



Rome Free Academy

(B) V Lacrosse

Coaches:

- Kiel Adams, Head Coach
- Patrick Herron, Asst Coach
- Aaron Coleman

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 13, 2023	Mon	Practice	N/A	6:30 PM	8:00 PM	Stadium Support Facility Gym A			
Mar 14, 2023	Tue	Practice	N/A	6:30 PM	8:00 PM	Stadium Support Facility Gym A			
Mar 15, 2023	Wed	Practice	N/A	6:30 PM	8:00 PM	Stadium Support Facility Gym A			
Mar 16, 2023	Thu	Practice	N/A	6:30 PM	8:00 PM	Stadium Support Facility Gym A			
Mar 17, 2023	Fri	Practice	N/A	6:30 PM	8:00 PM	Stadium Support Facility Gym A			
Mar 18, 2023	Sat	Practice	N/A	11:00 AM	12:30 PM	TBD			
Mar 20, 2023	Mon	Practice	N/A	6:30 PM	8:00 PM	TBD			
Mar 21, 2023	Tue	Practice	N/A	6:30 PM	8:00 PM	TBD			
Mar 22, 2023	Wed	Practice	N/A	6:30 PM	8:00 PM	TBD			
Mar 23, 2023	Thu	Practice	N/A	6:30 PM	8:00 PM	TBD			
Mar 24, 2023	Fri	Practice	N/A	6:30 PM	8:00 PM	TBD			
Mar 25, 2023	Sat	Practice	N/A	11:00 AM	12:30 PM	TBD			
Mar 27, 2023	Mon	Practice	N/A	6:30 PM	8:00 PM	TBD			
Mar 28, 2023	Tue	Practice	N/A	6:30 PM	8:00 PM	TBD			
Mar 29, 2023	Wed	Practice	N/A	6:30 PM	8:00 PM	TBD			
Mar 30, 2023	Thu	Practice	N/A	6:30 PM	8:00 PM	TBD			
Mar 31, 2023	Fri	Practice	N/A	6:30 PM	8:00 PM	TBD			
Apr 1, 2023	Sat	Practice	N/A	7:00 AM	8:30 AM	Stadium Turf Field			
Apr 8, 2023	Sat	Regular Season	Christian Brothers Academy, Albany	12:30 PM		Stadium Turf Field			NL
Apr 10, 2023	Mon	Practice	N/A	4:30 PM	8:30 PM	TBD			
Apr 11, 2023	Tue	Practice	N/A	4:30 PM	8:30 PM	Stadium Turf Field			

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Apr 12, 2023	Wed	Practice	N/A	4:30 PM	8:30 PM	Stadium Turf Field			
Apr 13, 2023	Thu	Regular Season 6-7 L	@ Whitesboro	4:30 PM	6:30 PM	Ed Wadas Complex High School	Bus/Driver: RCSD- Justin (315)335-9844	Departure Point: Stadium Support Facility Departure Time: 3:00 PM	NL
Apr 14, 2023	Fri	Regular Season	Colonie High School	3:30 PM		Stadium Turf Field			L
Apr 15, 2023	Sat	Practice	N/A	4:30 PM	8:30 PM	TBD			
Apr 18, 2023	Tue	Regular Season	New Hartford	6:15 PM		Stadium Turf Field			NL
Apr 20, 2023	Thu	Regular Season	@ Vernon-Verona-Sherrill	6:30 PM	8:00 PM	Turf Field Stadium	Bus/Driver: RCSD- Trent (714)471-5955	Departure Point: Stadium Support Facility Departure Time: 5:00 PM	NL
Apr 22, 2023	Sat	Regular Season	Watertown	12:00 PM		Stadium Turf Field			NL
Apr 25, 2023	Tue	Regular Season	Holland Patent	4:30 PM		Stadium Turf Field			NL
Apr 27, 2023	Thu	Regular Season	Utica Proctor	4:30 PM		Stadium Turf Field			L
Apr 29, 2023	Sat	Regular Season	@ East Syracuse Minoa	12:00 PM		ESM High School - Stadium	Bus/Driver: RCSD- Justin (315)335-9844	Departure Point: Stadium Support Facility Departure Time: 10:05 AM	NL
May 2, 2023	Tue	Regular Season 14-11 W	Whitesboro	6:30 PM		Stadium Turf Field			L
May 4, 2023	Thu	Regular Season	@ New Hartford	4:15 PM		New Hartford HS Turf Field	Bus/Driver: Out-Marnie (315)335-2667/ Back- Trent (714)471-5955	Departure Point: Stadium Support Facility Departure Time: 3:10 PM	L
May 6, 2023	Sat	Regular Season	@ Tully	12:00 PM	2:00 PM	Tully HS Field #1- Larry Hart Field	Bus/Driver: First Student - Mike 315-832-2604	Departure Point: Stadium Support Facility Departure Time: 10:00 AM	NL
May 9, 2023	Tue	Regular Season (SENIOR NIGHT)	Vernon-Verona-Sherrill	6:00 PM		Stadium Turf Field			L
May 11, 2023	Thu	Regular Season	@ Holland Patent	6:00 PM	9:00 PM	HS Stadium / Track	Bus/Driver: RCSD- Chris S (315)240-5835	Departure Point: Stadium Support Facility Departure Time: 4:45 PM	L
May 13, 2023	Sat	Regular Season	@ Carthage	11:00 AM		Comet Field	Bus/Driver: First Student	Departure Point: Stadium Support Facility Departure Time: 9:00 AM	NL
May 16, 2023	Tue	Regular Season	@ Utica Proctor	6:00 PM	8:30 PM	PHS Stadium (Turf Field/Track)	Bus/Driver: RCSD- Trent (714)471-5955	Departure Point: Stadium Support Facility Departure Time: 5:00 PM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 24, 2023	Wed	Post-Season	@ Corcoran (Syracuse City)	6:00 PM		Corcoran Stadium	Bus/Driver: First Student - John S. 315-886-9795 Bus 9157	Departure Point: Stadium Support Departure Date: May 24, 2023 Departure Time: 4:00 PM	L

Date: 2026-02-10