



# Rome Free Academy

## (G) JV Volleyball

### Coaches:

- Sonepith (Pete) Keoviengsamay
- Tessa Zmudosky

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 17, 2025	Mon	Practice	N/A	3:30 PM	6:00 PM	Buddy Evans Gym (Strough MS)		
Nov 18, 2025	Tue	Practice	N/A	3:30 PM	6:00 PM	Buddy Evans Gym (Strough MS)		
Nov 19, 2025	Wed	Practice	N/A	3:30 PM	6:00 PM	Buddy Evans Gym (Strough MS)		
Nov 20, 2025	Thu	Practice	N/A	2:30 PM	4:30 PM	Buddy Evans Gym (Strough MS)		
Nov 21, 2025	Fri	Practice	N/A	2:30 PM	4:30 PM	Buddy Evans Gym (Strough MS)		
Nov 22, 2025	Sat	Practice	N/A	11:00 AM	1:00 PM	Buddy Evans Gym (Strough MS)		
Nov 24, 2025	Mon	Scrimmage (Practice)	Mount Markham	6:30 PM	8:30 PM	Buddy Evans Gym (Strough MS)		NL
Nov 25, 2025	Tue	Practice	N/A	6:30 PM	8:30 PM	Buddy Evans Gym (Strough MS)		
Nov 26, 2025	Wed	Practice	N/A	3:30 PM	6:00 PM	Buddy Evans Gym (Strough MS)		
Nov 29, 2025	Sat	Practice	N/A	11:00 AM	1:30 PM	Buddy Evans Gym (Strough MS)		
Dec 1, 2025	Mon	Regular Season	Holland Patent	5:30 PM		Buddy Evans Gym (Strough MS)		L
Dec 2, 2025	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	Buddy Evans Gym (Strough MS)		
Dec 3, 2025	Wed	Practice (Practice)	N/A	2:30 PM	4:30 PM	Buddy Evans Gym (Strough MS)		
Dec 4, 2025	Thu	Practice (Practice)	N/A	6:00 PM	8:00 PM	Buddy Evans Gym (Strough MS)		

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Dec 5, 2025	Fri	Practice (Practice)	N/A	2:30 PM	4:30 PM	Buddy Evans Gym (Strough MS)		
Dec 5, 2025	Fri	Regular Season	@ East Syracuse Minoa	5:00 PM		ESM High School - Gym 2	<b>Departure Point:</b> RFA Dart Circle <b>Departure Date:</b> Dec 4, 2025 <b>Departure Time:</b> 3:30 PM	L
Dec 6, 2025	Sat	Regular Season (DCS Invitational JV Tournament)	Town of Webb UFSD (Girls JV Volleyball), Cooperstown @ Dolgeville	8:30 AM	2:00 PM	HS Gym #1	<b>Departure Point:</b> RFA Dart Circle <b>Departure Date:</b> Dec 6, 2025 <b>Departure Time:</b> 7:00 AM	NL
Dec 8, 2025	Mon	Practice	N/A	2:30 PM	4:30 PM	Buddy Evans Gym (Strough MS)		
Dec 9, 2025	Tue	Practice	N/A	2:30 PM	4:30 PM	Buddy Evans Gym (Strough MS)		
Dec 10, 2025	Wed	Regular Season	@ New Hartford	5:30 PM		New Hartford HS Gym	<b>Departure Point:</b> RFA Dart Circle <b>Departure Date:</b> Dec 10, 2025 <b>Departure Time:</b> 4:00 PM	L
Dec 11, 2025	Thu	Regular Season	Oneida	5:30 PM		Buddy Evans Gym (Strough MS)		L
Dec 12, 2025	Fri	Practice (Practice)	N/A	2:30 PM	4:30 PM	Stadium Support Facility Gym B		
Dec 13, 2025	Sat	Regular Season	@ Watertown	11:00 AM		Watertown H S	<b>Departure Point:</b> RFA Dart Circle <b>Departure Date:</b> Dec 13, 2025 <b>Departure Time:</b> 9:00 AM	NL
Dec 15, 2025	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	Stadium Support Facility Gym B		
Dec 16, 2025	Tue	Regular Season	Whitesboro	5:30 PM		Buddy Evans Gym (Strough MS)		L
Dec 17, 2025	Wed	Practice (Practice)	N/A	2:30 PM	4:30 PM	Stadium Support Facility Gym B		
Dec 18, 2025	Thu	Regular Season	@ Utica Proctor	5:30 PM		PHS Main Gym	<b>Departure Point:</b> RFA Dart Circle <b>Departure Date:</b> Dec 18, 2025 <b>Departure Time:</b> 4:00 PM	L

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Dec 19, 2025	Fri	Practice (Practice)	N/A	2:30 PM	4:30 PM	Buddy Evans Gym (Strough MS)		
Dec 20, 2025	Sat	Regular Season	Vernon-Verona-Sherrill	10:00 AM		Buddy Evans Gym (Strough MS)		NL
Dec 22, 2025	Mon	Regular Season	Central Valley Academy	5:30 PM		Buddy Evans Gym (Strough MS)		NL
Dec 29, 2025	Mon	Scrimmage (Snowball Classic JV Scrimmage Tournament)	Stockbridge Valley, Owen D. Young (ODY/Richfield), Remsen, Cincinnatus, Port Byron, South Jefferson, Sauquoit Valley, New York Mills @ Morrisville-Eaton	9:00 AM	3:00 PM	Middle/High School Gym	<b>Departure Point:</b> RFA Dart Circle <b>Departure Date:</b> Dec 29, 2025 <b>Departure Time:</b> 7:45 AM	NL
Jan 2, 2026	Fri	Practice (Practice)	N/A	11:00 AM	1:30 PM	Buddy Evans Gym (Strough MS)		
Jan 3, 2026	Sat	Regular Season	@ Holland Patent	11:00 AM		GWF Gym	<b>Departure Point:</b> RFA Dart Circle <b>Departure Date:</b> Jan 3, 2026 <b>Departure Time:</b> 10:00 AM	L
Jan 5, 2026	Mon	Regular Season	@ Oneida	5:30 PM		Upper Elem/MS Gym	<b>Departure Point:</b> RFA Dart Circle <b>Departure Date:</b> Jan 5, 2026 <b>Departure Time:</b> 3:30 PM	L
Jan 6, 2026	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	Buddy Evans Gym (Strough MS)		
Jan 7, 2026	Wed	Practice (Practice)	N/A	2:30 PM	4:30 PM	Buddy Evans Gym (Strough MS)		
Jan 8, 2026	Thu	Regular Season	@ Vernon-Verona-Sherrill	6:00 PM		VVS MS Gym	<b>Departure Point:</b> RFA Dart Circle <b>Departure Date:</b> Jan 8, 2026 <b>Departure Time:</b> 4:45 PM	L
Jan 9, 2026	Fri	Practice (Practice)	N/A	2:30 PM	4:30 PM	Buddy Evans Gym (Strough MS)		
Jan 10, 2026	Sat	Practice (Practice)	N/A	11:00 AM	1:30 PM	Buddy Evans Gym (Strough MS)		
Jan 12, 2026	Mon	Regular Season	East Syracuse Minoa	5:30 PM		Buddy Evans Gym (Strough MS)		L

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Jan 13, 2026	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	Buddy Evans Gym (Strough MS)		
Jan 14, 2026	Wed	Practice (Practice)	N/A	2:30 PM	4:30 PM	Buddy Evans Gym (Strough MS)		
Jan 15, 2026	Thu	Regular Season	New Hartford	5:30 PM		Buddy Evans Gym (Strough MS)		L
Jan 16, 2026	Fri	Practice (Practice)	N/A	2:30 PM	4:30 PM	Stadium Support Facility Gym B		
Jan 17, 2026	Sat	Regular Season	Watertown	11:00 AM		Buddy Evans Gym (Strough MS)		NL
Jan 19, 2026	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	Buddy Evans Gym (Strough MS)		
Jan 20, 2026	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	Buddy Evans Gym (Strough MS)		
CANCELLED Jan 21, 2026	Wed	Practice (Practice)	N/A	2:30 PM	4:30 PM	Buddy Evans Gym (Strough MS)		
Jan 21, 2026	Wed	Regular Season	Camden	5:30 PM		Buddy Evans Gym (Strough MS)		L
Jan 22, 2026	Thu	Regular Season	@ Central Valley Academy	5:30 PM		TBD	<b>Departure Point:</b> RFA Dart Circle <b>Departure Date:</b> Jan 22, 2026 <b>Departure Time:</b> 3:45 PM	L
Jan 23, 2026	Fri	Practice (Practice)	N/A	2:30 PM	4:30 PM	Stadium Support Facility Gym B		
Jan 24, 2026	Sat	Practice (Practice)	N/A	12:00 PM	2:00 PM	Buddy Evans Gym (Strough MS)		
Jan 26, 2026	Mon	Regular Season	@ Whitesboro	5:30 PM		Whitesboro High School Gym	<b>Departure Point:</b> RFA Dart Circle <b>Departure Date:</b> Jan 26, 2026 <b>Departure Time:</b> 4:00 PM	L
Jan 27, 2026	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	Buddy Evans Gym (Strough MS)		
Jan 28, 2026	Wed	Practice (Practice)	N/A	2:30 PM	4:30 PM	Buddy Evans Gym (Strough MS)		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 29, 2026	Thu	Regular Season	Utica Proctor	5:30 PM		Buddy Evans Gym (Strough MS)		L
Jan 30, 2026	Fri	Practice (Practice)	N/A	2:30 PM	4:30 PM	Buddy Evans Gym (Strough MS)		
Jan 31, 2026	Sat	Regular Season (Mount Markham JV Finale Tournament)	Holland Patent, Cooperstown, Stockbridge Valley, Carthage @ Mount Markham	8:30 AM		MS Big Gym		L

Date: 2025-12-05