



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 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 25, 2023	Sat	Meet (Chittenango PreSeason Varsity Volleyball Play Day)	Vs. Multiple	8:00 AM	4:00 PM	Chittenango HS- Large Gym	Bus/Driver: Chris W. 315.240.7035	Departure Point: RFA Front Circle (95 Dart) Departure Date: Nov 25, 2023 Departure Time: 6:45 AM	NL
Nov 27, 2023	Mon	Regular Season	@ New Hartford	7:00 PM		HS Gym	Bus/Driver: RCSD- Trent (714)471-5955	Departure Point: RFA Front Circle (95 Dart) Departure Date: Nov 27, 2023 Departure Time: 4:30 PM	L
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)			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
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
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 14, 2023	Thu	Regular Season	@ Vernon-Verona-Sherrill	4:30 PM		VVS MS Gym	Bus/Driver: RCSD- Trent (714)471-5955	Departure Point: RFA Front Circle (95 Dart) Departure Date: Dec 14, 2023 Departure Time: 3:30 PM	L
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)			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
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 28, 2023	Thu	Scrimmage (Laidlaw Scrimmage Tournament)	Dolgeville, New Hartford, Vernon-Verona-Sherrill, Clinton, Port Byron, South Jefferson, Mount Markham, Whitesboro, Oneida, Morrisville-Eaton, Holland Patent, Sauquoit Valley @ Canastota	9:00 AM		Dimao Gym, Laidlaw Gym	Bus/Driver: RCSD- Chris W (315)240-7035	Departure Point: RFA Front Circle (95 Dart) Departure Date: Dec 28, 2023 Departure Time: 7:30 AM	NL
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)			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 5, 2024	Fri	Practice	N/A	4:00 PM	6:00 PM	Stadium Support Facility Gym B			
Jan 6, 2024	Sat	Regular Season (Mustang Volleyball Tournament)	Cooperstown, South Jefferson, East Syracuse Minoa, Chittenango, Whitesboro, Manlius Pebble Hill @ Mount Markham	8:30 AM	4:00 PM	MS Big Gym	Bus/Driver: RCSD- Trent (714)471-5955	Departure Point: RFA Front Circle (95 Dart) Departure Date: Jan 6, 2024 Departure Time: 7:00 AM	L
Jan 8, 2024	Mon	Regular Season	@ Central Valley Academy	7:00 PM		CVA Small Gym	Bus/Driver: RCSD- Trent (714)471-5955	Departure Point: RFA Front Circle (95 Dart) Departure Date: Jan 8, 2024 Departure Time: 4:15 PM	L
Jan 10, 2024	Wed	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)			
Jan 11, 2024	Thu	Regular Season 3-1 W	@ Whitesboro	7:00 PM		Whitesboro High School Gym	Bus/Driver: RCSD- Trent (714)471-5955	Departure Point: RFA Front Circle (95 Dart) Departure Date: Jan 11, 2024 Departure Time: 4:45 PM	L
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			
Jan 16, 2024	Tue	Regular Season	@ Holland Patent	7:00 PM		GWF Gym	Bus/Driver: RCSD- Marlie (315)335-2667	Departure Point: RFA Front Circle (95 Dart) Departure Date: Jan 16, 2024 Departure Time: 4:25 PM	L
Jan 17, 2024	Wed	Regular Season	Central Valley Academy	6:30 PM		Buddy Evans Gym (Strough MS)			NL
Jan 18, 2024	Thu	Regular Season	@ Utica Proctor	7:30 PM		PHS AUX Gym (Volleyball gym)	Bus/Driver: RCSD- Trent (714)471-5955	Departure Point: RFA Front Circle (95 Dart) Departure Date: Jan 18, 2024 Departure Time: 4:15 PM	L
Jan 19, 2024	Fri	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 22, 2024	Mon	Regular Season (Non league)	@ Oneida	6:30 PM		Fariel Gym	Bus/Driver: RCSD- Chris W (315)240-7035	Departure Point: RFA Front Circle (95 Dart) Departure Date: Jan 22, 2024 Departure Time: 3:50 PM	NL
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 1, 2024	Thu	Regular Season	@ East Syracuse Minoa	6:30 PM		ESM High School - Gym 2	Bus/Driver: First student - Shane 315-292-3620 - # 9181	Departure Point: RFA Front Circle (95 Dart) Departure Date: Feb 1, 2024 Departure Time: 3:30 PM	L
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)			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
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)			
Feb 17, 2024	Sat	Post-Season (Finals)	@ TBD	10:00 AM		Watertown High School	Bus/Driver: RCSD- Trent (714)471-5955	Departure Point: RFA Front Circle (95 Dart) Departure Date: Feb 17, 2024 Departure Time: 1:30 PM	NL

Date: 2024-05-07