



# Rome Free Academy

## (B) 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 |
|------------------------|----------|-----------------------------|--|------------|----------|----------------------|---|--|---------------------|
| Nov 16, 2022           | Wed      | Practice                    | N/A  | 2:30 PM    | 5:00 PM  | RFA Pool             |   |  |                     |
| CANCELLED Nov 17, 2022 | Thu      | Practice                    | N/A  | 2:30 PM    | 5:00 PM  | RFA Pool             |   |  |                     |
| Nov 18, 2022           | Fri      | Practice                    | N/A  | 2:30 PM    | 5:00 PM  | RFA Pool             |   |  |                     |
| Nov 19, 2022           | Sat      | Practice                    | N/A  | 8:00 AM    | 10:00 AM | RFA Pool             |   |  |                     |
| Nov 21, 2022           | Mon      | Practice                    | N/A  | 2:30 PM    | 5:00 PM  | RFA Pool             |   |  |                     |
| Nov 22, 2022           | Tue      | Practice                    | N/A  | 2:30 PM    | 5:00 PM  | RFA Pool             |   |  |                     |
| Nov 23, 2022           | Wed      | Practice                    | N/A  | 8:00 AM    | 10:00 AM | RFA Pool             |   |  |                     |
| CANCELLED Nov 23, 2022 | Wed      | Practice                    | N/A  | 8:00 AM    | 10:00 AM | RFA Pool             |   |  |                     |
| Nov 26, 2022           | Sat      | Practice                    | N/A  | 8:00 AM    | 10:00 AM | RFA Pool             |   |  |                     |
| Nov 28, 2022           | Mon      | Practice                    | N/A  | 2:30 PM    | 4:30 PM  | RFA Pool             |   |  |                     |
| Nov 29, 2022           | Tue      | Regular Season 111-50 W     | Utica Proctor                              | 4:30 PM    |          | RFA Pool             |   |  | L                   |
| Nov 30, 2022           | Wed      | Practice                    | N/A  | 2:30 PM    | 4:30 PM  | RFA Pool             |   |  |                     |
| Dec 6, 2022            | Tue      | Regular Season              | Oneida                                     | 4:30 PM    |          | RFA Pool             |   |  | L                   |
| CANCELLED Dec 7, 2022  | Wed      | Regular Season              | Holland Patent, New Hartford               | 4:30 PM    |          | RFA Pool             |   |  | L                   |
| Dec 8, 2022            | Thu      | Regular Season              | Holland Patent, New Hartford               | 4:30 PM    |          | RFA Pool             |   |  | L                   |
| POSTPONED Dec 15, 2022 | Thu      | Regular Season              | @ New Hartford                             | 4:30 PM    |          | New Hartford HS Pool | <b>Bus/Driver:</b> First Student - Kim Gwin, (315) 832-8440 | <b>Departure Point:</b> RFA Bus Loop<br><b>Departure Time:</b> 3:00 PM | L                   |
| Dec 17, 2022           | Sat      | Practice                    | N/A  | 8:00 AM    | 10:00 PM | RFA Pool             |   |  |                     |
| Dec 19, 2022           | Mon      | Regular Season              | Nottingham (Syracuse City) @ Utica Proctor | 4:30 PM    |          | PHS Swimming Pool    | <b>Bus/Driver:</b> First Student - John S. 315-886-9795     | <b>Departure Point:</b> RFA Bus Loop<br><b>Departure Time:</b> 3:00 PM | L                   |
| Dec 20, 2022           | Tue      | Practice                    | N/A  | 2:30 PM    | 4:30 PM  | RFA Pool             |   |  |                     |
| CANCELLED Dec 21, 2022 | Wed      | Practice                    | N/A  | 2:30 PM    | 4:30 PM  | RFA Pool             |   |  |                     |
| Dec 21, 2022           | Wed      | Regular Season 124-35-146 L | Utica Proctor @ New Hartford               | 4:30 PM    |          | New Hartford HS Pool | <b>Bus/Driver:</b> First Student - Wael B. 315-395-8395     | <b>Departure Point:</b> RFA Bus Loop<br><b>Departure Time:</b> 3:00 PM | L                   |
| Dec 22, 2022           | Thu      | Practice                    | N/A  | 2:30 PM    | 4:30 PM  | RFA Pool             |   |  |                     |
| Dec 27, 2022           | Tue      | Practice                    | N/A  | 8:00 AM    | 10:00 AM | RFA Pool             |   |  |                     |

| DATE                   | WEEK DAY | TYPE   | OPPONENTS   | START TIME | END TIME | LOCATION                     | DEPARTURE   | TRANSPORTATION   | LEAGUE / NON-LEAGUE |
|------------------------|----------|--|---|------------|----------|------------------------------|---|--|---------------------|
| Dec 28, 2022           | Wed      | Practice   | N/A   | 8:00 AM    | 10:00 AM | RFA Pool                     |   |  |                     |
| Dec 29, 2022           | Thu      | Practice   | N/A   | 8:00 AM    | 10:00 AM | RFA Pool                     |   |  |                     |
| Jan 3, 2023            | Tue      | Regular Season 50-52 L                                 | @ Holland Patent  | 4:30 PM    |          | HP HS Pool                   | <b>Bus/Driver:</b> First Student - Steve 315-240-8526 | <b>Departure Point:</b> RFA Bus Loop<br><b>Departure Time:</b> 3:00 PM | L                   |
| Jan 4, 2023            | Wed      | Practice (Practice)                                    | N/A   | 2:30 PM    | 4:30 PM  | RFA Pool                     |   |  |                     |
| Jan 5, 2023            | Thu      | Regular Season   | Oneida @ Cooperstown (Cooperstown/Cherry Valley)  | 5:00 PM    |          | Clark's Sports Center        | <b>Bus/Driver:</b> First Student - Steve 315-240-8526 | <b>Departure Point:</b> RFA Bus Loop<br><b>Departure Time:</b> 2:30 PM | L                   |
| Jan 7, 2023            | Sat      | Practice   | N/A   | 8:00 AM    | 11:00 AM | RFA Pool                     |   |  |                     |
| Jan 9, 2023            | Mon      | Practice (Practice)                                    | N/A   | 2:30 PM    | 4:30 PM  | RFA Pool                     |   |  |                     |
| Jan 10, 2023           | Tue      | Regular Season   | Cooperstown (Cooperstown/Cherry Valley)   | 5:00 PM    |          | RFA Pool                     |   |  | L                   |
| Jan 11, 2023           | Wed      | Practice (Practice)                                    | N/A   | 2:30 PM    | 4:30 PM  | RFA Pool                     |   |  |                     |
| Jan 12, 2023           | Thu      | Regular Season   | Sherburne-Earlville   | 5:00 PM    |          | RFA Pool                     |   |  | L                   |
| Jan 13, 2023           | Fri      | Regular Season (At Nottingham - Griffin Sprint Invite) | @ TBD   | 5:00 PM    |          | TBD                          | <b>Bus/Driver:</b> First student - Shane 315-292-3620 | <b>Departure Point:</b> RFA Bus Loop<br><b>Departure Time:</b> 3:00 PM | L                   |
| Jan 16, 2023           | Mon      | Practice (Practice)                                    | N/A   | 8:00 AM    | 10:00 PM | RFA Pool                     |   |  |                     |
| Jan 17, 2023           | Tue      | Regular Season   | @ Sherburne-Earlville   | 4:30 PM    |          | Pool                         | <b>Bus/Driver:</b> First Student - Jeff 315-430-6614  | <b>Departure Point:</b> RFA Bus Loop<br><b>Departure Time:</b> 2:45 PM | L                   |
| Jan 18, 2023           | Wed      | Practice (Practice)                                    | N/A   | 2:30 PM    | 4:30 PM  | RFA Pool                     |   |  |                     |
| CANCELLED Jan 19, 2023 | Thu      | Practice   | N/A   | 2:30 PM    | 4:00 PM  | RFA Pool                     |   |  |                     |
| Jan 23, 2023           | Mon      | Practice (Practice)                                    | N/A   | 2:30 PM    | 4:30 PM  | RFA Pool                     |   |  |                     |
| Jan 24, 2023           | Tue      | Practice (Practice)                                    | N/A   | 2:30 PM    | 4:30 PM  | RFA Pool                     |   |  |                     |
| CANCELLED Jan 25, 2023 | Wed      | Practice (Practice)                                    | N/A   | 2:30 PM    | 4:30 PM  | RFA Pool                     |   |  |                     |
| Jan 26, 2023           | Thu      | Practice (Practice)                                    | N/A   | 2:30 PM    | 4:30 PM  | RFA Pool                     |   |  |                     |
| Jan 27, 2023           | Fri      | Practice (Practice)                                    | N/A   | 2:30 PM    | 4:30 PM  | RFA Pool                     |   |  |                     |
| Jan 27, 2023           | Fri      | Regular Season (Swim championships)                    | Utica Proctor, Oneida, New Hartford, Holland Patent, Cooperstown (Cooperstown/Cherry Valley), Sherburne-Earlville | 4:00 PM    |          | RFA Pool, RFA Auxilliary Gym |   |  | L                   |
| Jan 30, 2023           | Mon      | Practice (Practice)                                    | N/A   | 2:30 PM    | 4:30 PM  | RFA Pool                     |   |  |                     |
| Jan 31, 2023           | Tue      | Practice (Practice)                                    | N/A   | 2:30 PM    | 4:30 PM  | RFA Pool                     |   |  |                     |

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|--------------|----------|--|--|------------|----------|-------------------|--|---|---------------------|
| Jan 31, 2023 | Tue      | Regular Season (Dive Championship)               | Holland Patent, New Hartford, Sherburne-Earlville, Cooperstown (Cooperstown/Cherry Valley) @ Utica Proctor | 5:00 PM    |          | PHS Swimming Pool |  | <b>Departure Point:</b><br>No Transportation Needed                           | L                   |
| Feb 11, 2023 | Sat      | Post-Season (Sectional Diving at Nottingham)     | @ TBD  | TBD        |          | TBD               |  | <b>Departure Point:</b><br>No Transportation Needed                           | L                   |
| Feb 14, 2023 | Tue      | Post-Season (State Qual. Diving at Nottingham)   | @ TBD  | 2:30 PM    |          | TBD               |  | <b>Departure Point:</b><br>No Transportation Needed                           | L                   |
| Feb 15, 2023 | Wed      | Post-Season (Sectional Swimming at Nottingham)   | @ TBD  | 9:45 AM    |          | TBD               | <b>Bus/Driver:</b><br>First Student                                | <b>Departure Point:</b><br>RFA Bus Loop<br><b>Departure Time:</b><br>6:50 AM  | L                   |
| Feb 17, 2023 | Fri      | Post-Season (State Quals Swimming at Nottingham) | @ TBD  | 3:00 PM    |          | TBD               | <b>Bus/Driver:</b><br>First Student - Diane Vinneau (315) 525-1300 | <b>Departure Point:</b><br>RFA Bus Loop<br><b>Departure Time:</b><br>12:15 PM | L                   |
| Feb 20, 2023 | Mon      | Practice   | N/A  | 8:30 AM    | 10:00 AM | RFA Pool          |  |   |                     |
| Feb 21, 2023 | Tue      | Practice   | N/A  | 8:30 AM    | 10:00 AM | RFA Pool          |  |   |                     |
| Feb 22, 2023 | Wed      | Practice   | N/A  | 8:30 AM    | 10:00 AM | RFA Pool          |  |   |                     |
| Feb 23, 2023 | Thu      | Practice   | N/A  | 8:30 AM    | 10:00 AM | RFA Pool          |  |   |                     |
| Feb 24, 2023 | Fri      | Practice   | N/A  | 8:30 AM    | 10:00 AM | RFA Pool          |  |   |                     |
| Feb 27, 2023 | Mon      | Practice   | N/A  | 2:30 PM    | 4:00 PM  | RFA Pool          |  |   |                     |
| Feb 28, 2023 | Tue      | Practice   | N/A  | 2:30 PM    | 4:00 PM  | RFA Pool          |  |   |                     |
| Mar 1, 2023  | Wed      | Practice   | N/A  | 2:30 PM    | 4:00 PM  | RFA Pool          |  |   |                     |

Date: 2026-01-20