



# Rome Free Academy

## (G) V Softball

### Coaches:

- Emily Cowell
- Mark Beer

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 8, 2025	Mon	Practice (Softball Winter Workouts)	N/A	6:00 PM	7:30 PM	Stadium Support Indoor Batting Cage		
Dec 10, 2025	Wed	Practice (Softball Winter Workouts)	N/A	6:00 PM	7:30 PM	Stadium Support Indoor Batting Cage		
Dec 15, 2025	Mon	Practice (Softball Winter Workouts)	N/A	6:00 PM	7:30 PM	Stadium Support Indoor Batting Cage		
Dec 17, 2025	Wed	Practice (Softball Winter Workouts)	N/A	6:00 PM	7:30 PM	Stadium Support Indoor Batting Cage		
Jan 5, 2026	Mon	Practice (Softball Winter Workouts)	N/A	6:00 PM	7:30 PM	Stadium Support Indoor Batting Cage		
Jan 12, 2026	Mon	Practice (Softball Winter Workouts)	N/A	6:00 PM	7:30 PM	Stadium Support Indoor Batting Cage		
Jan 14, 2026	Wed	Practice (Softball Winter Workouts)	N/A	6:00 PM	7:30 PM	Stadium Support Indoor Batting Cage		
Jan 21, 2026	Wed	Practice (Softball Winter Workouts)	N/A	6:00 PM	7:30 PM	Stadium Support Indoor Batting Cage		
Jan 26, 2026	Mon	Practice (Softball Winter Workouts)	N/A	6:00 PM	7:30 PM	Stadium Support Indoor Batting Cage		
Jan 28, 2026	Wed	Practice (Softball Winter Workouts)	N/A	6:00 PM	7:30 PM	Stadium Support Indoor Batting Cage		
Feb 2, 2026	Mon	Practice (Softball Winter Workouts)	N/A	6:00 PM	7:30 PM	Stadium Support Indoor Batting Cage		
Feb 4, 2026	Wed	Practice (Softball Winter Workouts)	N/A	6:00 PM	7:30 PM	Stadium Support Indoor Batting Cage		
Feb 9, 2026	Mon	Practice (Softball Winter Workouts)	N/A	6:00 PM	7:30 PM	Stadium Support Indoor Batting Cage		
Feb 11, 2026	Wed	Practice (Softball Winter Workouts)	N/A	6:00 PM	7:30 PM	Stadium Support Indoor Batting Cage		
Feb 23, 2026	Mon	Practice (Softball Winter Workouts)	N/A	6:00 PM	7:30 PM	Stadium Support Indoor Batting Cage		
Feb 25, 2026	Wed	Practice (Softball Winter Workouts)	N/A	6:00 PM	7:30 PM	Stadium Support Indoor Batting Cage		
Mar 2, 2026	Mon	Practice (Softball Winter Workouts)	N/A	6:00 PM	7:30 PM	Stadium Support Indoor Batting Cage		
Mar 4, 2026	Wed	Practice (Softball Winter Workouts)	N/A	6:00 PM	7:30 PM	Stadium Support Indoor Batting Cage		
Apr 13, 2026	Mon	Regular Season	Whitesboro	4:30 PM	8:00 PM	Kost Fields Varsity Field # 1		L
Apr 14, 2026	Tue	Regular Season	@ New Hartford	4:30 PM		Hughes Varsity Softball Field		L
Apr 20, 2026	Mon	Regular Season	@ Holland Patent	4:30 PM		American Legion Field		L
Apr 21, 2026	Tue	Regular Season	Utica Proctor	4:30 PM	8:00 PM	Kost Fields Varsity Field # 1		L
Apr 23, 2026	Thu	Regular Season	Camden	4:30 PM	8:00 PM	Kost Fields Varsity Field # 1		L
Apr 27, 2026	Mon	Regular Season	@ Whitesboro	4:30 PM		Westmoreland Road Softball Field #1		L
Apr 28, 2026	Tue	Regular Season	@ Oneida	4:15 PM		HS Softball Field		L
Apr 30, 2026	Thu	Regular Season	@ Notre Dame, Utica	4:30 PM		Wankel Softball Field		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 4, 2026	Mon	Regular Season	New Hartford	4:30 PM	8:00 PM	Kost Fields Varsity Field # 1		L
May 7, 2026	Thu	Regular Season	Central Valley Academy	4:30 PM	8:00 PM	Kost Fields Varsity Field # 1		L
May 11, 2026	Mon	Regular Season	@ Utica Proctor	4:30 PM		PHS Softball Grass Field		L
May 12, 2026	Tue	Regular Season	Vernon-Verona-Sherrill	4:30 PM	8:00 PM	Kost Fields Varsity Field # 1		L
TBD		Regular Season	West Genesee	TBD		Kost Fields Varsity Field # 1		NL

Date: 2025-12-17