Bus Loop <b>Departure Date:</b> Oct 14, 2022 <b>Departure Time:</b> 6:00 PM <b>Return Date:</b> Oct 14, 2022 <b>Return Time:</b> 9:30 PM	L
Oct 17, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	Stadium Support Facility Gym A			
Oct 18, 2022	Tue	Practice	N/A	3:00 PM	4:30 PM	Stadium Support Facility Gym A			
Oct 19, 2022	Wed	Practice	N/A	3:00 PM	4:30 PM	Stadium Support Facility Gym A			
Oct 20, 2022	Thu	Post-Season (Sectional finals @ Valley Gymnastics )	@ TBD	9:00 AM		Valley Gymnastics Center			NL
Oct 20, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	Stadium Support Facility Gym A			
Oct 21, 2022	Fri	Post-Season	@ TBD	TBD		Valley Gymnastics Center	<b>Bus/Driver:</b> First Student - Frank C 315-225-1104 Bus 9162	<b>Departure Point:</b> RFA Bus Loop <b>Departure Time:</b> 8:45 AM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 24, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	Stadium Support Facility Gym A			

Date: 2024-05-14