



Rome Free Academy

(G) 7/8TH Swimming/Diving

Coaches:

- Salvatore Carollo, Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 9, 2024	Mon	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Sep 10, 2024	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Sep 11, 2024	Wed	Regular Season (All teams at RFA)	TBD	4:30 PM		RFA Pool			L
Sep 11, 2024	Wed	Regular Season	Holland Patent, New Hartford, Utica Proctor (JFK/DMS), West Canada Valley, Adirondack, TBD	4:30 PM	7:00 PM	RFA Pool			L
Sep 12, 2024	Thu	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Sep 13, 2024	Fri	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Sep 16, 2024	Mon	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Sep 17, 2024	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Sep 18, 2024	Wed	Regular Season	New Hartford, West Canada Valley, Utica Proctor (JFK/DMS), Adirondack @ Holland Patent	5:00 PM	7:00 PM	Holland Patent HS-Pool	Bus/Driver: RCSD Matt 315-338-1905	Departure Point: RFA Pool Departure Date: Sep 18, 2024 Departure Time: 4:00 PM	L
Sep 19, 2024	Thu	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Sep 20, 2024	Fri	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Sep 23, 2024	Mon	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Sep 24, 2024	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Sep 25, 2024	Wed	Regular Season	Holland Patent, West Canada Valley, Utica Proctor (JFK/DMS), Adirondack @ New Hartford	5:00 PM	7:00 PM	New Hartford HS Pool	Bus/Driver: RCSD- Trent (714)471-5955	Departure Point: RFA Pool Departure Date: Sep 25, 2024 Departure Time: 3:45 PM	L
Sep 26, 2024	Thu	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Sep 27, 2024	Fri	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Sep 30, 2024	Mon	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Oct 1, 2024	Tue	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 2, 2024	Wed	Regular Season	Holland Patent, New Hartford, West Canada Valley, Adirondack @ Utica Proctor (JFK/DMS)	4:30 PM	7:00 PM	PHS Swimming Pool	Bus/Driver: First Student-Henry 315.731.0682	Departure Point: RFA Pool Departure Date: Oct 2, 2024 Departure Time: 3:30 PM	L
Oct 3, 2024	Thu	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Oct 4, 2024	Fri	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Oct 7, 2024	Mon	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Oct 8, 2024	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Oct 9, 2024	Wed	Regular Season	Holland Patent, New Hartford, Utica Proctor (JFK/DMS), Adirondack @ West Canada Valley	5:00 PM	7:00 PM	WCV Pool	Bus/Driver: RCSD- Trent (714)471-5955	Departure Point: RFA Pool Departure Date: Oct 9, 2024 Departure Time: 3:45 PM	L
Oct 10, 2024	Thu	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Oct 11, 2024	Fri	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Oct 16, 2024	Wed	Regular Season	Holland Patent, New Hartford, West Canada Valley, Utica Proctor (JFK/DMS) @ Adirondack	4:30 PM	7:00 PM	RFA Pool		Departure Point: RFA Pool Departure Date: Oct 16, 2024	L

Date: 2025-12-06