



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 / NON-LEAGUE
Mar 11, 2024	Mon	Practice	N/A	5:00 PM	7:00 PM	Stadium Turf Field		
Mar 12, 2024	Tue	Practice	N/A	5:00 PM	7:00 PM	Stadium Turf Field		
Mar 13, 2024	Wed	Practice	N/A	5:00 PM	7:00 PM	Stadium Turf Field		
Mar 14, 2024	Thu	Practice	N/A	5:00 PM	7:00 PM	Stadium Turf Field		
Mar 15, 2024	Fri	Practice	N/A	5:00 PM	7:00 PM	Stadium Turf Field		
Mar 16, 2024	Sat	Practice	N/A	10:00 AM	12:00 PM	Stadium Turf Field		
Mar 18, 2024	Mon	Practice	N/A	5:00 PM	7:00 PM	Stadium Turf Field		
Mar 19, 2024	Tue	Practice	N/A	5:00 PM	7:00 PM	Stadium Turf Field		
Mar 20, 2024	Wed	Practice	N/A	5:00 PM	7:00 PM	Stadium Turf Field		
Mar 21, 2024	Thu	Practice	N/A	5:00 PM	7:00 PM	Stadium Turf Field		
Mar 22, 2024	Fri	Practice	N/A	5:00 PM	7:00 PM	Stadium Turf Field		
Mar 25, 2024	Mon	Practice	N/A	5:00 PM	7:00 PM	Stadium Support Facility Gym A		
Mar 26, 2024	Tue	Practice	N/A	5:00 PM	7:00 PM	JFK Ice Hockey Arena		
Mar 27, 2024	Wed	Practice	N/A	5:00 PM	7:00 PM	Stadium Turf Field		
Mar 27, 2024	Wed	Scrimmage	@ Christian Brothers Academy, Dewitt	6:30 PM		Alibrandi Stadium	Bus/Driver: RCSD- Trent (714)471-5955	Departure Point: Stadium Support Facility Departure Time: 4:30 PM L
Mar 28, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Stadium Turf Field		
CANCELLED Mar 29, 2024	Fri	Practice	N/A	5:00 PM	7:00 PM	Stadium Turf Field		
Mar 30, 2024	Sat	Practice	N/A	10:00 AM	12:00 PM	Stadium Turf Field		
Apr 1, 2024	Mon	Practice	N/A	5:00 PM	7:00 PM	Stadium Turf Field		
Apr 2, 2024	Tue	Practice	N/A	5:00 PM	7:00 PM	Stadium Turf Field		
Apr 3, 2024	Wed	Practice	N/A	5:00 PM	7:00 PM	Stadium Turf Field		
Apr 5, 2024	Fri	Practice	N/A	5:00 PM	7:00 PM	Stadium Turf Field		
Apr 6, 2024	Sat	Regular Season	Central Square	4:00 PM		Stadium Turf Field		NL

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Apr 9, 2024	Tue	Regular Season	@ Auburn	6:00 PM		Auburn - Holland Stadium (Turf)	Bus/Driver: RCSD- Chris W (315)240-7035	Departure Point: Stadium Support Facility Departure Time: 4:00 PM	NL
Apr 10, 2024	Wed	Practice	N/A	5:00 PM	7:00 PM	Stadium Turf Field			
Apr 11, 2024	Thu	Regular Season	Utica Proctor	4:30 PM		Stadium Turf Field			NL
Apr 12, 2024	Fri	Practice (Practice)	N/A	5:00 PM	7:00 PM	Stadium Turf Field			
Apr 13, 2024	Sat	Practice	N/A	10:00 AM	12:00 PM	Stadium Turf Field			
Apr 15, 2024	Mon	Practice	N/A	5:00 PM	7:00 PM	Stadium Turf Field			
Apr 16, 2024	Tue	Regular Season 10-9 W	Whitesboro	4:30 PM		Stadium Turf Field			NL
Apr 18, 2024	Thu	Regular Season	@ New Hartford	5:00 PM		New Hartford HS Turf Field	Bus/Driver: RCSD to (Chris) & F/S Back	Departure Point: Stadium Support Facility Departure Time: 3:15 PM	NL
Apr 19, 2024	Fri	Practice	N/A	5:00 PM	7:00 PM	Stadium Turf Field			
Apr 20, 2024	Sat	Regular Season	@ Colonie High School	1:00 PM		Colonie HS Varsity Grass (Field #2)	Bus/Driver: First Student	Departure Point: Stadium Support Facility Departure Time: 10:25 AM	NL
Apr 22, 2024	Mon	Practice	N/A	5:00 PM	7:00 PM	Stadium Turf Field			
Apr 23, 2024	Tue	Regular Season	Vernon-Verona-Sherrill	4:30 PM		Stadium Turf Field			NL
Apr 24, 2024	Wed	Practice	N/A	5:00 PM	7:00 PM	Stadium Turf Field			
Apr 25, 2024	Thu	Regular Season	@ Holland Patent	4:30 PM	6:30 PM	HS Stadium / Track	Bus/Driver: RCSD- Chris W (315)240-7035	Departure Point: Stadium Support Facility Departure Time: 3:00 PM	NL
Apr 26, 2024	Fri	Practice	N/A	5:00 PM	7:00 PM	Stadium Turf Field			
Apr 27, 2024	Sat	Practice	N/A	5:00 PM	7:00 PM	Stadium Turf Field			
Apr 29, 2024	Mon	Practice	N/A	5:00 PM	7:00 PM	Stadium Turf Field			
Apr 29, 2024	Mon	Regular Season	East Syracuse Minoa	5:30 PM		Stadium Turf Field			NL
Apr 30, 2024	Tue	Regular Season	@ Utica Proctor	4:15 PM	6:30 PM	PHS Stadium (Turf Field/Track)		Departure Point: Stadium Support Facility Departure Time: 3:00 PM	L
May 1, 2024	Wed	Practice	N/A	6:30 PM	8:30 PM	Stadium Turf Field			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 2, 2024	Thu	Regular Season 10-7 W	@ Whitesboro	6:00 PM		Ed Wadas Complex High School	Bus/Driver: RCSD- Marnie (315)335-2667	Departure Point: Stadium Support Facility Departure Time: 4:30 PM	L
May 4, 2024	Sat	Regular Season	@ Central Square	11:00 AM		Central Square Turf/Stadium	Bus/Driver: First Student	Departure Point: Stadium Support Facility Departure Time: 9:00 AM	NL
May 7, 2024	Tue	Regular Season	New Hartford	6:30 PM		Stadium Turf Field			L
May 9, 2024	Thu	Regular Season	@ Vernon-Verona-Sherrill	7:00 PM		Turf Field Stadium	Bus/Driver: RCSD- Marnie (315)335-2667	Departure Point: Stadium Support Facility Departure Time: 5:30 PM	L
May 11, 2024	Sat	Regular Season	Palmyra-Macedon	1:00 PM		Stadium Turf Field			NL
May 13, 2024	Mon	Practice	N/A	5:00 PM	7:00 PM	Stadium Turf Field			
May 14, 2024	Tue	Regular Season	Holland Patent	4:30 PM	6:30 PM	Stadium Turf Field			L
May 18, 2024	Sat	Practice	N/A	8:00 AM	10:00 AM	Stadium Turf Field			
May 22, 2024	Wed	Post-Season (Sectional Quarter Finals)	@ Baldwinsville	6:00 PM	8:00 PM	Bville - Baker P/A Stadium TURF	Bus/Driver: RCSD- Chris W (315)240-7035	Departure Point: Stadium Support Facility Departure Time: 4:00 PM	NL

Date: 2026-02-12