



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 18, 2025	Mon	Practice	N/A	8:00 AM	10:15 AM	RFA Pool			
Aug 19, 2025	Tue	Practice	N/A	8:00 AM	10:15 AM	RFA Pool			
Aug 20, 2025	Wed	Practice	N/A	8:00 AM	10:15 AM	RFA Pool			
Aug 21, 2025	Thu	Practice	N/A	8:00 AM	10:15 AM	RFA Pool			
Aug 22, 2025	Fri	Practice	N/A	8:00 AM	10:15 AM	RFA Pool			
Aug 25, 2025	Mon	Practice	N/A	8:00 AM	10:15 AM	RFA Pool			
Aug 26, 2025	Tue	Practice	N/A	8:00 AM	10:15 AM	RFA Pool			
Aug 27, 2025	Wed	Practice	N/A	8:00 AM	10:15 AM	RFA Pool			
Aug 28, 2025	Thu	Practice	N/A	8:00 AM	10:15 AM	RFA Pool			
Aug 29, 2025	Fri	Practice	N/A	8:00 AM	10:15 AM	RFA Pool			
Sep 1, 2025	Mon	Practice	N/A	3:30 PM	5:30 PM	RFA Pool			
Sep 2, 2025	Tue	Practice	N/A	3:30 PM	5:30 PM	RFA Pool			
Sep 3, 2025	Wed	Practice	N/A	3:30 PM	5:30 PM	RFA Pool			
Sep 4, 2025	Thu	Regular Season	Utica Proctor	5:00 PM		RFA Pool			L
Sep 5, 2025	Fri	Practice	N/A	3:30 PM	5:30 PM	RFA Pool			
Sep 11, 2025	Thu	Regular Season	@ Cooperstown (Cooperstown/Milford)	5:00 PM		Clark's Sports Center	Bus/Driver: First Student-Steve F. 315.240.8526	Departure Point: Dart Circle Departure Date: Sep 11, 2025 Departure Time: 2:45 PM	L
Sep 25, 2025	Thu	Regular Season	West Canada Valley	4:30 PM		RFA Pool		Departure Point: Dart Circle	L
Sep 30, 2025	Tue	Regular Season	@ New Hartford	5:00 PM		New Hartford HS Pool		Departure Point: RFA Dart Circle Departure Date: Sep 30, 2025 Departure Time: 4:00 PM	L
Oct 9, 2025	Thu	Regular Season	Adirondack	4:30 PM		RFA Pool		Departure Point: Dart Circle	L
Oct 16, 2025	Thu	Regular Season	Holland Patent @ Cooperstown (Cooperstown/Milford)	5:30 PM		Clark's Sports Center	Bus/Driver: First Student-Wael 315.395.8395	Departure Point: RFA Bus Loop Departure Date: Oct 16, 2025 Departure Time: 3:30 PM	L
Oct 23, 2025	Thu	Post-Season (TVL Diving Championship)	New Hartford, Holland Patent, Adirondack, Utica Proctor, West Canada Valley	4:30 PM		RFA Pool			L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 24, 2025	Fri	Post-Season (TVL Swim Championship Meet)	New Hartford, Holland Patent, Cooperstown (Cooperstown/Milford), Adirondack, Utica Proctor, West Canada Valley	5:00 PM		RFA Pool			L
CANCELLED Nov 1, 2025	Sat	Post-Season (Sectionals-Diving)	New Hartford, Holland Patent, Adirondack, Utica Proctor, West Canada Valley, TBD @ Nottingham (Syracuse)	TBD		Nottingham High School (Pool)			L
Nov 5, 2025	Wed	Post-Season (Sectionals)	New Hartford, Holland Patent, Cooperstown (Cooperstown/Milford), Adirondack, Utica Proctor, West Canada Valley @ Nottingham (Syracuse)	12:40 PM		Nottingham High School (Pool)	Bus/Driver: First Student-Rusty	Departure Point: RFA Bus Loop Departure Date: Nov 5, 2025 Departure Time: 7:00 AM	L
Nov 7, 2025	Fri	Post-Season (State Qualifiers)	New Hartford, Holland Patent, Cooperstown (Cooperstown/Milford), Adirondack, Utica Proctor, West Canada Valley @ Nottingham (Syracuse)	12:40 PM		Nottingham High School (Pool)	Bus/Driver: First Student-Carol 315.225.5727	Departure Point: RFA Bus Loop Departure Date: Nov 7, 2025 Departure Time: 12:00 PM	L

Date: 2026-04-30