



Rome Free Academy

(G) V Swimming/Diving

Coaches:

- Michelle Browne, Head Coach
- James Ray, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 21, 2023	Mon	Practice	N/A	9:00 AM	12:00 PM	RFA Pool		
Aug 22, 2023	Tue	Practice	N/A	9:00 AM	12:00 PM	RFA Pool		
Aug 23, 2023	Wed	Practice	N/A	9:00 AM	12:00 PM	RFA Pool		
Aug 24, 2023	Thu	Practice	N/A	9:00 AM	12:00 PM	RFA Pool		
Aug 25, 2023	Fri	Practice	N/A	9:00 AM	12:00 PM	RFA Pool		
Aug 26, 2023	Sat	Practice	N/A	9:00 AM	12:00 PM	RFA Pool		
Aug 28, 2023	Mon	Practice	N/A	9:00 AM	12:00 PM	RFA Pool		
Aug 29, 2023	Tue	Practice	N/A	9:00 AM	12:00 PM	RFA Pool		
Aug 30, 2023	Wed	Practice	N/A	9:00 AM	12:00 PM	RFA Pool		
Aug 31, 2023	Thu	Practice	N/A	9:00 AM	12:00 PM	RFA Pool		
Sep 1, 2023	Fri	Practice	N/A	9:00 AM	12:00 PM	RFA Pool		
Sep 2, 2023	Sat	Practice	N/A	9:00 AM	12:00 PM	RFA Pool		
Sep 5, 2023	Tue	Practice	N/A	2:30 PM	4:30 PM	RFA Pool		
Sep 6, 2023	Wed	Practice	N/A	2:30 PM	4:30 PM	RFA Pool		
Sep 7, 2023	Thu	Practice	N/A	2:30 PM	4:30 PM	RFA Pool		
Sep 8, 2023	Fri	Practice	N/A	2:30 PM	4:30 PM	RFA Pool		
Sep 9, 2023	Sat	Practice	N/A	9:00 AM	11:00 AM	RFA Pool		
Sep 11, 2023	Mon	Practice	N/A	2:30 PM	4:30 PM	RFA Pool		
Sep 12, 2023	Tue	Regular Season	Utica Proctor	4:30 PM		RFA Pool		L
Sep 13, 2023	Wed	Practice (Practice)	N/A	2:30 PM	4:15 PM	RFA Pool		
Sep 15, 2023	Fri	Practice	N/A	2:30 PM		RFA Pool		
CANCELLED Sep 15, 2023	Fri	Practice (Practice)	N/A	2:30 PM	4:15 PM	RFA Pool		
Sep 15, 2023	Fri	Regular Season	Whitesboro	5:30 PM		RFA Pool		L
Sep 16, 2023	Sat	Practice (Practice)	N/A	9:00 AM	11:00 AM	RFA Pool		
Sep 16, 2023	Sat	Practice (Practice)	N/A	9:00 AM	11:00 AM	RFA Pool		
Sep 18, 2023	Mon	Practice	N/A	2:30 PM	4:30 PM	RFA Pool		

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Sep 20, 2023	Wed	Practice	N/A	2:30 PM	4:30 PM	RFA Pool		
Sep 22, 2023	Fri	Practice	N/A	2:30 PM	4:30 PM	RFA Pool		
Sep 23, 2023	Sat	Practice (Practice)	N/A	9:00 AM	11:00 AM	RFA Pool		
Sep 25, 2023	Mon	Practice	N/A	2:30 PM	4:30 PM	RFA Pool		
Sep 26, 2023	Tue	Regular Season	Adirondack	4:30 PM		RFA Pool		L
Sep 27, 2023	Wed	Practice	N/A	2:30 PM	4:30 PM	RFA Pool		
Sep 29, 2023	Fri	Practice	N/A	2:30 PM	4:30 PM	RFA Pool		
Sep 30, 2023	Sat	Practice (Practice)	N/A	9:00 AM	11:00 AM	RFA Pool		
Oct 2, 2023	Mon	Practice	N/A	2:30 PM	4:30 PM	RFA Pool		
Oct 3, 2023	Tue	Regular Season	Cooperstown (Cooperstown/Milford), West Canada Valley	5:00 PM		RFA Pool		L
Oct 4, 2023	Wed	Practice	N/A	2:30 PM	4:30 PM	RFA Pool		
Oct 6, 2023	Fri	Practice	N/A	2:30 PM	4:30 PM	RFA Pool		
Oct 7, 2023	Sat	Practice (Practice)	N/A	9:00 AM	11:00 AM	RFA Pool		
Oct 9, 2023	Mon	Practice	N/A	10:00 AM	12:00 PM	RFA Pool		
Oct 11, 2023	Wed	Practice	N/A	2:30 PM	4:30 PM	RFA Pool		
Oct 12, 2023	Thu	Regular Season	New Hartford, West Canada Valley	4:30 PM		RFA Pool		L
Oct 13, 2023	Fri	Practice	N/A	2:30 PM	4:30 PM	RFA Pool		
Oct 16, 2023	Mon	Practice	N/A	2:30 PM	4:30 PM	RFA Pool		
Oct 17, 2023	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Pool		
Oct 18, 2023	Wed	Practice	N/A	2:30 PM	4:30 PM	RFA Pool		
Oct 19, 2023	Thu	Practice (Practice)	N/A	2:30 PM	4:00 PM	RFA Pool		
Oct 20, 2023	Fri	Post-Season (TVL Swim Champs at RFA)	Adirondack, Holland Patent, Cooperstown (Cooperstown/Milford), Utica Proctor, Whitesboro, New Hartford, West Canada Valley	5:00 PM		RFA Pool		L
Oct 20, 2023	Fri	Post-Season (tvl championships)	New Hartford	5:00 PM		RFA Pool		L
Oct 20, 2023	Fri	Regular Season (Swim Championships)	Adirondack	5:00 PM	7:00 PM	RFA Pool		L
Oct 23, 2023	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Pool		
Oct 24, 2023	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Pool		
Oct 25, 2023	Wed	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Pool		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE
Oct 26, 2023	Thu	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Pool	
Oct 27, 2023	Fri	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Pool	
Oct 30, 2023	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Pool	
Oct 31, 2023	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Pool	
Nov 2, 2023	Thu	Practice	N/A	TBD		TBD	

Date: 2024-06-03