



# Rome Free Academy

## (G) V Volleyball

### Coaches:

- Sonepith (Pete) Keoviengsamay, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 13, 2023	Mon	Practice (Tryouts)	N/A	4:30 PM	6:30 PM	Buddy Evans Gym (Strough MS)		
Nov 14, 2023	Tue	Practice (Tryouts)	N/A	4:30 PM	6:30 PM	Buddy Evans Gym (Strough MS)		
Nov 15, 2023	Wed	Practice (Tryouts)	N/A	4:30 PM	6:30 PM	Buddy Evans Gym (Strough MS)		
Nov 16, 2023	Thu	Practice	N/A	4:00 PM	6:00 PM	Stadium Support Facility Gym B		
Nov 17, 2023	Fri	Practice	N/A	5:00 PM	7:00 PM	Buddy Evans Gym (Strough MS)		
Nov 18, 2023	Sat	Practice	N/A	9:00 AM	11:00 AM	Buddy Evans Gym (Strough MS)		
Nov 20, 2023	Mon	Practice	N/A	5:00 PM	7:00 PM	Buddy Evans Gym (Strough MS)		
Nov 21, 2023	Tue	Practice	N/A	5:00 PM	7:00 PM	Buddy Evans Gym (Strough MS)		
Nov 22, 2023	Wed	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)		
Nov 28, 2023	Tue	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)		
Nov 29, 2023	Wed	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)		
Nov 29, 2023	Wed	Scrimmage	Mount Markham	4:30 PM		Buddy Evans Gym (Strough MS)		NL
Nov 30, 2023	Thu	Regular Season	Oneida	7:00 PM		Buddy Evans Gym (Strough MS)		L
Dec 1, 2023	Fri	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)		
Dec 2, 2023	Sat	Practice	N/A	10:00 AM	12:00 PM	Buddy Evans Gym (Strough MS)		
Dec 4, 2023	Mon	Regular Season 3-0 W	Whitesboro	7:00 PM		Buddy Evans Gym (Strough MS)		L
Dec 5, 2023	Tue	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)		
Dec 6, 2023	Wed	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)		
Dec 7, 2023	Thu	Regular Season	Utica Proctor	7:00 PM		Buddy Evans Gym (Strough MS)		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 8, 2023	Fri	Practice	N/A	4:00 PM	6:00 PM	Stadium Support Facility Gym B		
Dec 11, 2023	Mon	Practice	N/A	4:00 PM	6:00 PM	Stadium Support Facility Gym B		
Dec 12, 2023	Tue	Practice	N/A	TBD		Buddy Evans Gym (Strough MS)		
Dec 13, 2023	Wed	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)		
Dec 15, 2023	Fri	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)		
Dec 16, 2023	Sat	Practice	N/A	9:00 AM	11:00 AM	Buddy Evans Gym (Strough MS)		
Dec 18, 2023	Mon	Regular Season	East Syracuse Minoa	7:00 PM		Buddy Evans Gym (Strough MS)		L
Dec 19, 2023	Tue	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)		
Dec 20, 2023	Wed	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)		
Dec 21, 2023	Thu	Regular Season	New Hartford	7:00 PM		Buddy Evans Gym (Strough MS)		L
Dec 22, 2023	Fri	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)		
Dec 27, 2023	Wed	Practice	N/A	9:00 AM	11:00 AM	Buddy Evans Gym (Strough MS)		
Dec 29, 2023	Fri	Practice	N/A	4:00 PM	7:00 PM	Buddy Evans Gym (Strough MS)		
Dec 30, 2023	Sat	Practice	N/A	TBD		Buddy Evans Gym (Strough MS)		
Jan 2, 2024	Tue	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)		
Jan 3, 2024	Wed	Practice	N/A	4:00 PM	6:00 PM	Stadium Support Facility Gym B		
Jan 4, 2024	Thu	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)		
Jan 5, 2024	Fri	Practice	N/A	4:00 PM	6:00 PM	Stadium Support Facility Gym B		
Jan 10, 2024	Wed	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)		
Jan 12, 2024	Fri	Regular Season	Vernon-Verona-Sherrill	6:30 PM		Buddy Evans Gym (Strough MS)		NL
Jan 15, 2024	Mon	Practice	N/A	11:00 AM	12:30 PM	RFA Auxilliary Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 17, 2024	Wed	Regular Season	Central Valley Academy	6:30 PM		Buddy Evans Gym (Strough MS)		NL
Jan 19, 2024	Fri	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)		
Jan 23, 2024	Tue	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)		
Jan 24, 2024	Wed	Regular Season	Camden	7:00 PM		Buddy Evans Gym (Strough MS)		L
Jan 25, 2024	Thu	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)		
Jan 27, 2024	Sat	Practice	N/A	11:00 AM	1:00 PM	Buddy Evans Gym (Strough MS)		
Jan 29, 2024	Mon	Regular Season	Holland Patent	7:00 PM		Buddy Evans Gym (Strough MS)		L
Jan 30, 2024	Tue	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)		
Jan 31, 2024	Wed	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)		
Feb 2, 2024	Fri	Practice (Section III)	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)		
Feb 3, 2024	Sat	Practice (Section III)	N/A	8:30 AM	10:30 AM	Buddy Evans Gym (Strough MS)		
Feb 5, 2024	Mon	Practice (Section III)	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)		
Feb 6, 2024	Tue	Practice (Section III)	N/A	4:00 PM	6:00 PM	Stadium Support Facility Gym B		
Feb 7, 2024	Wed	Practice (Prepare for Section III)	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)		
Feb 8, 2024	Thu	Practice (Prepare for Section III)	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)		
Feb 9, 2024	Fri	Regular Season (Sectional Quarter Final Game )	Central Valley Academy	6:00 PM		Buddy Evans Gym (Strough MS)		L
Feb 12, 2024	Mon	Practice (Prepare for Section III)	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)		
Feb 13, 2024	Tue	Post-Season (Section 3 Semifinal Game )	Camden	6:00 PM		Buddy Evans Gym (Strough MS)		NL
Feb 14, 2024	Wed	Practice	N/A	3:30 PM	5:30 PM	Buddy Evans Gym (Strough MS)		
Feb 15, 2024	Thu	Practice (Prepare for Section III)	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)		

Date: 2024-05-07