



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 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	5:30 PM	7:30 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 (Practice)	N/A	9:00 AM	11:00 AM	Buddy Evans Gym (Strough MS)			
Nov 20, 2023	Mon	Practice	N/A	5:30 PM	7:15 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 (Practice)	N/A	3:30 PM	6:00 PM	Buddy Evans Gym (Strough MS)			
CANCELLED Nov 24, 2023	Fri	Practice	N/A	TBD		Buddy Evans Gym (Strough MS)			
Nov 25, 2023	Sat	Meet (Chittenango PreSeason JV Volleyball Play Day)	Vs. Multiple	8:00 AM	4:00 PM	Chittenango MS- Large Gym	Bus/Driver: Chris W. 315.240.7035	Departure Point: RFA Bus Loop Departure Date: Nov 25, 2023 Departure Time: 6:45 AM	NL
Nov 27, 2023	Mon	Regular Season	@ New Hartford	5:30 PM		New Hartford HS Gym	Bus/Driver: RCSD- Trent (714)471-5955	Departure Point: RFA Bus Loop Departure Date: Nov 27, 2023 Departure Time: 4:30 PM	L
Nov 28, 2023	Tue	Practice (Practice)	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)			

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Nov 29, 2023	Wed	Scrimmage	Mount Markham	4:30 PM		Buddy Evans Gym (Strough MS)			NL
Nov 30, 2023	Thu	Regular Season	Oneida	5:30 PM		Buddy Evans Gym (Strough MS)			L
Dec 1, 2023	Fri	Practice (No Practice)	N/A	TBD		Buddy Evans Gym (Strough MS)			
Dec 2, 2023	Sat	Practice	N/A	9:00 AM	11:00 AM	Buddy Evans Gym (Strough MS)			
Dec 4, 2023	Mon	Regular Season 1-2 L	Whitesboro	5:30 PM		Buddy Evans Gym (Strough MS)			L
Dec 5, 2023	Tue	Practice (Practice)	N/A	5:30 PM	7:15 PM	Buddy Evans Gym (Strough MS)			
Dec 6, 2023	Wed	Practice (Practice)	N/A	5:30 PM	7:15 PM	Buddy Evans Gym (Strough MS)			
Dec 7, 2023	Thu	Regular Season	Utica Proctor	5:30 PM		Buddy Evans Gym (Strough MS)			L
POSTPONED Dec 8, 2023	Fri	Practice	N/A	TBD		Stadium Support Facility Gym B			
Dec 11, 2023	Mon	Practice	N/A	2:45 PM	4:30 PM	Buddy Evans Gym (Strough MS)			
Dec 12, 2023	Tue	Practice	N/A	4:30 PM	6:00 PM	Buddy Evans Gym (Strough MS)			
Dec 13, 2023	Wed	Practice	N/A	5:30 PM	7:15 PM	Buddy Evans Gym (Strough MS)			
Dec 14, 2023	Thu	Regular Season	@ Vernon-Verona-Sherrill	6:00 PM	7:00 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	TBD		Buddy Evans Gym (Strough MS)			
Dec 16, 2023	Sat	Practice	N/A	8:00 AM	10:00 PM	Buddy Evans Gym (Strough MS)			

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Dec 18, 2023	Mon	Regular Season	East Syracuse Minoa	5:30 PM	6:30 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	2:30 PM	4:00 PM	Buddy Evans Gym (Strough MS)			
Dec 21, 2023	Thu	Regular Season	New Hartford	5:30 PM		Buddy Evans Gym (Strough MS)			L
Dec 27, 2023	Wed	Practice	N/A	2:30 PM	4:00 PM	Buddy Evans Gym (Strough MS)			
Dec 28, 2023	Thu	Practice	N/A	2:30 PM	4:30 PM	Buddy Evans Gym (Strough MS)			
Dec 29, 2023	Fri	Practice	N/A	2:00 PM	3:30 PM	Buddy Evans Gym (Strough MS)			
Jan 2, 2024	Tue	Practice	N/A	5:30 PM	7:15 PM	Buddy Evans Gym (Strough MS)			
Jan 3, 2024	Wed	Practice	N/A	2:30 PM	4:00 PM	Buddy Evans Gym (Strough MS)			
Jan 4, 2024	Thu	Practice	N/A	4:00 PM	6:00 PM	Buddy Evans Gym (Strough MS)			
POSTPONED Jan 5, 2024	Fri	Practice	N/A	TBD		Stadium Support Facility Gym B			
Jan 6, 2024	Sat	Practice	N/A	8:00 AM	9:30 AM	Buddy Evans Gym (Strough MS)			
Jan 8, 2024	Mon	Regular Season	@ Central Valley Academy	5:30 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	5:30 PM	7:15 PM	Buddy Evans Gym (Strough MS)			
Jan 10, 2024	Wed	Practice	N/A	TBD		Buddy Evans Gym (Strough MS)			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 11, 2024	Thu	Regular Season 0-2 L	@ Whitesboro	5:30 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	5:00 PM		Buddy Evans Gym (Strough MS)			NL
Jan 12, 2024	Fri	Practice	N/A	TBD		Buddy Evans Gym (Strough MS)			
Jan 13, 2024	Sat	Scrimmage (JV Tournament)	Carthage, Mount Markham, Canastota, Cooperstown @ Dolgeville	8:30 AM		HS Gym #2	Bus/Driver: First Student - Steve F. 315-240-8526	Departure Point: RFA Front Circle (95 Dart) Departure Date: Jan 13, 2024 Departure Time: 7:00 AM	NL
CANCELLED Jan 15, 2024	Mon	Practice	N/A	5:30 PM	7:15 PM	Buddy Evans Gym (Strough MS)			
CANCELLED Jan 15, 2024	Mon	Practice	N/A	TBD		Buddy Evans Gym (Strough MS)			
Jan 16, 2024	Tue	Regular Season	@ Holland Patent	5:30 PM		GWF Gym	Bus/Driver: RCSD- Marnie (315)335-2667	Departure Point: RFA Bus Loop Departure Date: Jan 16, 2024 Departure Time: 4:25 PM	L
CANCELLED Jan 16, 2024	Tue	Practice	N/A	TBD		Buddy Evans Gym (Strough MS)			
Jan 17, 2024	Wed	Regular Season	Central Valley Academy	4:45 PM		Buddy Evans Gym (Strough MS)			NL
Jan 18, 2024	Thu	Regular Season	@ Utica Proctor	5:30 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 20, 2024	Sat	Practice	N/A	9:00 AM	11:00 AM	Buddy Evans Gym (Strough MS)			
Jan 22, 2024	Mon	Regular Season	@ Oneida	5:00 PM	6:30 PM	Fariel Gym	Bus/Driver: RCSD- Chris W (315)240-7035	Departure Point: RFA Bus Loop Departure Date: 3:50 PM	L
Jan 23, 2024	Tue	Practice	N/A	5:40 PM	7:15 PM	Buddy Evans Gym (Strough MS)			

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Jan 24, 2024	Wed	Regular Season	Camden	5:30 PM		Buddy Evans Gym (Strough MS)			L
Jan 25, 2024	Thu	Practice	N/A	5:40 PM	7:15 PM	Buddy Evans Gym (Strough MS)			
Jan 27, 2024	Sat	Practice	N/A	9:00 AM	11:00 AM	Buddy Evans Gym (Strough MS)			
Jan 29, 2024	Mon	Regular Season	Holland Patent	5:30 PM		Buddy Evans Gym (Strough MS)			L
Jan 30, 2024	Tue	Practice	N/A	5:30 PM	7:00 PM	Buddy Evans Gym (Strough MS)			
Jan 31, 2024	Wed	Practice	N/A	2:30 PM	4:00 PM	Buddy Evans Gym (Strough MS)			
Feb 1, 2024	Thu	Regular Season	@ East Syracuse Minoa	5:00 PM		ESM High School - Gym 2	Bus/Driver: First student - Shane 315-292-3620 - # 9181	Departure Point: RFA Bus Loop Departure Date: Feb 1, 2024 Departure Time: 3:30 PM	L

Date: 2026-01-24