



# Rome Free Academy

## (B) 7/8TH Swimming/Diving

### Coaches:

- Salvatore Carollo, Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 13, 2023	Mon	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Nov 14, 2023	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Nov 15, 2023	Wed	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Nov 16, 2023	Thu	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Nov 17, 2023	Fri	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Nov 20, 2023	Mon	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Nov 28, 2023	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Nov 30, 2023	Thu	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
CANCELLED Dec 1, 2023	Fri	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Dec 4, 2023	Mon	Scrimmage	New Hartford, Utica Proctor (JFK/DMS) @ Holland Patent	5:00 PM		Holland Patent HS-Pool	<b>Bus/Driver:</b> RCSD- Chris W (315)240-7035	<b>Departure Point:</b> RFA Pool <b>Departure Time:</b> 3:45 PM	L
CANCELLED Dec 5, 2023	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Dec 6, 2023	Wed	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Dec 7, 2023	Thu	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
CANCELLED Dec 8, 2023	Fri	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Dec 11, 2023	Mon	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Dec 12, 2023	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Dec 13, 2023	Wed	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Dec 14, 2023	Thu	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
CANCELLED Dec 15, 2023	Fri	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Dec 15, 2023	Fri	Regular Season	Utica Proctor (JFK/DMS), Holland Patent @ New Hartford	5:00 PM		New Hartford HS Pool	<b>Bus/Driver:</b> First Student - Jason G. 315-570-5342	<b>Departure Point:</b> RFA Pool <b>Departure Time:</b> 3:45 PM	L
Dec 18, 2023	Mon	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Dec 19, 2023	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Dec 20, 2023	Wed	Regular Season	New Hartford, Utica Proctor (JFK/DMS), Holland Patent	4:30 PM		RFA Pool			L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 2, 2024	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Jan 3, 2024	Wed	Regular Season (WinterRelays)	Holland Patent, New Hartford, Utica Proctor (JFK/DMS)	4:30 PM		RFA Pool			L
Jan 4, 2024	Thu	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Jan 5, 2024	Fri	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Jan 8, 2024	Mon	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
CANCELLED Jan 9, 2024	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Jan 10, 2024	Wed	Regular Season	Holland Patent, New Hartford @ Utica Proctor (JFK/DMS)	4:30 PM		PHS Swimming Pool	<b>Bus/Driver:</b> First Student - Wael B Bus 9148 Ph 315-395-8395	<b>Departure Point:</b> RFA Pool <b>Departure Time:</b> 2:45 PM	L
Jan 11, 2024	Thu	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Jan 17, 2024	Wed	Regular Season	New Hartford, Utica Proctor (JFK/DMS) @ Holland Patent	4:30 PM		RFA Pool			L

Date: 2026-03-13