



# 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	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 17, 2025	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Pool		
Nov 18, 2025	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Pool		
Nov 19, 2025	Wed	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Pool		
Nov 20, 2025	Thu	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Pool		
Nov 21, 2025	Fri	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Pool		
Nov 24, 2025	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Pool		
Nov 26, 2025	Wed	Practice	N/A	8:00 AM	10:00 AM	RFA Pool		
Nov 29, 2025	Sat	Practice	N/A	8:00 AM	10:00 AM	RFA Pool		
Dec 1, 2025	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Pool		
Dec 3, 2025	Wed	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Pool		
Dec 5, 2025	Fri	Regular Season	Utica Proctor	4:30 PM		RFA Pool		L
Dec 8, 2025	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Pool		
Dec 9, 2025	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Pool		
Dec 9, 2025	Tue	Regular Season	Lowville @ Holland Patent	5:00 PM		Holland Patent HS-Pool	<b>Departure Point:</b> RFA Pool <b>Departure Date:</b> Dec 2, 2025 <b>Departure Time:</b> 3:30 PM	L
Dec 10, 2025	Wed	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Pool		
Dec 11, 2025	Thu	Regular Season	Cooperstown (Cooperstown/Cherry Valley)	5:00 PM	5:00 PM	RFA Pool		L
Dec 12, 2025	Fri	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Pool		
Dec 15, 2025	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Pool		
Dec 16, 2025	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Pool		
Dec 17, 2025	Wed	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Pool		
Dec 18, 2025	Thu	Regular Season	@ Nottingham (Syracuse City)	6:00 PM		Nottingham High School (Pool)	<b>Departure Point:</b> RFA Pool <b>Departure Date:</b> Jan 16, 2026 <b>Departure Time:</b> 3:45 PM	L
Jan 5, 2026	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Pool		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 6, 2026	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Pool		
Jan 7, 2026	Wed	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Pool		
Jan 8, 2026	Thu	Regular Season	@ Sherburne-Earlville	5:00 PM		Pool	<b>Departure Point:</b> RFA Pool <b>Departure Date:</b> Jan 8, 2026 <b>Departure Time:</b> 2:45 PM	L
Jan 9, 2026	Fri	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Pool		
Jan 12, 2026	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Pool		
Jan 13, 2026	Tue	Regular Season	@ New Hartford	5:00 PM		New Hartford HS Pool	<b>Departure Point:</b> RFA Pool <b>Departure Date:</b> Jan 13, 2026 <b>Departure Time:</b> 3:30 PM	L
Jan 14, 2026	Wed	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Pool		
Jan 15, 2026	Thu	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Pool		
Jan 16, 2026	Fri	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Pool		
Jan 17, 2026	Sat	Regular Season (SFM Skate Dive Invite)	TBD	10:00 AM		RFA Pool		L
Jan 20, 2026	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Pool		
Jan 21, 2026	Wed	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Pool		
Jan 22, 2026	Thu	Regular Season	Oneida	4:30 PM	5:00 PM	RFA Pool		L
Jan 23, 2026	Fri	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Pool		
Jan 26, 2026	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Pool		
Jan 27, 2026	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Pool		
Jan 28, 2026	Wed	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Pool		
Jan 29, 2026	Thu	Post-Season (Tri Valley Diving Championships)	Cooperstown (Cooperstown/Cherry Valley)	5:00 PM		RFA Pool		NL
Jan 30, 2026	Fri	Post-Season (Tri Valley Swimming Championships)	Cooperstown (Cooperstown/Cherry Valley)	5:00 PM		RFA Pool		L
Jan 30, 2026	Fri	Regular Season (TVL Swim Championship Meet)	New Hartford	5:00 PM		RFA Pool		L
Jan 31, 2026	Sat	Regular Season (Swimming Champs)	Holland Patent	10:00 AM		RFA Pool		L

Date: 2025-12-05