



Rome Free Academy

(G) JV Lacrosse

Coaches:

- Kaitlyn Salce, Coach
- Meghan Pokines

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 13, 2023	Mon	Practice (Tryouts)	N/A	TBD		Stadium Support Facility Gym B			
Mar 14, 2023	Tue	Practice (Tryouts)	N/A	TBD		Stadium Support Facility Gym B			
Mar 15, 2023	Wed	Practice (Tryouts)	N/A	TBD		Stadium Support Facility Gym B			
Mar 16, 2023	Thu	Practice (Practice)	N/A	3:30 PM	6:00 PM	Stadium Support Facility Gym B			
Mar 17, 2023	Fri	Practice (Practice)	N/A	3:30 PM	6:00 PM	Stadium Support Facility Gym B			
Mar 20, 2023	Mon	Practice (Practice)	N/A	3:30 PM	6:00 PM	Stadium Support Facility Gym B			
Mar 21, 2023	Tue	Practice (Practice)	N/A	3:30 PM	6:00 PM	Stadium Support Facility Gym B			
Mar 22, 2023	Wed	Practice (Practice)	N/A	3:30 PM	6:00 PM	Stadium Support Facility Gym B			
Mar 23, 2023	Thu	Practice (Practice)	N/A	3:30 PM	6:00 PM	Stadium Support Facility Gym B			
Mar 24, 2023	Fri	Practice (Practice)	N/A	3:30 PM	6:00 PM	Stadium Support Facility Gym B			
Mar 25, 2023	Sat	Scrimmage	Vernon-Verona-Sherrill	1:00 PM		Stadium Turf Field			L
Mar 27, 2023	Mon	Practice (Practice)	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
Mar 28, 2023	Tue	Practice (Practice)	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
Mar 29, 2023	Wed	Practice (Practice)	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
Mar 30, 2023	Thu	Practice (Practice)	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
Mar 31, 2023	Fri	Practice (Practice)	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
Apr 3, 2023	Mon	Practice (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
Apr 4, 2023	Tue	Practice (Practice)	N/A	3:30 PM	5:00 PM	Stadium Turf Field			
Apr 5, 2023	Wed	Practice (Practice)	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
Apr 6, 2023	Thu	Regular Season (Non League Game)	Liverpool	4:30 PM		Stadium Turf Field			NL
Apr 10, 2023	Mon	Practice (Practice)	N/A	9:30 AM	11:30 AM	Stadium Turf Field			
Apr 11, 2023	Tue	Practice (Practice)	N/A	9:30 AM	11:30 AM	Stadium Turf Field			
Apr 12, 2023	Wed	Regular Season	@ Chittenango	4:30 PM	6:30 PM	Bolivar Rd Elem-Button Field #1	Bus/Driver: RCSD- Chris W (315)240-7035	Departure Point: Stadium Support Facility Departure Time: 3:10 PM	L
Apr 14, 2023	Fri	Practice (Practice)	N/A	9:30 AM	11:00 AM	Stadium Turf Field			
Apr 17, 2023	Mon	Practice (Practice)	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
Apr 18, 2023	Tue	Regular Season	@ New Hartford	5:45 PM		HS Turf Field	Bus/Driver: First Student - Steve 315-240-8526	Departure Point: Stadium Support Facility Departure Time: 3:35 PM	L
Apr 19, 2023	Wed	Practice (Practice/cookie fund/pictures)	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
Apr 20, 2023	Thu	Regular Season	Vernon-Verona-Sherrill	4:30 PM		Stadium Turf Field			L
Apr 21, 2023	Fri	Practice (Practice)	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
Apr 24, 2023	Mon	Regular Season 3-17 L	Carthage	5:00 PM		Stadium Turf Field			NL
Apr 25, 2023	Tue	Practice (Practice)	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
CANCELLED Apr 25, 2023	Tue	Regular Season	@ Clinton	5:30 PM		Atrium Field			L
Apr 26, 2023	Wed	Practice (Practice)	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
Apr 27, 2023	Thu	Practice (Practice)	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
Apr 28, 2023	Fri	Practice (Practice)	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
Apr 29, 2023	Sat	Practice (Practice)	N/A	9:00 AM	11:00 AM	Stadium Turf Field			
May 1, 2023	Mon	Regular Season 5-9 L	@ Whitesboro	5:00 PM		High School Upper Field #1	Bus/Driver: RCSD- Justin (315)335-9844	Departure Point: Stadium Support Facility Departure Time: 4:00 PM	L
May 2, 2023	Tue	Practice (Practice)	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
May 3, 2023	Wed	Practice (Practice)	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
May 4, 2023	Thu	Regular Season	New Hartford	4:15 PM	5:45 PM	Stadium Turf Field			L
May 5, 2023	Fri	Practice (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 6, 2023	Sat	Regular Season	@ Watertown	10:30 AM	12:30 PM	Watertown Turf Field	Bus/Driver: First Student - John S. 315-886-9795 Bus #9173	Departure Point: Stadium Support Facility Departure Time: 8:10 AM	L
May 8, 2023	Mon	Practice (Practice)	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
May 9, 2023	Tue	Regular Season	@ Vernon-Verona-Sherrill	5:00 PM		Turf Field Stadium	Bus/Driver: First Student - Shane M. 315-292-3620	Departure Point: Stadium Support Facility Departure Time: 3:50 PM	L
May 10, 2023	Wed	Practice (Practice)	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
May 11, 2023	Thu	Practice (Practice)	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
CANCELLED May 11, 2023	Thu	Regular Season	Clinton	4:30 PM		Stadium Turf Field			L
May 12, 2023	Fri	Practice (Practice)	N/A	3:30 PM	6:00 PM	Stadium Turf Field			
May 13, 2023	Sat	Regular Season 8-10 L	Whitesboro	3:00 PM		Stadium Turf Field			L
May 15, 2023	Mon	Regular Season (Non League)	Christian Brothers Academy, Dewitt, TBD	5:00 PM		Stadium Turf Field			NL
May 16, 2023	Tue	Regular Season	Chittenango	4:30 PM		Stadium Turf Field			L
May 17, 2023	Wed	Practice (Practice)	N/A	3:45 PM	5:45 PM	Stadium Turf Field			
May 18, 2023	Thu	Practice (Practice)	N/A	3:45 PM	5:45 PM	Stadium Turf Field			
May 19, 2023	Fri	Practice (Practice)	N/A	3:45 PM	5:45 PM	Stadium Turf Field			
POSTPONED May 19, 2023	Fri	Regular Season	Syracuse City (Syracuse City)	5:00 PM		Stadium Turf Field			NL
POSTPONED May 20, 2023	Sat	Regular Season	@ Carthage	10:00 AM		Comet Field	Bus/Driver: RCSD- Chris W (315)240-7035	Departure Point: Stadium Support Facility Departure Time: 8:00 AM	NL

Date: 2024-05-17