



# 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			
							<b>Bus/Driver:</b> First Student	<b>Departure Point:</b> Rome Free Academy- by pool door please	
Nov 30, 2023	Thu	Regular Season	@ Cooperstown (Cooperstown/Cherry Valley)	5:00 PM		Clark's Sports Center		<b>Departure Date:</b> Nov 30, 2023	L
								<b>Departure Time:</b> 2:30 PM	
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			
							<b>Bus/Driver:</b> RCSD- Trent (714)471-5955	<b>Departure Point:</b> Rome Free Academy- by pool door please	
Dec 5, 2023	Tue	Regular Season	Sherburne-Earlville @ Oneida	5:00 PM		Oneida YMCA- 701 Seneca St, Oneida, NY 13421		<b>Departure Date:</b> Dec 5, 2023	L
								<b>Departure Time:</b> 2:45 PM	
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 / 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	<b>Departure Point:</b> Rome Free Academy- by pool door please <b>Departure Date:</b> Dec 8, 2023 <b>Departure Time:</b> 3:00 PM
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-Earville	4:30 PM		Pool	Bus/Driver: First Student - Shane 315-292-3620	<b>Departure Point:</b> Rome Free Academy- by pool door please <b>Departure Date:</b> Dec 21, 2023 <b>Departure Time:</b> 2:30 PM
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 / NON-LEAGUE
Jan 4, 2024	Thu	Regular Season	Lowville @ Holland Patent	5:00 PM		Holland Patent HS-Pool	<b>Bus/Driver:</b> RCSD- Chris W (315)240-7035	<b>Departure Point:</b> Rome Free Academy- by pool door please <b>Departure Date:</b> Jan 4, 2024 <b>Departure Time:</b> 3:30 PM
CANCELLED Jan 5, 2024	Fri	Practice	N/A	2:30 PM	4:30 PM	RFA Pool		L
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	<b>Bus/Driver:</b> No Transportation Needed	<b>Departure Point:</b> No Transportation Needed
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		New Hartford HS Pool	<b>Bus/Driver:</b> Out- Justin R. (315)335-9844/ Back-FS Danielle 202-390-2722	<b>Departure Point:</b> Rome Free Academy- by pool door please <b>Departure Date:</b> Jan 18, 2024 <b>Departure Time:</b> 3:15 PM
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, AM Oneida, Vernon-Verona-Sherrill, Sherburne-Earlville	10:00 AM		RFA Pool, RFA Auxiliary 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 / 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	<b>Bus/Driver:</b> No Transportation Required	<b>Departure Point:</b> No Transportation Required
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	<b>Bus/Driver:</b> No Transportation Required	<b>Departure Point:</b> No Transportation Required
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	<b>Bus/Driver:</b> First Student - Santiago C. bus 9150 p#315-449-7783	<b>Departure Point:</b> Rome Free Academy- by pool door please <b>Departure Date:</b> Feb 14, 2024 <b>Departure Time:</b> 6:45 AM
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	<b>Bus/Driver:</b> First Student	<b>Departure Point:</b> 95 Dart Circle <b>Departure Time:</b> 11:45 AM
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: 2026-01-20