Rome Free Academy
(G) V Volleyball

Coaches:

- Sonepith (Pete) Keoviengsamay, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION		LEAGUE / NON-LEAGUE
Nov 18, 2019	Mon	Practice (Practice)	N/A	5:00 PM	7:00 PM	RFA Main Gym			
Nov 19, 2019	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Main Gym			
Nov 20, 2019	Wed	Practice (Practice)	N/A	5:00 PM	7:00 PM	RFA Main Gym			
Nov 21, 2019	Thu	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Main Gym			
Nov 22, 2019	Fri	Practice (Practice)	N/A	5:00 PM	7:00 PM	RFA Main Gym			
Nov 25, 2019	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Main Gym			
Nov 26, 2019	Tue	Practice (Practice)	N/A	5:00 PM	7:00 PM	RFA Main Gym			
Nov 27, 2019	Wed	Practice (Practice)	N/A	8:00 AM	10:00 AM	RFA Main Gym			
Nov 30, 2019	Sat	Scrimmage (MVCC Volleyball Tune up classic)	@ TBD	TBD		Mohawk Valley Community College	**Bus/Driver:** RCSD - Justin	**Departure Point:** 95 Dart Circle **Departure Time:** 7:45 AM	NL
CANCELLED Dec 2, 2019	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Main Gym			
Dec 3, 2019	Tue	Regular Season 0-3 L	Vernon-Verona-Sherrill	6:45 PM		RFA Main Gym			L
Dec 4, 2019	Wed	Practice (Practice)	N/A	5:00 PM	7:00 PM	RFA Main Gym			
Dec 5, 2019	Thu	Regular Season 3-1 W	Central Valley Academy	7:00 PM		RFA Main Gym			L
Dec 6, 2019	Fri	Regular Season 3-0 W	@ East Syracuse Minoa	6:30 PM		ESM High School - Gym 2	**Bus/Driver:** Birnie Bus	**Departure Point:** 95 Dart Circle **Departure Time:** 3:30 PM	L
Dec 8, 2019	Sun	Practice (Practice)	N/A	7:00 PM	8:30 PM	RFA Main Gym			
Dec 9, 2019	Mon	Regular Season 3-0 W	Utica Proctor	6:45 PM		RFA Main Gym			L
Dec 10, 2019	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Main Gym			
Dec 11, 2019	Wed	Practice (Practice)	N/A	5:00 PM	7:00 PM	RFA Main Gym			
Dec 12, 2019	Thu	Regular Season 0-3 L	@ New Hartford	7:00 PM		New Hartford HS Gym	**Bus/Driver:** RCSD	**Departure Point:** 95 Dart Circle **Departure Time:** 4:30 PM	L
Dec 13, 2019	Fri	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Main Gym			
Dec 14, 2019	Sat	Regular Season 1-3 L	Whitesboro	10:00 AM		RFA Main Gym			L
CANCELLED Dec 15, 2019	Sun	Practice (Practice)	N/A	7:00 PM	8:30 PM	RFA Main Gym			
Dec 16, 2019	Mon	Regular Season	Oneida	7:00 PM		RFA Main Gym			L

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Dec 17, 2019	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Main Gym			
Dec 18, 2019	Wed	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Main Gym			
Dec 19, 2019	Thu	Practice (Practice)	N/A	5:00 PM	7:00 PM	RFA Main Gym			
Dec 20, 2019	Fri	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Main Gym			
Dec 21, 2019	Sat	Regular Season 3-0 W	Camden	2:00 PM		RFA Main Gym			L
Dec 23, 2019	Mon	Practice (Practice)	N/A	8:00 AM	10:00 AM	RFA Main Gym			
Dec 26, 2019	Thu	Practice (Practice)	N/A	8:00 AM	10:00 AM	RFA Main Gym			
Dec 30, 2019	Mon	Practice (Practice)	N/A	8:00 AM	10:00 AM	RFA Main Gym			
Jan 2, 2020	Thu	Practice (Practice)	N/A	8:00 AM	10:00 AM	RFA Main Gym			
Jan 3, 2020	Fri	Regular Season (League Game)	@ Vernon-Verona-Sherrill	7:00 PM		VVS Volleyball Gym	**Bus/Driver:** Birnie Bus	**Departure Point:** 95 Dart Circle **Departure Time:** 4:30 PM	L
Jan 4, 2020	Sat	Regular Season (Invitational)	@ Mount Markham	7:00 PM		MS Big Gym	**Bus/Driver:** RCSD	**Departure Point:** 95 Dart Circle **Departure Time:** 7:00 AM	NL
Jan 6, 2020	Mon	Regular Season 3-2 W	@ Central Valley Academy	7:00 PM		CVA Small Gym	**Bus/Driver:** RCSD	**Departure Point:** 95 Dart Circle **Departure Time:** 4:00 PM	L
Jan 7, 2020	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Main Gym			
Jan 8, 2020	Wed	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Main Gym			
Jan 9, 2020	Thu	Regular Season	East Syracuse Minoa	7:00 PM		RFA Main Gym			L
Jan 10, 2020	Fri	Regular Season	Chittenango	7:00 PM	8:30 PM	RFA Main Gym			NL
Jan 12, 2020	Sun	Practice (Practice)	N/A	7:00 PM	8:30 PM	RFA Main Gym			
Jan 13, 2020	Mon	Regular Season 3-0 W	@ Utica Proctor	7:00 PM		PHS Main Gym	**Bus/Driver:** RCSD	**Departure Point:** 95 Dart Circle **Departure Time:** 4:30 PM	L
Jan 14, 2020	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Main Gym			
Jan 15, 2020	Wed	Practice (Practice)	N/A	4:30 PM	6:30 PM	RFA Auxilliary Gym			
Jan 16, 2020	Thu	Regular Season 0-3 L	New Hartford	7:00 PM		RFA Main Gym			L
Jan 17, 2020	Fri	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Main Gym			
Jan 18, 2020	Sat	Regular Season 1-3 L	Carthage	10:00 AM	12:30 PM	RFA Main Gym			NL
Jan 22, 2020	Wed	Practice	N/A	5:00 PM	6:30 PM	RFA Auxilliary Gym			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 23, 2020	Thu	Regular Season 3-0 W	@ Camden	7:30 PM		Camden High School Main Gym	**Bus/Driver:** RCSD	**Departure Point:** 95 Dart Circle **Departure Time:** 4:30 PM	L
Jan 24, 2020	Fri	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Main Gym			
Jan 26, 2020	Sun	Practice (Practice)	N/A	7:00 PM	8:30 PM	RFA Main Gym			
Jan 27, 2020	Mon	Regular Season 3-2 W	@ Whitesboro	7:00 PM		Whitesboro High School Gym	**Bus/Driver:** RCSD	**Departure Point:** 95 Dart Circle **Departure Time:** 4:30 PM	L
Jan 28, 2020	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Main Gym			
Jan 29, 2020	Wed	Regular Season	@ Oneida	6:30 PM		Fariel Gym	**Bus/Driver:** RCSD	**Departure Point:** 95 Dart Circle **Departure Time:** 4:00 PM	L
Jan 31, 2020	Fri	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Main Gym			
Feb 3, 2020	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Main Gym			
Feb 5, 2020	Wed	Post-Season (1st round of Sectionals) 0-3 L	@ Carthage	5:30 PM		Carthage HS Gym	**Bus/Driver:** Birnie Bus	**Departure Point:** 95 Dart Circle **Departure Time:** 3:15 PM	NL
Feb 6, 2020	Thu	Practice (Practice)	N/A	7:00 PM	9:00 PM	RFA Main Gym			
Feb 10, 2020	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Main Gym			
Feb 11, 2020	Tue	Practice (Practice)	N/A	5:00 PM	7:00 PM	RFA Main Gym			
Feb 12, 2020	Wed	Practice (Practice)	N/A	5:00 PM	7:00 PM	RFA Main Gym			
Feb 13, 2020	Thu	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Main Gym			
POSTPONED Feb 15, 2020	Sat	Practice (Sectional Finals)	N/A	8:00 AM	5:00 PM	TBD			

Date: 2026-03-11