



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 14, 2022	Mon	Practice (Tryouts)	N/A	4:30 PM	6:30 PM	Buddy Evans Gym (Strough MS)			
Nov 15, 2022	Tue	Practice (Tryouts)	N/A	4:30 PM	6:30 PM	Buddy Evans Gym (Strough MS)			
Nov 16, 2022	Wed	Practice (Tryouts)	N/A	4:30 PM	6:30 PM	Buddy Evans Gym (Strough MS)			
CANCELLED Nov 17, 2022	Thu	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)			
Nov 18, 2022	Fri	Practice	N/A	5:30 PM	7:30 PM	Buddy Evans Gym (Strough MS)			
Nov 21, 2022	Mon	Practice	N/A	2:30 PM	4:00 PM	Buddy Evans Gym (Strough MS)			
Nov 22, 2022	Tue	Practice	N/A	5:30 PM	7:30 PM	Buddy Evans Gym (Strough MS)			
Nov 23, 2022	Wed	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)			
CANCELLED Nov 24, 2022	Thu	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)			
CANCELLED Nov 25, 2022	Fri	Practice	N/A	9:00 AM	11:00 PM	Buddy Evans Gym (Strough MS)			
Nov 26, 2022	Sat	Practice (Practice/Scrimmaging JV)	N/A	12:00 PM	2:00 PM	RFA Auxilliary Gym			
Nov 28, 2022	Mon	Regular Season	@ Oneida	6:30 PM		Fariel Gym	Bus/Driver: First Student - Steve Fosella, (315) 240-8526	Departure Point: RFA Bus Loop Departure Date: Nov 28, 2022 Departure Time: 3:45 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 29, 2022	Tue	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)			
Nov 30, 2022	Wed	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)			
Dec 1, 2022	Thu	Regular Season 1-3 L	@ Whitesboro	7:00 PM		Whitesboro High School Gym	Bus/Driver: RCSD-Trent (714)471-5955	Departure Point: RFA Bus Loop Departure Date: Dec 1, 2022 Departure Time: 4:20 PM	L
Dec 2, 2022	Fri	Practice	N/A	4:00 PM	6:00 PM	Stadium Support Facility Gym B			
Dec 3, 2022	Sat	Regular Season (Early Bird Tournament)	Lowville, Carthage, Holland Patent @ Beaver River	8:30 AM		Beaver River H S	Bus/Driver: First Student - Kim Gwin (315) 640-5593	Departure Point: RFA Bus Loop Departure Date: Dec 3, 2022 Departure Time: 7:00 AM	NL
Dec 5, 2022	Mon	Regular Season	Utica Proctor	6:30 PM		Buddy Evans Gym (Strough MS)			L
Dec 6, 2022	Tue	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)			
Dec 7, 2022	Wed	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)			
Dec 8, 2022	Thu	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)			
Dec 9, 2022	Fri	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)			
Dec 10, 2022	Sat	Regular Season 3-0 W	@ Camden	10:00 AM		Camden High School Main Gym	Bus/Driver: RCSD-Trent (714)471-5955	Departure Point: RFA Bus Loop Departure Date: Dec 10, 2022 Departure Time: 8:45 AM	L
Dec 12, 2022	Mon	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)			
Dec 13, 2022	Tue	Regular Season	Vernon-Verona-Sherrill	6:30 PM		Buddy Evans Gym (Strough MS)			L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 14, 2022	Wed	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)			
CANCELLED Dec 16, 2022	Fri	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)			
Dec 17, 2022	Sat	Regular Season (Tully Black Knight Varsity Volleyball Tournament)	Christian Brothers Academy, Dewitt, Chittenango, Morrisville-Eaton, New Hartford, Cincinnatus, Faith Heritage @ Tully	8:30 AM	12:00 PM	Tully HS Gym #2	Bus/Driver: First Student - John Stiggleman (315) 886-9795	Departure Point: RFA Bus Loop Departure Date: Dec 17, 2022 Departure Time: 7:00 AM	NL
Dec 19, 2022	Mon	Regular Season	@ New Hartford	4:30 PM		HS Gym	Bus/Driver: First Student - Shane M. 315-292-3620	Departure Point: RFA Bus Loop Departure Date: Dec 19, 2022 Departure Time: 3:30 PM	L
Dec 20, 2022	Tue	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)			
Dec 21, 2022	Wed	Practice	N/A	5:30 PM	7:30 PM	Stadium Support Facility Gym B			
Dec 22, 2022	Thu	Practice	N/A	5:30 PM	7:30 PM	Stadium Support Facility Gym B			
CANCELLED Dec 23, 2022	Fri	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)			
CANCELLED Dec 26, 2022	Mon	Practice	N/A	12:00 PM	2:00 PM	RFA Auxilliary Gym			
Dec 27, 2022	Tue	Practice	N/A	8:00 AM	10:00 AM	Buddy Evans Gym (Strough MS)			

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Dec 28, 2022	Wed	Scrimmage (Laidlaw Scrimmage Tournament)	Mount Markham, Dolgeville, South Jefferson, Holland Patent, Sherburne-Earlville, Port Byron, Oneida, New Hartford, Morrisville-Eaton, Sauquoit Valley, Vernon-Verona-Sherrill, Whitesboro @ Canastota	9:30 AM		Dimao Gym, Laidlaw Gym	Bus/Driver: First Student - Shane M. 315-292-3620	Departure Point: RFA Bus Loop Departure Date: Dec 28, 2022 Departure Time: 8:15 AM	NL
Dec 29, 2022	Thu	Practice	N/A	12:00 PM	2:00 PM	Buddy Evans Gym (Strough MS)			
CANCELLED Dec 31, 2022	Sat	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)			
CANCELLED Jan 2, 2023	Mon	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)			
Jan 3, 2023	Tue	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)			
Jan 4, 2023	Wed	Practice	N/A	5:30 PM	7:30 PM	Stadium Support Facility Gym B			
Jan 5, 2023	Thu	Regular Season	Central Valley Academy	6:30 PM		Buddy Evans Gym (Strough MS)			L
Jan 6, 2023	Fri	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)			
Jan 7, 2023	Sat	Regular Season (Mount Markham Varsity Volleyball Tournament)	Chittenango, East Syracuse Minoa, Cooperstown, Whitesboro, South Jefferson, Stockbridge Valley @ Mount Markham	8:30 AM		MS Big Gym	Bus/Driver: RCSD-Trent (714)471-5955	Departure Point: RFA Bus Loop Departure Date: Jan 7, 2023 Departure Time: 7:30 AM	L

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Jan 9, 2023	Mon	Regular Season 3-1 W	Whitesboro	6:30 PM		Buddy Evans Gym (Strough MS)		L
Jan 10, 2023	Tue	Practice (Scrimmage (Sauquoit))	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)		
Jan 11, 2023	Wed	Practice	N/A	5:30 PM	7:30 PM	Stadium Support Facility Gym B		
Jan 12, 2023	Thu	Regular Season	@ Utica Proctor	7:00 PM		PHS Main Gym	Bus/Driver: RCSD-Trent (714)471-5955	Departure Point: RFA Bus Loop Departure Date: Jan 12, 2023 Departure Time: 4:15 PM L
Jan 13, 2023	Fri	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)		
Jan 17, 2023	Tue	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)		
Jan 18, 2023	Wed	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)		
Jan 20, 2023	Fri	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)		
Jan 21, 2023	Sat	Regular Season	@ East Syracuse Minoa	12:30 PM		ESM High School - Gym 2	Bus/Driver: RCSD-Trent (714)471-5955	Departure Point: RFA Bus Loop Departure Date: Dec 15, 2022 Departure Time: 9:15 AM L
Jan 23, 2023	Mon	Practice	N/A	5:30 PM	7:30 PM	Stadium Support Facility Gym B		
CANCELLED Jan 23, 2023	Mon	Regular Season	@ Holland Patent	7:00 PM		GWF Gym		L
Jan 24, 2023	Tue	Practice	N/A	5:00 PM	6:30 PM	Stadium Support Facility Gym B		
CANCELLED Jan 25, 2023	Wed	Practice	N/A	6:00 PM	7:30 PM	Buddy Evans Gym (Strough MS)		

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Jan 26, 2023	Thu	Regular Season	@ Holland Patent	7:00 PM	8:00 PM	GWF Gym	Bus/Driver: RCSD-Trent (714)471-5955	Departure Point: RFA Bus Loop Departure Date: Jan 26, 2023 Departure Time: 4:20 PM	L
Jan 27, 2023	Fri	Practice	N/A	5:30 PM	7:30 PM	Stadium Support Facility Gym B			
Jan 30, 2023	Mon	Regular Season	East Syracuse Minoa	6:30 PM		Buddy Evans Gym (Strough MS)			L
Jan 31, 2023	Tue	Practice	N/A	5:30 PM	7:30 PM	Stadium Support Facility Gym B			
Feb 1, 2023	Wed	Practice	N/A	6:00 PM	8:00 PM	Stadium Support Facility Gym B			
Feb 2, 2023	Thu	Regular Season	New Hartford	6:30 PM		Buddy Evans Gym (Strough MS)			L
CANCELLED Feb 3, 2023	Fri	Practice	N/A	4:00 PM	6:00 PM	Stadium Support Facility Gym B			
Feb 4, 2023	Sat	Practice	N/A	12:00 PM	2:00 PM	Buddy Evans Gym (Strough MS)			
Feb 6, 2023	Mon	Regular Season	Oneida	6:30 PM		Buddy Evans Gym (Strough MS)			L
Feb 7, 2023	Tue	Practice	N/A	4:00 PM	6:00 PM	Stadium Support Facility Gym B			
Feb 8, 2023	Wed	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)			
Feb 9, 2023	Thu	Practice	N/A	4:00 PM	6:00 PM	Stadium Support Facility Gym B			
Feb 10, 2023	Fri	Post-Season (Quarterfinal sectional game)	East Syracuse Minoa	6:00 PM		Buddy Evans Gym (Strough MS)			NL
Feb 13, 2023	Mon	Practice	N/A	4:00 PM	6:00 PM	Stadium Support Facility Gym A			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 14, 2023	Tue	Practice (Practice)	N/A	2:30 AM	4:00 PM	Stadium Support Facility Gym A			
Feb 15, 2023	Wed	Regular Season (Sectionals at New Hartford)	@ New Hartford	6:00 PM		HS Gym	Bus/Driver: RCSD-Trent (714)471-5955	Departure Point: RFA Bus Loop Departure Date: Feb 15, 2023 Departure Time: 4:45 PM	L
Feb 16, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	Stadium Support Facility Gym A			
Feb 17, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	Stadium Support Facility Gym A			
Feb 18, 2023	Sat	Regular Season (Sectionals at Watertown High School)	@ TBD	2:00 PM		TBD	Bus/Driver: RCSD-Chris W. (315)240-7035	Departure Point: RFA Bus Loop Departure Time: 11:30 AM	L
Feb 18, 2023	Sat	Post-Season (Section 3 Championship) 3-1 W	@ Whitesboro	2:00 PM		Case Middle School-Watertown			NL
Apr 6, 2023	Thu	Practice (Spring Session)	N/A	7:00 PM	9:00 PM	Buddy Evans Gym (Strough MS)			

Date: 2024-05-08