



# 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 17, 2025	Mon	Practice	N/A	4:00 PM	6:00 PM	Accelerate Sports Complex			
Mar 18, 2025	Tue	Practice	N/A	4:00 PM	6:00 PM	Accelerate Sports Complex			
Mar 19, 2025	Wed	Practice	N/A	4:00 PM	6:00 PM	Accelerate Sports Complex			
Mar 20, 2025	Thu	Practice	N/A	3:00 PM	5:30 PM	Stadium Support Facility Gym A, Stadium Support Facility Gym B			
Mar 21, 2025	Fri	Practice	N/A	3:00 PM	5:30 PM	Stadium Support Facility Gym A, Stadium Support Facility Gym B			
Mar 22, 2025	Sat	Practice	N/A	8:00 AM	9:30 AM	Stadium Turf Field			
Mar 24, 2025	Mon	Practice	N/A	3:00 PM	5:30 PM	Stadium Support Facility Gym A, Stadium Support Facility Gym B			
Mar 25, 2025	Tue	Practice	N/A	3:00 PM	5:30 PM	Stadium Support Facility Gym A, Stadium Support Facility Gym B			
Mar 26, 2025	Wed	Practice	N/A	3:00 PM	5:30 PM	Stadium Support Facility Gym A, Stadium Support Facility Gym B			
Mar 27, 2025	Thu	Practice	N/A	3:00 PM	5:30 PM	Stadium Support Facility Gym A, Stadium Support Facility Gym B			
Mar 27, 2025	Thu	Scrimmage	Carthage	5:00 PM		Stadium Turf Field			NL
Mar 28, 2025	Fri	Practice	N/A	3:00 PM	5:30 PM	Stadium Support Facility Gym A, Stadium Support Facility Gym B			
Mar 29, 2025	Sat	Regular Season	Shaker High School	3:00 PM		Stadium Turf Field			NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 31, 2025	Mon	Practice	N/A	3:15 PM	5:15 PM	Stadium Turf Field			
Apr 1, 2025	Tue	Practice	N/A	3:15 PM	5:15 PM	Stadium Turf Field			
Apr 2, 2025	Wed	Practice	N/A	3:15 PM	5:15 PM	Stadium Turf Field			
Apr 3, 2025	Thu	Practice	N/A	3:15 PM	5:15 PM	Stadium Turf Field			
Apr 4, 2025	Fri	Practice	N/A	3:15 PM	5:15 PM	Stadium Turf Field			
Apr 5, 2025	Sat	Practice	N/A	8:00 AM	9:30 AM	Stadium Turf Field			
Apr 7, 2025	Mon	Regular Season	@ Central Square	7:00 PM		Central Square Turf/Stadium	<b>Bus/Driver:</b> First Student-Don 315.272.9420	<b>Departure Point:</b> Stadium Support <b>Departure Date:</b> Apr 7, 2025 <b>Departure Time:</b> 3:15 PM	NL
Apr 9, 2025	Wed	Practice	N/A	3:30 PM	5:00 PM	Stadium Turf Field			
Apr 10, 2025	Thu	Regular Season	@ Baldwinsville	7:00 PM	9:00 PM	Bville - Baker P/A Stadium TURF	<b>Bus/Driver:</b> First Student-Alex 315.225.6698	<b>Departure Point:</b> Stadium Support <b>Departure Date:</b> Apr 10, 2025 <b>Departure Time:</b> 5:00 PM	NL
Apr 11, 2025	Fri	Practice	N/A	3:30 PM	5:00 PM	Stadium Turf Field			
Apr 12, 2025	Sat	Practice	N/A	8:00 AM	9:30 AM	Stadium Turf Field			
Apr 17, 2025	Thu	Regular Season	Clinton	6:30 PM		Stadium Turf Field			L
Apr 21, 2025	Mon	Practice	N/A	2:00 PM	3:30 PM	Stadium Turf Field			
Apr 22, 2025	Tue	Regular Season 4-17 L	@ Saratoga Springs High School	4:15 PM	6:00 PM	SSHS Turf Field	<b>Bus/Driver:</b> First Student-Alex 315.225.6698	<b>Departure Point:</b> Stadium Support <b>Departure Date:</b> Apr 22, 2025 <b>Departure Time:</b> 1:30 PM	NL
Apr 23, 2025	Wed	Practice	N/A	10:00 AM	11:30 AM	Stadium Turf Field			
Apr 24, 2025	Thu	Regular Season 16-14 W	Oswego	5:00 PM		Stadium Turf Field			NL
Apr 25, 2025	Fri	Practice	N/A	10:00 AM	11:30 AM	Stadium Turf Field			
Apr 26, 2025	Sat	Regular Season	Institute of Technology, Syracuse (Syracuse City)	3:00 PM		Stadium Turf Field			NL
Apr 28, 2025	Mon	Regular Season 14-7 W	Whitesboro	6:30 PM		Stadium Turf Field			L
Apr 30, 2025	Wed	Practice	N/A	3:30 PM	5:00 PM	Stadium Turf Field			
May 1, 2025	Thu	Regular Season	Vernon-Verona-Sherrill	6:30 PM		Stadium Turf Field			L
May 2, 2025	Fri	Practice	N/A	3:30 PM	5:00 PM	Stadium Turf Field			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 3, 2025	Sat	Regular Season (FM Future Day)	@ Fayetteville-Manlius	2:00 PM		Hornet Stadium	<b>Bus/Driver:</b> RCSD- Chris W (315)240-7035	<b>Departure Point:</b> Stadium Support <b>Departure Date:</b> May 3, 2025 <b>Departure Time:</b> 10:00 AM	L
May 5, 2025	Mon	Regular Season	@ New Hartford	4:15 PM		New Hartford HS Turf Field	<b>Bus/Driver:</b> RCSD- Justin (315)335-9844	<b>Departure Point:</b> Stadium Support <b>Departure Date:</b> Apr 29, 2025 <b>Departure Time:</b> 3:15 PM	L
May 7, 2025	Wed	Regular Season	@ Clinton	4:30 PM		Hamilton College	<b>Bus/Driver:</b> RCSD- Matt- 315.338.1905	<b>Departure Point:</b> Stadium Support <b>Departure Date:</b> May 6, 2025 <b>Departure Time:</b> 3:30 PM	L
May 12, 2025	Mon	Practice	N/A	3:30 PM	5:00 PM	Stadium Turf Field			
May 13, 2025	Tue	Regular Season (Senior Game) 5-9 L	@ Whitesboro	6:00 PM		Ed Wadas Complex High School	<b>Bus/Driver:</b> RCSD- Chris W (315)240-7035	<b>Departure Point:</b> Stadium Support <b>Departure Date:</b> May 13, 2025 <b>Departure Time:</b> 4:30 PM	L
May 14, 2025	Wed	Practice	N/A	3:30 PM	5:00 PM	Stadium Turf Field			
May 15, 2025	Thu	Regular Season	New Hartford	6:30 PM		Stadium Turf Field			L
May 16, 2025	Fri	Practice	N/A	3:30 PM	5:00 PM	Stadium Turf Field			
May 19, 2025	Mon	Regular Season	@ Vernon-Verona-Sherrill	7:00 PM		Turf Field Stadium	<b>Bus/Driver:</b> RCSD- Chris W (315)240-7035	<b>Departure Point:</b> Stadium Support <b>Departure Date:</b> May 19, 2025 <b>Departure Time:</b> 6:00 PM	L
May 21, 2025	Wed	Practice	N/A	3:30 PM	5:00 PM	Stadium Turf Field			
May 22, 2025	Thu	Practice	N/A	3:30 PM	5:00 PM	Stadium Turf Field			
May 23, 2025	Fri	Practice	N/A	9:00 AM	10:30 AM	Stadium Turf Field			
May 25, 2025	Sun	Practice	N/A	9:00 AM	10:30 AM	Stadium Turf Field			
May 26, 2025	Mon	Practice	N/A	9:00 AM	10:30 AM	Stadium Turf Field			
May 27, 2025	Tue	Post-Season (Section III 1/4 Final)	@ West Genesee	5:00 PM		WG-HS Mike Messere Field - Turf Stadium	<b>Bus/Driver:</b> First Student- Steve F. 315.240.8526	<b>Departure Point:</b> Stadium Support <b>Departure Date:</b> May 27, 2025 <b>Departure Time:</b> 3:00 PM	NL