



# Rome Free Academy

## (G) V Lacrosse

### Coaches:

- Meghan Pokines
- Nick Medicis

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 13, 2023	Mon	Practice	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
Mar 14, 2023	Tue	Practice	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
Mar 15, 2023	Wed	Practice	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
Mar 16, 2023	Thu	Practice	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
Mar 17, 2023	Fri	Practice	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
Mar 18, 2023	Sat	Practice	N/A	9:00 AM	11:00 AM	Stadium Turf Field			
Mar 20, 2023	Mon	Practice	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
Mar 21, 2023	Tue	Practice	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
Mar 22, 2023	Wed	Practice	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
Mar 23, 2023	Thu	Practice	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
Mar 24, 2023	Fri	Practice	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
Mar 25, 2023	Sat	Scrimmage	Carthage	10:00 AM	12:00 PM	Stadium Turf Field			NL
Mar 27, 2023	Mon	Regular Season (Chardon High School, Chardon Ohio 44024 ) 16-3 W	Avon	5:00 PM		Stadium Turf Field			NL
Mar 28, 2023	Tue	Practice	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
Mar 29, 2023	Wed	Practice	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
Mar 30, 2023	Thu	Practice	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
Mar 31, 2023	Fri	Practice	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
Apr 1, 2023	Sat	Practice	N/A	9:00 AM	11:00 AM	Stadium Turf Field			
Apr 3, 2023	Mon	Practice	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
Apr 4, 2023	Tue	Regular Season (non league ) 8-11 L	Fulton	5:00 PM		Stadium Turf Field			NL
Apr 5, 2023	Wed	Practice	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
Apr 6, 2023	Thu	Regular Season (Non League Game ) 7-13 L	Liverpool	6:30 PM		Stadium Turf Field			NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 11, 2023	Tue	Practice	N/A	9:00 AM	10:30 AM	Stadium Turf Field			
Apr 12, 2023	Wed	Practice	N/A	9:00 AM	10:30 AM	Stadium Turf Field			
Apr 13, 2023	Thu	Practice	N/A	9:00 AM	10:30 AM	Stadium Turf Field			
Apr 15, 2023	Sat	Practice	N/A	9:00 AM	11:00 AM	Stadium Turf Field			
Apr 17, 2023	Mon	Practice	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
Apr 18, 2023	Tue	Regular Season 15-4 W	@ New Hartford	4:15 PM		New Hartford HS Turf Field	<b>Bus/Driver:</b> First Student - Danyelle S. 202-390-2722	<b>Departure Point:</b> Back of Stadium Support <b>Departure Time:</b> 3:00 PM	L
Apr 19, 2023	Wed	Practice	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
Apr 20, 2023	Thu	Regular Season 18-3 W	Vernon-Verona-Sherrill	6:30 PM	8:00 PM	Stadium Turf Field			L
CANCELLED Apr 21, 2023	Fri	Practice	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
Apr 24, 2023	Mon	Practice	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
Apr 25, 2023	Tue	Regular Season 15-7 W	@ Clinton	5:00 PM		Stadium Field (Grass / Track & Field)	<b>Bus/Driver:</b> First Student - Steve 315-240-8526	<b>Departure Point:</b> Back of Stadium Support <b>Departure Time:</b> 3:45 PM	L
Apr 26, 2023	Wed	Practice	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
Apr 27, 2023	Thu	Practice	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
Apr 28, 2023	Fri	Practice	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
Apr 29, 2023	Sat	Practice	N/A	9:00 AM	11:00 AM	Stadium Turf Field			
May 1, 2023	Mon	Practice	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
May 1, 2023	Mon	Regular Season 14-5 W	@ Whitesboro	7:00 PM		Ed Wadas Complex High School	<b>Bus/Driver:</b> RCSD- Chris W (315)240-7035	<b>Departure Point:</b> Back of Stadium Support <b>Departure Time:</b> 5:45 PM	L
May 3, 2023	Wed	Practice	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
May 4, 2023	Thu	Regular Season 13-4 W	New Hartford	6:00 PM	7:30 PM	Stadium Turf Field			L
May 5, 2023	Fri	Practice	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
May 6, 2023	Sat	Regular Season 2-12 L	@ Watertown	12:30 PM		Watertown Turf Field	<b>Bus/Driver:</b> First Student - Steve P. 315-795-7403 Bus # 9183	<b>Departure Point:</b> Back of Stadium Support <b>Departure Time:</b> 10:00 AM	NL
May 8, 2023	Mon	Practice	N/A	3:30 PM	6:00 PM	Stadium Turf Field			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 8, 2023	Mon	Regular Season 5-14 L	@ Indian River	5:00 PM	6:30 PM	Wolves Stadium, Turf Facility (Field A)	<b>Bus/Driver:</b> RCSD- Chris W (315)240-7035	<b>Departure Point:</b> Back of Stadium Support <b>Departure Time:</b> 2:30 PM	NL
May 9, 2023	Tue	Regular Season 10-6 W	@ Vernon-Verona-Sherrill	7:00 PM		Turf Field Stadium	<b>Bus/Driver:</b> RCSD- Chris W (315)240-7035	<b>Departure Point:</b> Back of Stadium Support <b>Departure Time:</b> 5:15 PM	L
May 10, 2023	Wed	Practice	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
May 11, 2023	Thu	Regular Season 8-6 W	Clinton	6:30 PM		Stadium Turf Field			L
May 12, 2023	Fri	Regular Season 11-10 W	Whitesboro	7:00 PM	7:00 PM	Stadium Turf Field			L
May 13, 2023	Sat	Practice	N/A	8:00 AM	10:00 AM	Stadium Turf Field			
May 15, 2023	Mon	Regular Season (Non League )	Christian Brothers Academy, Dewitt	6:15 PM		Stadium Turf Field			NL
May 16, 2023	Tue	Practice	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
May 18, 2023	Thu	Practice	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
May 18, 2023	Thu	Regular Season	Central Square	5:00 PM		Stadium Turf Field			NL
May 19, 2023	Fri	Regular Season	Syracuse City (Syracuse City)	5:00 PM		Stadium Turf Field			NL
May 20, 2023	Sat	Practice	N/A	9:00 AM	11:00 AM	Stadium Turf Field			
May 22, 2023	Mon	Practice	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
May 23, 2023	Tue	Practice	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
May 23, 2023	Tue	Post-Season (Sectional quarterfinals )	Syracuse City (Syracuse City)	6:00 PM		Stadium Turf Field			NL
May 24, 2023	Wed	Practice	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
May 25, 2023	Thu	Practice	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
May 25, 2023	Thu	Post-Season (Semi- Final Girls Lacrosse Game )	Central Square @ TBD	5:00 PM	7:00 PM	Central Square Turf/Stadium	<b>Bus/Driver:</b> First Student - Shane M. 315-292-3620 Bus 9181	<b>Departure Point:</b> Stadium Support Facility <b>Departure Time:</b> 3:00 PM	NL
May 25, 2023	Thu	Post-Season (Sectional Semi Finals )	Baldwinsville @ TBD	5:00 PM	6:30 PM	Central Square Turf/Stadium	<b>Bus/Driver:</b> Duplicate Entry	<b>Departure Point:</b> Duplicate Entry	NL
May 26, 2023	Fri	Practice	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
May 27, 2023	Sat	Practice	N/A	9:00 AM	11:00 AM	Stadium Turf Field			

Date: 2025-12-19