



# 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 18, 2024	Mon	Practice (Practice)	N/A	2:30 PM	5:00 PM	RFA Pool			
Nov 19, 2024	Tue	Practice	N/A	2:30 PM	4:30 PM	RFA Pool			
Nov 20, 2024	Wed	Practice (Practice)	N/A	2:30 PM	5:00 PM	RFA Pool			
Nov 21, 2024	Thu	Practice	N/A	2:30 PM	4:30 PM	RFA Pool			
Nov 22, 2024	Fri	Practice (Practice)	N/A	2:30 PM	5:00 PM	RFA Pool			
Nov 23, 2024	Sat	Practice	N/A	8:00 AM	10:00 AM	RFA Pool			
Nov 25, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	RFA Pool			
Nov 26, 2024	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
POSTPONED Nov 27, 2024	Wed	Practice	N/A	8:00 AM	10:00 AM	RFA Pool			
Nov 30, 2024	Sat	Practice	N/A	8:00 AM	10:00 AM	RFA Pool			
Dec 2, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	RFA Pool			
Dec 3, 2024	Tue	Regular Season	New Hartford, Holland Patent, Utica Proctor	4:30 PM		RFA Pool			L
CANCELLED Dec 4, 2024	Wed	Practice	N/A	2:30 PM	4:30 PM	RFA Pool			
Dec 5, 2024	Thu	Practice	N/A	2:30 PM	4:15 PM	RFA Pool			
Dec 6, 2024	Fri	Regular Season	Sherburne-Earlville @ Holland Patent	5:00 PM	7:00 PM	Holland Patent HS-Pool	Bus/Driver: RCSD- Trent (714)471-5955	Departure Point: 95 Dart Circle Departure Date: Dec 5, 2024 Departure Time: 3:40 PM	L
CANCELLED Dec 7, 2024	Sat	Practice	N/A	8:00 AM	10:00 AM	RFA Pool			
Dec 9, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	RFA Pool			
Dec 10, 2024	Tue	Regular Season	Oneida	4:30 PM	6:00 PM	RFA Pool			L
Dec 11, 2024	Wed	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Dec 12, 2024	Thu	Practice	N/A	2:30 PM	4:30 PM	RFA Pool			
Dec 13, 2024	Fri	Practice	N/A	2:30 PM	4:30 PM	RFA Pool			
Dec 14, 2024	Sat	Practice	N/A	8:00 AM	10:00 AM	RFA Pool			
Dec 16, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	RFA Pool			
Dec 17, 2024	Tue	Practice	N/A	2:30 PM	4:30 PM	RFA Pool			
Dec 18, 2024	Wed	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE
Dec 19, 2024	Thu	Regular Season	@ New Hartford	5:00 PM		New Hartford HS Pool	<b>Bus/Driver:</b> First Student- Steve P. 315.367.9560	<b>Departure Point:</b> 95 Dart Circle <b>Departure Date:</b> Dec 19, 2024 <b>Departure Time:</b> 3:30 PM
Dec 20, 2024	Fri	Practice	N/A	2:30 PM	4:30 PM	RFA Pool		L
Dec 21, 2024	Sat	Practice	N/A	8:00 AM	10:00 AM	RFA Pool		
Dec 23, 2024	Mon	Practice	N/A	8:00 AM	10:00 AM	RFA Pool		
Dec 26, 2024	Thu	Practice	N/A	8:00 AM	10:00 AM	RFA Pool		
Dec 28, 2024	Sat	Practice	N/A	8:00 AM	10:00 AM	RFA Pool		
Dec 30, 2024	Mon	Practice	N/A	12:30 PM	2:30 PM	RFA Pool		
Jan 2, 2025	Thu	Practice	N/A	8:00 AM	10:00 AM	RFA Pool		
Jan 3, 2025	Fri	Practice	N/A	8:00 AM	10:00 AM	RFA Pool		
Jan 4, 2025	Sat	Practice	N/A	8:00 AM	10:00 AM	RFA Pool		
Jan 6, 2025	Mon	Practice	N/A	2:30 PM	4:30 PM	RFA Pool		
Jan 7, 2025	Tue	Regular Season	@ Utica Proctor	4:30 PM		PHS Swimming Pool	<b>Bus/Driver:</b> First Student- Ron 315.271.6461	<b>Departure Point:</b> 95 Dart Circle <b>Departure Date:</b> Jan 7, 2025 <b>Departure Time:</b> 3:00 PM
Jan 8, 2025	Wed	Practice	N/A	2:30 PM	4:30 PM	RFA Pool		
Jan 9, 2025	Thu	Regular Season	Holland Patent @ Sherburne-Earlville	5:00 PM		Pool	<b>Bus/Driver:</b> First Student- Ricky- 315.271.3315	<b>Departure Point:</b> 95 Dart Circle <b>Departure Date:</b> Jan 9, 2025 <b>Departure Time:</b> 2:45 PM
Jan 10, 2025	Fri	Practice	N/A	2:30 PM	4:30 PM	RFA Pool		
Jan 11, 2025	Sat	Practice	N/A	8:00 AM	10:00 AM	RFA Pool		
Jan 13, 2025	Mon	Practice	N/A	2:30 PM	4:30 PM	RFA Pool		
Jan 14, 2025	Tue	Practice	N/A	2:30 PM	4:30 PM	RFA Pool		
Jan 15, 2025	Wed	Practice	N/A	2:30 PM	4:30 PM	RFA Pool		
Jan 16, 2025	Thu	Regular Season	Oneida @ Cooperstown (Cooperstown/Cherry Valley)	5:00 PM		Clark's Sports Center	<b>Bus/Driver:</b> First Student- Sandra 315.334.7029	<b>Departure Point:</b> 95 Dart Circle <b>Departure Date:</b> Jan 16, 2025 <b>Departure Time:</b> 3:00 PM
Jan 17, 2025	Fri	Practice	N/A	2:30 PM	4:30 PM	RFA Pool		
Jan 21, 2025	Tue	Practice	N/A	2:30 PM	4:30 PM	RFA Pool		
Jan 22, 2025	Wed	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 23, 2025	Thu	Regular Season	Cooperstown (Cooperstown/Cherry Valley), Utica Proctor, Syracuse City (Syracuse City)	5:00 PM		RFA Pool			L
Jan 24, 2025	Fri	Practice	N/A	2:30 PM	4:30 PM	RFA Pool			
Jan 25, 2025	Sat	Practice	N/A	8:00 AM	10:00 AM	RFA Pool			
Jan 27, 2025	Mon	Regular Season	Oneida	4:30 PM		RFA Pool			L
Jan 28, 2025	Tue	Practice	N/A	2:30 PM	4:30 PM	RFA Pool			
Jan 29, 2025	Wed	Practice	N/A	2:30 PM	4:30 PM	RFA Pool			
Jan 30, 2025	Thu	Post-Season (TVL Championship -Diving)	Utica Proctor, Holland Patent, Sherburne-Earlville, New Hartford, Oneida	5:00 PM		RFA Pool			NL
Feb 1, 2025	Sat	Post-Season (TVL Championship - Swim)	Cooperstown (Cooperstown/Cherry Valley), Utica Proctor, Holland Patent, Sherburne-Earlville, New Hartford, Oneida, TBD	10:00 AM		RFA Pool, RFA Auxilliary Gym			NL
Feb 3, 2025	Mon	Practice	N/A	2:30 PM	4:30 PM	RFA Pool			
Feb 4, 2025	Tue	Practice	N/A	2:30 PM	4:30 PM	RFA Pool			
Feb 5, 2025	Wed	Practice	N/A	2:30 PM	4:30 PM	RFA Pool			
Feb 6, 2025	Thu	Practice	N/A	2:30 PM	4:30 PM	RFA Pool			
Feb 7, 2025	Fri	Practice	N/A	2:30 PM	4:30 PM	RFA Pool			
Feb 8, 2025	Sat	Post-Season (Diving)	@ Nottingham (Syracuse City)	TBD		Nottingham High School (Pool)			NL
Feb 10, 2025	Mon	Practice	N/A	2:30 PM	4:30 PM	RFA Pool			
Feb 11, 2025	Tue	Post-Season (Diving)	TBD	TBD		TBD			NL
Feb 12, 2025	Wed	Post-Season (Swimming)	@ Nottingham (Syracuse City)	9:00 AM	12:30 PM	Nottingham High School (Pool)			<p><b>Departure Point:</b> RFA Bus Loop</p> <p><b>Departure Date:</b> Feb 12, 2025</p> <p><b>Departure Time:</b> 6:50 AM</p>
Feb 13, 2025	Thu	Practice	N/A	2:30 PM	4:30 PM	RFA Pool			
Feb 14, 2025	Fri	Post-Season (Swimming Sectionals)	@ Nottingham (Syracuse City)	2:30 PM	5:00 PM	Nottingham High School (Pool)	<p><b>Bus/Driver:</b> First Student- Sean 315.281.6022</p> <p><b>Departure Date:</b> Feb 14, 2025</p> <p><b>Departure Time:</b> 11:30 AM</p>	NL	

Date: 2026-02-08

