



# Rome Free Academy

## (G) V Gymnastics

### Coaches:

- Kevin Perrone, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 26, 2024	Mon	Practice	N/A	3:00 PM	4:30 PM	Stadium Support Facility Gym A			
Aug 27, 2024	Tue	Practice	N/A	3:30 PM	4:30 PM	Stadium Support Facility Gym A			
Aug 28, 2024	Wed	Practice	N/A	3:30 PM	4:30 PM	Stadium Support Facility Gym A			
Aug 29, 2024	Thu	Practice	N/A	3:30 PM	4:30 PM	Stadium Support Facility Gym A			
Aug 30, 2024	Fri	Practice	N/A	3:30 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 3, 2024	Tue	Practice	N/A	3:30 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 4, 2024	Wed	Practice	N/A	3:30 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 5, 2024	Thu	Practice	N/A	3:30 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 6, 2024	Fri	Practice	N/A	3:30 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 9, 2024	Mon	Practice	N/A	3:30 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 10, 2024	Tue	Practice	N/A	3:30 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 11, 2024	Wed	Practice	N/A	3:30 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 12, 2024	Thu	Practice	N/A	3:30 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 13, 2024	Fri	Practice	N/A	3:30 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 14, 2024	Sat	Regular Season	Central Square	12:00 PM	2:30 PM	Valley Gymnastics Center	<b>Bus/Driver:</b> First Student- Ron 315.271.6461	<b>Departure Point:</b> RFA Dart Circle <b>Departure Date:</b> Sep 14, 2024 <b>Departure Time:</b> 11:00 AM <b>Return Date:</b> Sep 14, 2024 <b>Return Time:</b> 2:30 PM	L
Sep 16, 2024	Mon	Practice	N/A	3:30 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 17, 2024	Tue	Practice	N/A	3:30 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 18, 2024	Wed	Practice	N/A	3:30 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 19, 2024	Thu	Practice	N/A	3:30 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 20, 2024	Fri	Practice	N/A	3:30 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 23, 2024	Mon	Practice	N/A	3:30 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 23, 2024	Mon	Regular Season	@ Jamesville-Dewitt (JD/FM Gymnastics)	5:00 PM		JD HS West Gym	<b>Bus/Driver:</b> First Student- Shane- 315.292.3620	<b>Departure Point:</b> RFA <b>Departure Date:</b> Sep 23, 2024 <b>Departure Time:</b> 3:00 PM <b>Return Date:</b> Sep 23, 2024 <b>Return Time:</b> 9:00 PM	L
Sep 24, 2024	Tue	Practice	N/A	3:30 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 25, 2024	Wed	Practice	N/A	3:30 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 26, 2024	Thu	Practice	N/A	3:30 PM	4:30 PM	Stadium Support Facility Gym A			
Sep 27, 2024	Fri	Practice	N/A	3:30 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, 2024	Mon	Regular Season	@ East Syracuse Minoa (ESM/Lpool)	5:00 PM		ESM High School - Gym 1	<b>Bus/Driver:</b> First Student-Santiago-315.449.7783	<b>Departure Point:</b> RFA <b>Departure Date:</b> Sep 30, 2024 <b>Departure Time:</b> 3:15 PM <b>Return Date:</b> Sep 30, 2024 <b>Return Time:</b> 9:00 PM	L
Oct 1, 2024	Tue	Practice	N/A	3:30 PM	4:30 PM	Stadium Support Facility Gym A			
Oct 2, 2024	Wed	Practice	N/A	3:30 PM	4:30 PM	Stadium Support Facility Gym A			
Oct 3, 2024	Thu	Practice	N/A	3:30 PM	4:30 PM	Stadium Support Facility Gym A			
Oct 4, 2024	Fri	Practice	N/A	3:30 PM	4:30 PM	Stadium Support Facility Gym A			
Oct 7, 2024	Mon	Practice	N/A	3:30 PM	4:30 PM	Stadium Support Facility Gym A			
Oct 8, 2024	Tue	Practice	N/A	3:30 PM	4:30 PM	Stadium Support Facility Gym A			
Oct 9, 2024	Wed	Practice	N/A	3:30 PM	4:30 PM	Stadium Support Facility Gym A			
Oct 10, 2024	Thu	Regular Season 108-0-140 L	Utica Proctor, Whitesboro	6:00 PM		Valley Gymnastics Center	<b>Bus/Driver:</b> RCSD- Marnie (315)335-2667	<b>Departure Point:</b> RFA <b>Departure Date:</b> Oct 10, 2024 <b>Departure Time:</b> 4:30 PM <b>Return Date:</b> Oct 10, 2024 <b>Return Time:</b> 9:00 PM	NL
Oct 11, 2024	Fri	Practice	N/A	3:30 PM	4:30 PM	Stadium Support Facility Gym A			
Oct 15, 2024	Tue	Practice	N/A	3:30 PM	4:30 PM	Stadium Support Facility Gym A			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 15, 2024	Tue	Regular Season	Baldwinsville	5:30 PM	7:30 PM	Valley Gymnastics Center	<b>Bus/Driver:</b> RCSD- Marnie (315)335-2667	<b>Departure Point:</b> RFA <b>Departure Date:</b> Oct 15, 2024 <b>Departure Time:</b> 4:00 PM <b>Return Date:</b> Oct 15, 2024 <b>Return Time:</b> 9:00 PM	L
Oct 16, 2024	Wed	Practice	N/A	3:30 PM	4:30 PM	Stadium Support Facility Gym A			
Oct 17, 2024	Thu	Practice	N/A	3:30 PM	4:30 PM	Stadium Support Facility Gym A			
Oct 18, 2024	Fri	Practice	N/A	3:30 PM	4:30 PM	Stadium Support Facility Gym A			
Oct 21, 2024	Mon	Practice	N/A	3:30 PM	4:30 PM	Stadium Support Facility Gym A			
Oct 22, 2024	Tue	Practice	N/A	3:30 PM	4:30 PM	Stadium Support Facility Gym A			
Oct 23, 2024	Wed	Practice	N/A	3:30 PM	4:30 PM	Stadium Support Facility Gym A			
Oct 24, 2024	Thu	Practice	N/A	3:30 PM	4:30 PM	Stadium Support Facility Gym A			
Oct 25, 2024	Fri	Regular Season (Sectionals)	TBD	9:30 AM	2:30 PM	Valley Gymnastics Center		<b>Departure Point:</b> RFA Dart Circle	L
Oct 25, 2024	Fri	Practice	N/A	3:00 PM	4:30 PM	Stadium Support Facility Gym A			

Date: 2025-12-05