



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	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 22, 2022	Mon	Practice (Practice)	N/A	8:30 AM	11:30 AM	RFA Pool			
Aug 23, 2022	Tue	Practice (Practice)	N/A	8:30 AM	11:30 AM	RFA Pool			
Aug 24, 2022	Wed	Practice (Practice)	N/A	8:30 AM	11:30 AM	RFA Pool			
Aug 25, 2022	Thu	Practice (Practice)	N/A	8:30 AM	11:30 AM	RFA Pool			
Aug 26, 2022	Fri	Practice (Practice)	N/A	8:30 AM	11:30 AM	RFA Pool			
Aug 27, 2022	Sat	Practice (Practice)	N/A	8:30 AM	11:30 AM	RFA Pool			
Aug 29, 2022	Mon	Practice (Practice)	N/A	8:30 AM	11:30 AM	RFA Pool			
Aug 30, 2022	Tue	Practice (Practice)	N/A	8:30 AM	11:30 AM	RFA Pool			
Aug 31, 2022	Wed	Practice (Practice)	N/A	8:30 AM	11:30 AM	RFA Pool			
POSTPONED Sep 7, 2022	Wed	Regular Season 104-56 W	Utica Proctor	4:30 PM		RFA Pool			L
Sep 9, 2022	Fri	Regular Season 0-88-52 L	Adirondack @ Utica Proctor	4:30 PM	7:30 PM	PHS Swimming Pool	Bus/Driver: First Student - John S. 315-886-9795	Departure Point: RFA High School Bus Loop Departure Time: 3:00 PM	L
Sep 12, 2022	Mon	Regular Season 61-88 L	Whitesboro	5:30 PM		RFA Pool			L
Sep 14, 2022	Wed	Regular Season	Holland Patent, Adirondack	5:00 PM		RFA Pool			L
Sep 16, 2022	Fri	Regular Season	@ West Canada Valley	4:30 PM		Pool	Bus/Driver: First Student - John S. 315-886-9795	Departure Point: RFA Bus Loop Departure Time: 2:45 PM	L
Sep 20, 2022	Tue	Regular Season	@ Cooperstown (Cooperstown/Milford)	5:00 PM		Clark's Sports Center	Bus/Driver: First Student - Danyelle Stovall 202-390-2722 Bus 9178	Departure Point: RFA Bus Loop Departure Time: 2:30 PM	L
Sep 22, 2022	Thu	Regular Season	@ Adirondack	4:30 PM	7:30 PM	Pool	Bus/Driver: First Student	Departure Point: RFA Bus Loop Departure Time: 3:00 PM	L
Sep 27, 2022	Tue	Regular Season 91-61-0 W	Utica Proctor, Nottingham (Syracuse)	5:00 PM		RFA Pool			L
Oct 4, 2022	Tue	Regular Season (Quad meet)	Whitesboro, Holland Patent, Cooperstown (Cooperstown/Milford)	5:30 PM		RFA Pool			L
Oct 6, 2022	Thu	Regular Season	@ Holland Patent	4:30 PM		Holland Patent HS-Pool	Bus/Driver: First Student - Frank C 315-225-1104 Bus 9147	Departure Point: RFA Bus Loop Departure Time: 3:15 PM	L
Oct 11, 2022	Tue	Regular Season	South Lewis, Holland Patent	5:00 PM		RFA Pool			NL
Oct 13, 2022	Thu	Regular Season	West Canada Valley	4:30 PM		RFA Pool			L

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CANCELLED Oct 18, 2022	Tue	Regular Season	Cooperstown (Cooperstown/Milford)	5:00 PM		RFA Pool			L
Oct 20, 2022	Thu	Regular Season (Dive Championship)	Adirondack, Whitesboro, Cooperstown (Cooperstown/Milford), Holland Patent, West Canada Valley @ Utica Proctor	4:30 PM	7:30 PM	PHS Swimming Pool	Bus/Driver: No Transportation Needed		L
Oct 21, 2022	Fri	Regular Season ((Swim Championships))	Holland Patent, Whitesboro, Utica Proctor, Adirondack, Cooperstown (Cooperstown/Milford), West Canada Valley	5:00 PM		RFA Pool, RFA Auxilliary Gym			L
Nov 2, 2022	Wed	Regular Season (Sectional - at Nottingham)	TBD	9:00 AM		RFA Pool	Bus/Driver: First Student - Steve 315-240-8526 Bus 9153	Departure Point: RFA Bus Loop Departure Time: 7:45 AM	L
Nov 4, 2022	Fri	Regular Season (State at Nottingham)	TBD	3:00 PM		RFA Pool	Bus/Driver: RCSD- Trent (714)471-5955	Departure Point: RFA Bus Loop Departure Time: 2:15 PM	L

Date: 2024-05-19