



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	Bus/Driver: First Student - Kim Gwin, (315) 832-8440	Departure Point: RFA Bus Loop Departure Time: 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	Bus/Driver: First Student - John S. 315-886-9795	Departure Point: RFA Bus Loop Departure Time: 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	Bus/Driver: First Student - Wael B. 315-395-8395	Departure Point: RFA Bus Loop Departure Time: 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	/ 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	Bus/Driver: First Student Departure Point: RFA Bus Loop - Steve 315-240-8526	Departure Time: 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	Bus/Driver: First Student Departure Point: RFA Bus Loop - Steve 315-240-8526	Departure Time: 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	Bus/Driver: First student Departure Point: RFA Bus Loop - Shane 315-292-3620	Departure Time: 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	Bus/Driver: First Student Departure Point: RFA Bus Loop - Jeff 315-430-6614	Departure Time: 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 Auxiliary 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			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
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			Departure Point: No Transportation Needed L
Feb 11, 2023	Sat	Post-Season (Sectional Diving at Nottingham)	@ TBD	TBD	TBD				Departure Point: No Transportation Needed L
Feb 14, 2023	Tue	Post-Season (State Qual. Diving at Nottingham)	@ TBD	2:30 PM	TBD				Departure Point: No Transportation Needed L
Feb 15, 2023	Wed	Post-Season (Sectional Swimming at Nottingham)	@ TBD	9:45 AM	TBD		Bus/Driver: First Student	Departure Point: RFA Bus Loop	
Feb 17, 2023	Fri	Post-Season (State Quals Swimming at Nottingham)	@ TBD	3:00 PM	TBD		Bus/Driver: First Student - Diane Vinneau (315) 525-1300	Departure Point: RFA Bus Loop	
Feb 17, 2023								Departure Time: 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