



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 13, 2023	Mon	Practice (Practice)	N/A	2:30 PM	5:00 PM	RFA Pool			
Nov 14, 2023	Tue	Practice (Practice)	N/A	2:30 PM	5:00 PM	RFA Pool			
Nov 15, 2023	Wed	Practice (Practice)	N/A	2:30 PM	5:00 PM	RFA Pool			
Nov 16, 2023	Thu	Practice (Practice)	N/A	2:30 PM	5:00 PM	RFA Pool			
Nov 17, 2023	Fri	Practice (Practice)	N/A	2:30 PM	5:00 PM	RFA Pool			
Nov 18, 2023	Sat	Practice (Practice)	N/A	8:00 AM	10:00 AM	RFA Pool			
Nov 20, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	RFA Pool			
Nov 21, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	RFA Pool			
Nov 22, 2023	Wed	Practice	N/A	8:00 AM	10:00 AM	RFA Pool			
Nov 25, 2023	Sat	Practice (Practice)	N/A	8:00 AM	10:00 AM	RFA Pool			
Nov 27, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	RFA Pool			
Nov 28, 2023	Tue	Practice	N/A	2:30 PM	4:30 PM	RFA Pool			
Nov 29, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	RFA Pool			
Nov 30, 2023	Thu	Regular Season	@ Cooperstown (Cooperstown/Cherry Valley)	5:00 PM		Clark's Sports Center	Bus/Driver: First Student	Departure Point: Rome Free Academy- by pool door please Departure Date: Nov 30, 2023 Departure Time: 2:30 PM	L
Dec 1, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	RFA Pool			
Dec 2, 2023	Sat	Practice (Practice)	N/A	8:00 AM	10:00 AM	RFA Pool			
Dec 4, 2023	Mon	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Dec 5, 2023	Tue	Regular Season	Sherburne-Earlville @ Oneida	5:00 PM		Oneida YMCA	Bus/Driver: RCSD- Trent (714)471-5955	Departure Point: Rome Free Academy- by pool door please Departure Date: Dec 5, 2023 Departure Time: 2:45 PM	L
Dec 6, 2023	Wed	Practice	N/A	3:30 PM	5:30 PM	RFA Pool			
Dec 7, 2023	Thu	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
Dec 8, 2023	Fri	Regular Season	Utica Proctor @ Syracuse City (Syracuse City)	6:00 PM	8:00 PM	Nottingham High School Pool	Bus/Driver: First Student	Departure Point: Rome Free Academy- by pool door please Departure Date: Dec 8, 2023 Departure Time: 3:00 PM	NL
Dec 9, 2023	Sat	Practice (Practice)	N/A	8:00 AM	10:00 AM	RFA Pool			
Dec 11, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	RFA Pool			
Dec 12, 2023	Tue	Practice	N/A	2:30 PM	4:30 PM	RFA Pool			
Dec 13, 2023	Wed	Practice	N/A	2:30 PM	4:30 PM	RFA Pool			
Dec 14, 2023	Thu	Regular Season	Cooperstown (Cooperstown/Cherry Valley), New Hartford	5:00 PM		RFA Pool			L
Dec 15, 2023	Fri	Practice	N/A	2:30 PM	4:30 PM	RFA Pool			
Dec 16, 2023	Sat	Practice (Practice)	N/A	8:00 AM	10:00 AM	RFA Pool			
Dec 18, 2023	Mon	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Dec 19, 2023	Tue	Regular Season	Holland Patent, Utica Proctor	4:30 PM		RFA Pool			L
Dec 20, 2023	Wed	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Dec 21, 2023	Thu	Regular Season	Holland Patent @ Sherburne-Earlville	4:30 PM		Pool	Bus/Driver: First Student - Shane 315-292-3620	Departure Point: Rome Free Academy- by pool door please Departure Date: Dec 21, 2023 Departure Time: 2:30 PM	L
Dec 22, 2023	Fri	Practice	N/A	8:00 AM	10:00 AM	RFA Pool			
Dec 23, 2023	Sat	Practice (Practice)	N/A	8:00 AM	10:00 AM	RFA Pool			
CANCELLED Dec 26, 2023	Tue	Practice	N/A	8:00 AM	10:00 AM	RFA Pool			
Dec 27, 2023	Wed	Practice	N/A	8:00 AM	10:00 AM	RFA Pool			
Dec 28, 2023	Thu	Practice	N/A	8:00 AM	10:00 AM	RFA Pool			
Dec 28, 2023	Thu	Regular Season (Mexico Diving Invite)	@ TBD	TBD		TBD	Bus/Driver: No Transportation Needed		NL
Dec 29, 2023	Fri	Practice	N/A	8:00 AM	10:00 AM	RFA Pool			
Dec 30, 2023	Sat	Practice (Practice)	N/A	8:00 AM	10:00 AM	RFA Pool			
Jan 2, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	RFA Pool			
Jan 3, 2024	Wed	Practice	N/A	2:30 PM	4:15 PM	RFA Pool			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 4, 2024	Thu	Regular Season	Lowville @ Holland Patent	5:00 PM		Holland Patent HS-Pool	Bus/Driver: RCSD- Chris W (315)240-7035	Departure Point: Rome Free Academy- by pool door please Departure Date: Jan 4, 2024 Departure Time: 3:30 PM	L
CANCELLED Jan 5, 2024	Fri	Practice	N/A	2:30 PM	4:30 PM	RFA Pool			
Jan 6, 2024	Sat	Practice (Swim-a-thon)	N/A	8:00 AM	12:00 PM	TBD			
Jan 8, 2024	Mon	Practice	N/A	2:30 PM	4:15 PM	RFA Pool			
Jan 10, 2024	Wed	Practice	N/A	2:30 PM	4:15 PM	RFA Pool			
Jan 11, 2024	Thu	Regular Season	Cooperstown (Cooperstown/Cherry Valley), Oneida	5:00 PM		RFA Pool			L
Jan 13, 2024	Sat	Regular Season (SCAC Diving Meet - Nottingham)	@ TBD	10:00 AM		TBD	Bus/Driver: No Transportation Needed	Departure Point: No Transportation Needed	NL
Jan 16, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	RFA Pool			
Jan 17, 2024	Wed	Practice	N/A	2:30 PM	4:15 PM	RFA Pool			
Jan 18, 2024	Thu	Regular Season	@ New Hartford	5:00 PM		HS Pool	Bus/Driver: Out- Justin R. (315)335-9844/ Back-FS Danielle 202-390-2722	Departure Point: Rome Free Academy- by pool door please Departure Date: Jan 18, 2024 Departure Time: 3:15 PM	L
Jan 19, 2024	Fri	Practice	N/A	2:30 PM	4:30 PM	RFA Pool			
Jan 20, 2024	Sat	Practice (Practice)	N/A	8:00 AM	10:00 AM	RFA Pool			
Jan 22, 2024	Mon	Practice	N/A	2:30 PM	4:30 PM	RFA Pool			
Jan 23, 2024	Tue	Practice	N/A	2:30 PM	4:30 PM	RFA Pool			
Jan 23, 2024	Tue	Regular Season	Utica Proctor, Sherburne-Earlville	4:30 PM		RFA Pool			NL
Jan 24, 2024	Wed	Practice	N/A	2:30 PM	4:30 PM	RFA Pool			
Jan 25, 2024	Thu	Practice	N/A	2:30 PM	4:30 PM	RFA Pool			
Jan 26, 2024	Fri	Post-Season (Dive Championships)	Cooperstown (Cooperstown/Cherry Valley), New Hartford, Utica Proctor, Holland Patent	5:00 PM		RFA Pool			NL
Jan 27, 2024	Sat	Post-Season (Swim Championships)	Cooperstown (Cooperstown/Cherry Valley), New Hartford, Holland Patent, Utica Proctor, Oneida, Vernon-Verona-Sherrill, Sherburne-Earlville	10:00 AM		RFA Pool, RFA Auxilliary Gym			NL
Jan 29, 2024	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
Jan 30, 2024	Tue	Practice	N/A	2:30 PM	4:30 PM	RFA Pool			
Jan 31, 2024	Wed	Practice	N/A	2:30 PM	4:30 PM	RFA Pool			
CANCELLED Jan 31, 2024	Wed	Regular Season (RFA "Hat" Meet)	Utica Proctor, Holland Patent, Sherburne-Earlville, Syracuse City (Syracuse City)	5:00 PM		RFA Pool			NL
Feb 3, 2024	Sat	Regular Season (SFM Dive Invite)	TBD	10:00 AM		RFA Pool			NL
Feb 5, 2024	Mon	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Feb 6, 2024	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Feb 7, 2024	Wed	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Feb 8, 2024	Thu	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Feb 9, 2024	Fri	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Feb 10, 2024	Sat	Post-Season (Section 3 Diving)	@ TBD	1:00 PM		Nottingham High School	Bus/Driver: No Transportation Required	Departure Point: No Transportation Required	NL
Feb 12, 2024	Mon	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Feb 13, 2024	Tue	Post-Season (NY State Diving Qualifiers)	@ TBD	1:00 PM		Nottingham High School	Bus/Driver: No Transportation Required	Departure Point: No Transportation Required	NL
Feb 13, 2024	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Feb 14, 2024	Wed	Post-Season (Class A Swimming Championships)	@ TBD	8:00 AM		Nottingham High School	Bus/Driver: First Student - Santiago C. bus 9150 p#315-449-7783	Departure Point: Rome Free Academy- by pool door please Departure Date: Feb 14, 2024 Departure Time: 6:45 AM	NL
Feb 15, 2024	Thu	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Feb 16, 2024	Fri	Regular Season	@ TBD	1:00 PM		Nottingham High School	Bus/Driver: First Student	Departure Point: 95 Dart Circle Departure Time: 11:45 AM	L
Feb 20, 2024	Tue	Practice	N/A	9:00 AM	10:30 PM	RFA Pool			
Feb 23, 2024	Fri	Practice	N/A	9:00 AM	10:30 PM	RFA Pool			
Feb 24, 2024	Sat	Practice	N/A	9:00 AM	10:30 PM	RFA Pool			

Date: 2024-05-16