



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 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			
POSTPONED Sep 14, 2023	Thu	Regular Season (Postponed to 09/15 @ RFA)	@ Whitesboro	5:30 PM		Holland Patent HS Swimming pool		Departure Point: RFA Bus Loop Departure Time: 4:15 PM	L
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			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 19, 2023	Tue	Regular Season	@ New Hartford	5:00 PM		HS Pool	Bus/Driver: F/S - Shane Miller bus 9181 p# 315-292-3620	Departure Point: RFA Bus Loop Departure Time: 3:30 PM	L
Sep 20, 2023	Wed	Practice	N/A	2:30 PM	4:30 PM	RFA Pool			
Sep 21, 2023	Thu	Regular Season	@ Holland Patent	5:00 PM	7:00 PM	Holland Patent HS-Pool	Bus/Driver: RCSD- Chris W (315)240-7035	Departure Point: RFA Bus Loop Departure Time: 3:45 PM	L
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			
CANCELLED Sep 28, 2023	Thu	Regular Season	@ West Canada Valley	4:30 PM		Herkimer County Community College			L
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 5, 2023	Thu	Regular Season	Nottingham (Syracuse) @ Utica Proctor	5:00 PM		PHS Swimming Pool	Bus/Driver: F/S Steve F. Bus 9153, 315-240-8526	Departure Point: RFA Bus Loop Departure Time: 3:15 PM	L
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 10, 2023	Tue	Regular Season (@ Whitesboro)	@ Whitesboro	5:30 PM	7:00 PM	Holland Patent HS Swimming pool	Bus/Driver: RCSD- Marnie (315)335-2667	Departure Point: RFA Bus Loop Departure Time: 4:15 PM	L
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			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 19, 2023	Thu	Regular Season (Diving Championship)	New Hartford, Holland Patent, West Canada Valley, Adirondack, Whitesboro @ Utica Proctor	5:00 PM		PHS Swimming Pool	Bus/Driver: First Student - Wael B. 315-395-8395 Bus 9148	Departure Point: RFA Bus Loop Departure Time: 2:45 PM	L
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	Regular Season (Swim Championships)	Adirondack	5:00 PM	7:00 PM	RFA Pool			L
Oct 20, 2023	Fri	Post-Season (tvl championships)	New Hartford	5:00 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			
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 28, 2023	Sat	Post-Season (Diving Finals)	@ TBD	TBD		Nottingham High School	Bus/Driver: RCSD- Justin (315)335-9844	Departure Point: RFA Bus Loop Departure Time: 7:00 AM	NL
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 1, 2023	Wed	Post-Season (Swim Finals)	@ TBD	TBD		Nottingham High School		Departure Point: Door #4 - 1300 Wing Departure Time: 7:00 AM	NL
Nov 2, 2023	Thu	Practice	N/A	TBD		TBD			
Nov 3, 2023	Fri	Post-Season (Swimming State Qualifiers)	@ TBD	TBD		Nottingham High School	Bus/Driver: No Transportation Needed	Departure Point: No Transportation Needed	NL
Nov 18, 2023	Sat	Post-Season (State Meet)	@ TBD	TBD		Webster Schroeder High School			NL

Date: 2024-06-02