



# Rome Free Academy

## (G) V Softball

### Coaches:

- Emily Cowell
- Mark Beer

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE	LEAGUE
Mar 14, 2022	Mon	Practice (Softball training at Accelerate Sports Complex)	N/A	3:00 PM	5:00 PM	Accelerate Sports Complex		<b>Departure Point:</b> Strough - Back <b>Departure Time:</b> 2:10 PM	
Mar 15, 2022	Tue	Practice (Softball training at Accelerate Sports Complex)	N/A	3:00 PM	5:00 PM	Accelerate Sports Complex		<b>Departure Point:</b> Strough - Back <b>Departure Time:</b> 2:10 PM	
Mar 16, 2022	Wed	Practice (Softball training at Accelerate Sports Complex)	N/A	3:00 PM	5:00 PM	Accelerate Sports Complex		<b>Departure Point:</b> Strough - Back <b>Departure Time:</b> 2:10 PM	
Mar 17, 2022	Thu	Practice (Softball training at Accelerate Sports Complex)	N/A	3:00 PM	5:00 PM	Accelerate Sports Complex		<b>Departure Point:</b> Strough - Back <b>Departure Time:</b> 2:10 PM	
Mar 18, 2022	Fri	Practice (Softball training at Accelerate Sports Complex)	N/A	3:00 PM	5:00 PM	Accelerate Sports Complex		<b>Departure Point:</b> 95 Dart <b>Departure Time:</b> 2:45 PM	
Mar 21, 2022	Mon	Practice (Softball training at Accelerate Sports Complex)	N/A	3:00 PM	5:00 PM	Accelerate Sports Complex		<b>Departure Point:</b> Strough - Back <b>Departure Time:</b> 2:10 PM	
Mar 22, 2022	Tue	Practice (Softball training at Accelerate Sports Complex)	N/A	3:00 PM	5:00 PM	Accelerate Sports Complex		<b>Departure Point:</b> Strough - Back <b>Departure Time:</b> 2:10 PM	
Mar 23, 2022	Wed	Practice (Softball training at Accelerate Sports Complex)	N/A	3:00 PM	5:00 PM	Accelerate Sports Complex		<b>Departure Point:</b> Strough - Back <b>Departure Time:</b> 2:10 PM	
Mar 24, 2022	Thu	Practice (Softball training at Accelerate Sports Complex)	N/A	3:00 PM	5:00 PM	Accelerate Sports Complex		<b>Departure Point:</b> Strough - Back <b>Departure Time:</b> 2:10 PM	
Mar 25, 2022	Fri	Practice (Practice )	N/A	3:15 PM	5:00 PM	RFA Main Gym			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 28, 2022	Mon	Practice (Practice )	N/A	3:15 PM	5:00 PM	Accelerate Sports Complex		<b>Departure Point:</b> Strough - Back <b>Departure Time:</b> 2:10 PM	
Mar 29, 2022	Tue	Scrimmage	Auburn	6:00 PM	8:00 PM	481 Sports Complex	<b>Bus/Driver:</b> RCSD/Trent 714-471-5955	<b>Departure Point:</b> RFA Bus Loop <b>Departure Time:</b> 4:20 PM	NL
Mar 30, 2022	Wed	Practice (Practice )	N/A	3:00 PM	5:00 PM	Stadium Support Facility Gym B			
Mar 31, 2022	Thu	Practice	N/A	8:00 PM	9:00 PM	RFA HS Track			
Apr 1, 2022	Fri	Practice (Practice )	N/A	3:15 PM	5:00 PM	Kost Fields Varsity Field # 1			
Apr 4, 2022	Mon	Practice (Practice )	N/A	3:15 PM	5:00 PM	Kost Fields Varsity Field # 1			
Apr 5, 2022	Tue	Practice (Practice )	N/A	3:15 PM	5:00 PM	Kost Fields Varsity Field # 1			
Apr 6, 2022	Wed	Practice (Practice )	N/A	3:15 PM	5:00 PM	Kost Fields Varsity Field # 1			
Apr 7, 2022	Thu	Practice (Practice )	N/A	3:15 PM	5:00 PM	Kost Fields Varsity Field # 1			
Apr 8, 2022	Fri	Practice (Practice )	N/A	3:15 PM	5:00 PM	Kost Fields Varsity Field # 1			
Apr 9, 2022	Sat	Regular Season (Non League )	Central Square	12:30 PM		Kost Fields Varsity Field # 1			NL
Apr 11, 2022	Mon	Practice (Practice )	N/A	3:15 PM	5:00 PM	Kost Fields Varsity Field # 1			
Apr 12, 2022	Tue	Regular Season	@ Liverpool	5:00 PM		Carrier Park	<b>Bus/Driver:</b> First Student - Steve P. 315-630-0372	<b>Departure Point:</b> Stadium Support Facility <b>Departure Time:</b> 3:00 PM	NL
Apr 13, 2022	Wed	Practice (Practice )	N/A	3:15 PM	5:00 PM	Kost Fields Varsity Field # 1			
Apr 15, 2022	Fri	Practice (Practice )	N/A	3:15 PM	5:00 PM	Kost Fields Varsity Field # 1			
Apr 15, 2022	Fri	Regular Season (Non League )	Cicero-North Syracuse	5:00 PM	7:00 PM	Kost Fields Varsity Field # 1			NL
Apr 18, 2022	Mon	Regular Season	Fayetteville-Manlius	5:00 PM		Kost Fields Varsity Field # 1			L
POSTPONED Apr 19, 2022	Tue	Regular Season	@ Utica Proctor	4:30 PM		PHS Softball "TURF " Field	<b>Bus/Driver:</b> First student	<b>Departure Point:</b> Stadium Support Facility <b>Departure Time:</b> 3:00 PM	L
Apr 20, 2022	Wed	Practice (Practice )	N/A	4:00 PM	5:30 PM	RFA Indoor Running Track, RFA Main Gym			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 22, 2022	Fri	Practice (Practice )	N/A	3:15 PM	5:00 PM	Kost Fields Varsity Field # 1			
Apr 22, 2022	Fri	Regular Season	@ Notre Dame, Utica	4:30 PM		New York Mills Softball Field	<b>Bus/Driver:</b> First Student - Richard 315-317-3149	<b>Departure Point:</b> Stadium Support Facility <b>Departure Time:</b> 3:00 PM	L
Apr 23, 2022	Sat	Regular Season	@ Cicero-North Syracuse	10:00 AM	12:30 PM	Gillette Field 3	<b>Bus/Driver:</b> First Student - Steve P. 315-630-0372	<b>Departure Point:</b> Stadium Support Facility <b>Departure Time:</b> 3:00 PM	NL
Apr 25, 2022	Mon	Regular Season	@ New Hartford	4:30 PM		Accelerate Sports	<b>Bus/Driver:</b> F/S - To: & From: Todd 315-709-9097	<b>Departure Point:</b> Stadium Support Facility <b>Departure Time:</b> 3:00 PM	L
Apr 26, 2022	Tue	Regular Season (This game will be played as a double header 2 (5) inning contests )	Utica Proctor	4:00 PM	6:00 PM	Kost Fields Varsity Field # 1			L
Apr 27, 2022	Wed	Practice (Practice )	N/A	3:15 PM	5:00 PM	Kost Fields Varsity Field # 1			
Apr 28, 2022	Thu	Practice (Practice )	N/A	3:15 PM	5:00 PM	Kost Fields Varsity Field # 1			
Apr 29, 2022	Fri	Regular Season	@ West Genesee	5:00 PM		WG-HS Softball Field	<b>Bus/Driver:</b> First Student - Todd 315-709-9097	<b>Departure Point:</b> Stadium Support Facility <b>Departure Time:</b> 3:00 PM	NL
May 2, 2022	Mon	Practice (Practice )	N/A	6:00 PM	7:30 PM	RFA Main Gym, Kost Fields Varsity Field # 1			
May 3, 2022	Tue	Regular Season 6-0 W	@ Whitesboro	4:30 PM		Westmoreland Road Softball Field #1	<b>Bus/Driver:</b> First Student	<b>Departure Point:</b> Stadium Support Facility <b>Departure Time:</b> 3:00 PM	L
May 4, 2022	Wed	Practice (Practice )	N/A	6:00 PM	7:30 PM	RFA Indoor Running Track, RFA Main Gym			
May 5, 2022	Thu	Regular Season	Oneida	5:00 PM		Kost Fields Varsity Field # 1			L
May 6, 2022	Fri	Practice (Practice )	N/A	3:15 PM	5:00 PM	Kost Fields Varsity Field # 1			
May 7, 2022	Sat	Regular Season (Non League )	Baldwinsville	2:30 PM	4:30 PM	Kost Fields Varsity Field # 1			NL
May 9, 2022	Mon	Practice (Practice )	N/A	3:15 PM	5:00 PM	Kost Fields Varsity Field # 1			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 10, 2022	Tue	Regular Season 10-2 W	@ Central Valley Academy	4:30 PM		Fisher Elementary Lower Tolpa Softball Field	<b>Bus/Driver:</b> First Student	<b>Departure Point:</b> Stadium Support Facility <b>Departure Time:</b> 2:45 PM	L
May 11, 2022	Wed	Practice (Practice )	N/A	3:15 PM	5:00 PM	Kost Fields Varsity Field # 1			
May 12, 2022	Thu	Practice (Practice )	N/A	3:15 PM	5:00 PM	Kost Fields Varsity Field # 1			
May 13, 2022	Fri	Regular Season	@ Fayetteville-Manlius	5:00 PM		FM HS3	<b>Bus/Driver:</b> First student	<b>Departure Point:</b> Stadium Support Facility <b>Departure Time:</b> 2:45 PM	L
May 14, 2022	Sat	Regular Season 2-1 W	Whitesboro	11:00 AM	1:00 PM	Kost Fields Varsity Field # 1			L
May 17, 2022	Tue	Regular Season	@ Camden	4:30 PM		Camden High School Back Softball Field	<b>Bus/Driver:</b> First student - Steve F. 315-240-8526	<b>Departure Point:</b> Stadium Support Facility <b>Departure Time:</b> 2:45 PM	L
May 18, 2022	Wed	Practice (Practice )	N/A	3:15 PM	5:00 PM	Kost Fields Varsity Field # 1			
May 18, 2022	Wed	Regular Season (Rescheduled contest )	West Genesee	5:00 PM		Kost Fields Varsity Field # 1			NL
POSTPONED May 21, 2022	Sat	Regular Season (Rescheduled League contest )	Vernon-Verona-Sherrill	11:30 AM	1:30 PM	Kost Fields Varsity Field # 1			L
May 24, 2022	Tue	Regular Season (Rescheduled contest )	New Hartford	4:30 PM		Kost Fields Varsity Field # 1			L
May 25, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	Stadium Turf Field			
May 26, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	Stadium Turf Field			
May 27, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	Stadium Turf Field			
May 27, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	RFA Main Gym			
May 28, 2022	Sat	Practice (If the girls sectional game is postponed as a result of rain on Saturday )	N/A	3:00 PM	5:00 PM	RFA Main Gym			
May 28, 2022	Sat	Post-Season (Sectionals )	@ TBD	4:00 PM		Onondaga Community College SRC Arena	<b>Bus/Driver:</b> RCSD/Trent 714-471-5955	<b>Departure Point:</b> Kost Field <b>Departure Time:</b> 2:00 PM	NL

Date: 2026-02-25