



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	OPPONENTS	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 11, 2023	Mon	Regular Season	@ East Syracuse Minoa (ESM/Lpool)	5:00 PM		ESM High School - Gym 1	Bus/Driver: First Student - Steve Fosella bus 9153 phone #315-240-8526	Departure Point: RFA Bus Loop Departure Time: 3:15 PM	L
Sep 12, 2023	Tue	Regular Season	Jamesville-Dewitt (JD/FM Gymnastics)	6:30 PM		Valley Gymnastics Center	Bus/Driver: RCSD- Marnie (315)335-2667	Departure Point: RFA Bus Loop Departure Time: 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			
Sep 18, 2023	Mon	Regular Season	@ Central Square	5:00 PM	7:00 PM	Central Square Gymnastics Center	Bus/Driver: F/S - Shane Miller bus 9181 p# 315-292-3620	Departure Point: RFA Bus Loop Departure Time: 3:15 PM	L
Sep 23, 2023	Sat	Regular Season 100-100-0-100 W	Utica Proctor, Whitesboro @ TBD	TBD		TBD	Bus/Driver: RCSD- Chris W (315)240-7035	Departure Point: RFA Bus Loop Departure Time: 2:15 PM	L
Oct 7, 2023	Sat	Regular Season	Whitesboro @ New Hartford	3:00 PM		Valley Gymnastics	Bus/Driver: RCSD- Chris W (315)240-7035	Departure Point: RFA Bus Loop Departure Time: 1:45 PM	L
Oct 12, 2023	Thu	Regular Season	Baldwinsville	7:00 PM	9:00 PM	Valley Gymnastics Center	Bus/Driver: RCSD- Marnie (315)335-2667	Departure Point: RFA Bus Loop Departure Time: 4:45 PM	L
Oct 20, 2023	Fri	Regular Season (Sectionals @ Valley)	TBD	7:00 PM		Valley Gymnastics Center	Bus/Driver: Transportation not required per 10/17 email from Coach		L

Date: 2024-04-10