



Rome Free Academy

(G) JV Volleyball

Coaches:

- Sonepith (Pete) Keoviengsamay
- Tessa Zmudosky

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	3:00 PM	5:00 PM	Buddy Evans Gym (Strough MS)				
Nov 18, 2022	Fri	Practice (Practice)	N/A	2:30 PM	4:00 PM	Buddy Evans Gym (Strough MS)				
Nov 19, 2022	Sat	Practice	N/A	9:00 AM	11:30 AM	Buddy Evans Gym (Strough MS)				
Nov 21, 2022	Mon	Practice	N/A	5:30 PM	7:15 PM	Buddy Evans Gym (Strough MS)				
Nov 22, 2022	Tue	Practice (Practice)	N/A	2:30 PM	4:00 PM	Buddy Evans Gym (Strough MS)				
Nov 23, 2022	Wed	Practice (Practice)	N/A	9:00 AM	11:30 PM	Buddy Evans Gym (Strough MS)				
Nov 26, 2022	Sat	Practice (Practice)	N/A	9:00 AM	11:00 AM	Buddy Evans Gym (Strough MS)				
Nov 28, 2022	Mon	Regular Season 2-0 W	@ Oneida	5:00 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
Nov 29, 2022	Tue	Practice (PICS & Practice)	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)				
Nov 30, 2022	Wed	Practice	N/A	5:30 PM	7:30 PM	Buddy Evans Gym (Strough MS)				

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 1, 2022	Thu	Regular Season 2-1 W	@ Whitesboro	5:30 PM		Whitesboro High School Gym	Bus/Driver: RCSD- Trent (714)471-5955	Departure Point: RFA Bus Loop Departure Date: Dec 1, 2022 Departure Time: 4:30 PM	L
Dec 3, 2022	Sat	Practice	N/A	8:00 AM	9:45 AM	Stadium Support Facility Gym A			
Dec 5, 2022	Mon	Regular Season 2-1 W	Utica Proctor	4:30 PM		Buddy Evans Gym (Strough MS)			L
Dec 6, 2022	Tue	Practice	N/A	5:30 PM	7:30 PM	Buddy Evans Gym (Strough MS)			
Dec 7, 2022	Wed	Practice	N/A	5:30 PM	7:30 PM	Buddy Evans Gym (Strough MS)			
Dec 8, 2022	Thu	Practice	N/A	5:30 PM	7:30 PM	Buddy Evans Gym (Strough MS)			
Dec 9, 2022	Fri	Practice	N/A	2:30 PM	4:00 PM	Buddy Evans Gym (Strough MS)			
Dec 12, 2022	Mon	Practice	N/A	5:30 PM	7:30 PM	Buddy Evans Gym (Strough MS)			
Dec 13, 2022	Tue	Regular Season 2-0 W	Vernon-Verona-Sherrill	4:30 PM		Buddy Evans Gym (Strough MS)			L
Dec 14, 2022	Wed	Practice	N/A	5:00 PM	6:45 PM	Buddy Evans Gym (Strough MS)			
CANCELLED Dec 16, 2022	Fri	Practice	N/A	3:15 PM	5:00 PM	Buddy Evans Gym (Strough MS)			
Dec 17, 2022	Sat	Practice	N/A	8:00 AM	9:15 AM	Buddy Evans Gym (Strough MS)			
Dec 19, 2022	Mon	Regular Season 2-1 W	@ New Hartford	6:00 PM		New Hartford 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	5:30 PM	7:30 PM	Buddy Evans Gym (Strough MS)			
Dec 21, 2022	Wed	Practice	N/A	2:30 PM	4:00 PM	Buddy Evans Gym (Strough MS)			

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Dec 22, 2022	Thu	Practice	N/A	5:30 PM	7:30 PM	Buddy Evans Gym (Strough MS)			
Dec 27, 2022	Tue	Practice	N/A	10:00 AM	12:00 PM	Buddy Evans Gym (Strough MS)			
Dec 28, 2022	Wed	Practice	N/A	10:00 AM	12:00 PM	Buddy Evans Gym (Strough MS)			
Dec 29, 2022	Thu	Scrimmage (Snow Ball Classic Scrimmage Tournament)	Port Byron, McGraw, Camden, Sherburne-Earlville, Stockbridge Valley, Tully, DeRuyter (ROCKETS), Remsen @ Morrisville-Eaton	9:30 AM	3:00 PM	Middle/High School Gym	Bus/Driver: First Student - Kim Gwin (315) 832-8440	Departure Point: RFA Bus Loop Departure Date: Dec 29, 2022 Departure Time: 8:00 AM	L
Jan 3, 2023	Tue	Practice	N/A	5:30 PM	7:30 PM	Buddy Evans Gym (Strough MS)			
Jan 4, 2023	Wed	Practice	N/A	6:00 PM	7:30 PM	Buddy Evans Gym (Strough MS)			
Jan 5, 2023	Thu	Regular Season 2-1 W	Central Valley Academy	4:30 PM		Buddy Evans Gym (Strough MS)			L
Jan 6, 2023	Fri	Practice	N/A	3:00 PM	4:30 PM	Buddy Evans Gym (Strough MS)			
Jan 7, 2023	Sat	Regular Season 0-2 L	@ Camden	10:00 AM		Camden High School Main Gym	Bus/Driver: RCSD-Chris W. (315)240-7035	Departure Point: RFA Bus Loop Departure Date: Dec 10, 2022 Departure Time: 8:45 AM	L
Jan 9, 2023	Mon	Regular Season 1-2 L	Whitesboro	4:30 PM		Buddy Evans Gym (Strough MS)			L
Jan 10, 2023	Tue	Practice	N/A	5:30 PM	7:30 PM	Buddy Evans Gym (Strough MS)			
Jan 11, 2023	Wed	Practice	N/A	6:00 PM	7:30 PM	Buddy Evans Gym (Strough MS)			
Jan 12, 2023	Thu	Regular Season 2-0 W	@ Utica Proctor	5:30 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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 13, 2023	Fri	Practice	N/A	5:30 PM	7:30 PM	Buddy Evans Gym (Strough MS)			
Jan 14, 2023	Sat	Scrimmage (DCS JV Tournament)	Lowville, Mount Markham, Canastota, Carthage @ Dolgeville	8:30 AM	3:30 PM	HS Gym #1	Bus/Driver: RCSD-Chris W. (315)240-7035	Departure Point: RFA Bus Loop Departure Date: Jan 14, 2023 Departure Time: 7:00 AM	NL
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	5:30 PM	7:30 PM	Buddy Evans Gym (Strough MS)			
Jan 21, 2023	Sat	Regular Season 0-2 L	@ East Syracuse Minoa	11:00 AM		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
CANCELLED Jan 23, 2023	Mon	Regular Season	@ Holland Patent	5:00 PM		GWF Gym			L
Jan 23, 2023	Mon	Practice	N/A	5:00 PM	6:30 PM	Buddy Evans Gym (Strough MS)			
Jan 24, 2023	Tue	Practice	N/A	5:00 PM	6:30 PM	Stadium Support Facility Gym B			
POSTPONED Jan 25, 2023	Wed	Regular Season	@ Carthage	5:30 PM		Carthage Auxiliary Gym	Bus/Driver: First Student	Departure Point: RFA Bus Loop Departure Date: Jan 25, 2023 Departure Time: 3:30 PM	NL
Jan 26, 2023	Thu	Regular Season 2-0 W	@ Holland Patent	5:30 PM	6:30 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	6:00 PM	7:30 PM	Buddy Evans Gym (Strough MS)			
Jan 28, 2023	Sat	Practice	N/A	9:00 AM	12:00 PM	Buddy Evans Gym (Strough MS)			
Jan 30, 2023	Mon	Regular Season	East Syracuse Minoa	5:00 PM		Buddy Evans Gym (Strough MS)			L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 31, 2023	Tue	Practice	N/A	5:00 PM	7:00 PM	RFA Auxilliary Gym			
Feb 1, 2023	Wed	Practice	N/A	4:15 PM		Stadium Support Facility Gym B			
Feb 2, 2023	Thu	Regular Season	New Hartford	4:30 PM	6:30 PM	Buddy Evans Gym (Strough MS)			L
Feb 4, 2023	Sat	Practice (Practice)	N/A	7:30 AM	9:00 AM	Buddy Evans Gym (Strough MS)			
Feb 6, 2023	Mon	Regular Season	Oneida	5:00 PM		Buddy Evans Gym (Strough MS)			L

Date: 2026-03-14