



Rome Free Academy

(G) V Soccer

Coaches:

- Melissa Downs , Head Coach
- Diane Stevenson, Asst Coach
- Erik Thomas

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 21, 2023	Mon	Practice (Practice - Turf)	N/A	3:00 PM	6:00 PM	Stadium Turf Field			
Aug 22, 2023	Tue	Practice (Practice - Turf)	N/A	3:00 PM	6:00 PM	Stadium Turf Field			
Aug 23, 2023	Wed	Practice (Practice - Turf)	N/A	3:00 PM	6:00 PM	Stadium Turf Field			
Aug 24, 2023	Thu	Practice (Practice - Turf)	N/A	3:00 PM	6:00 PM	Stadium Turf Field			
Aug 25, 2023	Fri	Practice (Practice - Turf)	N/A	3:00 PM	6:00 PM	Stadium Turf Field			
Aug 26, 2023	Sat	Practice (Practice - Turf)	N/A	9:00 AM	11:00 AM	Stadium Turf Field			
Aug 28, 2023	Mon	Scrimmage	West Genesee	10:30 AM		Stadium Turf Field			NL
Aug 29, 2023	Tue	Practice (Practice - Turf)	N/A	7:00 AM	9:30 AM	Stadium Turf Field			
Aug 30, 2023	Wed	Regular Season (South Colonie High School)	Colonie High School	1:30 PM		Stadium Turf Field			L
Aug 30, 2023	Wed	Regular Season (Ava Wood Tournament)	Christian Brothers Academy, Dewitt, Fulton @ Baldwinsville	3:00 PM	7:00 PM	Bville - Baker P/A Stadium TURF			NL
Aug 31, 2023	Thu	Practice (Practice - Turf)	N/A	8:00 AM	11:00 PM	Stadium Turf Field			
Sep 1, 2023	Fri	Practice (Practice - Turf)	N/A	10:00 AM	1:00 PM	Stadium Turf Field			
Sep 2, 2023	Sat	Practice	N/A	7:00 AM	9:00 AM	Stadium Turf Field			
Sep 4, 2023	Mon	Practice	N/A	8:00 AM	10:00 AM	Stadium Turf Field			
Sep 6, 2023	Wed	Practice (Practice - Turf)	N/A	4:00 PM	6:00 PM	Stadium Turf Field			
Sep 7, 2023	Thu	Regular Season	Holland	4:30 PM		Stadium Turf Field		Departure Point: Stadium Support Facility	L
Sep 8, 2023	Fri	Practice (Practice)	N/A	3:00 PM	5:00 PM	Joy Elementary Grass Field			

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Sep 9, 2023	Sat	Regular Season	@ Liverpool	10:00 AM		Liverpool HS Field 4	Bus/Driver: First Student - REX MARSELL 315-225-7174	Departure Point: Stadium Support Facility Departure Time: 8:15 AM	NL
Sep 11, 2023	Mon	Practice	N/A	6:30 PM	8:30 PM	Stadium Turf Field			
Sep 12, 2023	Tue	Regular Season	@ Utica Proctor	4:30 PM		PHS Stadium (Turf Field/Track)	Bus/Driver: F/S - Steve Fosella Bus 9153, phone 315-240-8526	Departure Point: Stadium Support Facility Departure Time: 3:15 PM	L
Sep 13, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	Joy Elementary Grass Field			
Sep 14, 2023	Thu	Regular Season	@ Cazenovia	4:30 PM		Cazenovia Stadium Field #1 Googin on Fenner Rd.	Bus/Driver: F/S - Steve Fosella bus 9155, 315-240-8526	Departure Point: Stadium Support Facility Departure Time: 2:50 PM	NL
Sep 15, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	Stadium Turf Field			
Sep 18, 2023	Mon	Practice	N/A	5:00 PM	7:00 PM	Stadium Turf Field			
Sep 19, 2023	Tue	Regular Season 0-1 L	Whitesboro	5:00 PM		Stadium Turf Field			L
Sep 20, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	Stadium Turf Field			
Sep 21, 2023	Thu	Regular Season	Oneida	5:00 PM		Stadium Turf Field			L
Sep 22, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	Stadium Turf Field			
Sep 23, 2023	Sat	Regular Season (NL) 4-1 W	Clinton	9:00 AM		Stadium Turf Field			NL
CANCELLED Sep 25, 2023	Mon	Practice	N/A	6:00 PM	8:00 PM	Stadium Turf Field			
Sep 26, 2023	Tue	Regular Season	@ Camden	6:30 PM		Camden High School Stadium	Bus/Driver: RCSD-Marnie (315)335-2667	Departure Point: Stadium Support Facility Departure Time: 5:15 PM	L
Sep 27, 2023	Wed	Practice	N/A	6:30 PM	8:30 PM	Stadium Turf Field			
Sep 28, 2023	Thu	Regular Season	@ New Hartford	6:00 PM		New Hartford HS Turf Field	Bus/Driver: RCSD-Marnie (315)335-2667	Departure Point: Stadium Support Facility Departure Time: 4:45 PM	L
Sep 29, 2023	Fri	Practice (Practice)	N/A	3:00 PM	5:00 PM	Joy Elementary Grass Field			
Sep 30, 2023	Sat	Practice	N/A	8:00 AM	10:00 AM	Stadium Turf Field			
Oct 1, 2023	Sun	Regular Season (rescheduled contest from 9.15.23)	New Hartford	9:30 AM		Stadium Turf Field		Departure Point: Stadium Support Facility	L

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CANCELLED Oct 2, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	Stadium Turf Field			
Oct 3, 2023	Tue	Practice	N/A	2:30 PM	4:00 PM	Stadium Turf Field			
Oct 4, 2023	Wed	Regular Season	@ Central Valley Academy	6:30 PM		TBD	Bus/Driver: RCSD- Marnie (315)335-2667	Departure Point: Stadium Support Facility Departure Time: 5:00 PM	L
Oct 5, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	Stadium Turf Field			
Oct 6, 2023	Fri	Regular Season (Senior Nigh)	Utica Proctor	6:30 PM		Stadium Turf Field			L
Oct 9, 2023	Mon	Practice (Practice)	N/A	10:00 AM	12:00 PM	Stadium Turf Field			
Oct 10, 2023	Tue	Regular Season	@ Vernon-Verona-Sherrill	7:00 PM		Turf Field Stadium	Bus/Driver: RCSD- Trent (714)471-5955	Departure Point: Stadium Support Facility Departure Time: 5:45 PM	L
Oct 11, 2023	Wed	Practice (Practice - Turf)	N/A	4:00 PM	6:00 PM	Stadium Turf Field			
Oct 12, 2023	Thu	Regular Season 1-2 L	@ Whitesboro	6:30 PM		Ed Wadas Complex High School	Bus/Driver: RCSD- Trent (714)471-5955	Departure Point: Stadium Support Facility Departure Time: 5:15 PM	L
Oct 13, 2023	Fri	Practice	N/A	4:00 PM	6:00 PM	Stadium Turf Field			
Oct 14, 2023	Sat	Regular Season	@ East Syracuse Minoa	10:00 AM		ESM High School - Stadium	Bus/Driver: RCSD- Trent (714)471-5955	Departure Point: Stadium Support Facility Departure Time: 8:15 AM	NL
Oct 17, 2023	Tue	Practice (Practice - Turf)	N/A	4:00 PM	6:00 PM	Stadium Turf Field			
Oct 18, 2023	Wed	Practice (Practice - Turf)	N/A	4:00 PM	6:00 PM	Stadium Turf Field			
Oct 19, 2023	Thu	Practice (Practice)	N/A	2:45 PM	4:30 PM	Stadium Turf Field			
Oct 20, 2023	Fri	Post-Season (Quarterfinals)	Syracuse City (Syracuse City)	5:30 PM		Stadium Turf Field			NL
Oct 23, 2023	Mon	Practice (Practice - Turf)	N/A	4:00 PM	6:00 PM	Stadium Turf Field			
Oct 24, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	Stadium Turf Field			
Oct 24, 2023	Tue	Practice (Practice - Turf)	N/A	4:00 PM	6:00 PM	Stadium Turf Field			
CANCELLED Oct 25, 2023	Wed	Practice (Practice - Turf)	N/A	4:00 PM	6:00 PM	Stadium Turf Field			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 25, 2023	Wed	Post-Season (Sectional v CNS @ Chittenango)	@ TBD	5:30 PM		Chittenango High School	Bus/Driver: First Student - Steve Fosella Bus 9153 p#315-240-8526	Departure Point: Stadium Support Facility Departure Time: 3:30 PM	L
Oct 25, 2023	Wed	Post-Season (Sectional Semi Finals)	@ Cicero-North Syracuse	5:30 PM	7:30 PM	Chittenango HS- Stadium			NL

Date: 2026-03-14