



# Rome Free Academy

## (G) V Winter Track

### Coaches:

- Theodore Swavely, Asst Coach
- Diane Stevenson, Asst Coach
- Nicholas Jeror, Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE / NON-LEAGUE
Nov 15, 2021	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Nov 16, 2021	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Nov 17, 2021	Wed	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Nov 18, 2021	Thu	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Nov 19, 2021	Fri	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Nov 22, 2021	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Nov 23, 2021	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Nov 24, 2021	Wed	Practice	N/A	10:00 AM	1:00 PM	RFA Indoor Running Track, RFA Auxilliary Gym, RFA Weight Room	
Nov 29, 2021	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Nov 30, 2021	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Dec 1, 2021	Wed	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Dec 2, 2021	Thu	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Dec 6, 2021	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Dec 7, 2021	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Dec 8, 2021	Wed	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Dec 9, 2021	Thu	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Dec 13, 2021	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Dec 14, 2021	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Dec 15, 2021	Wed	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Dec 16, 2021	Thu	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Dec 20, 2021	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Dec 21, 2021	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Dec 22, 2021	Wed	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Dec 27, 2021	Mon	Practice (Practice)	N/A	9:00 AM	10:30 AM	RFA Indoor Running Track	
Dec 28, 2021	Tue	Practice (Practice)	N/A	9:00 AM	10:30 AM	RFA Indoor Running Track	
Jan 3, 2022	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE TRANSPORTATION / NON-LEAGUE
Jan 4, 2022	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Jan 5, 2022	Wed	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Jan 6, 2022	Thu	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
CANCELLED Jan 10, 2022	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Jan 11, 2022	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Jan 12, 2022	Wed	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Jan 13, 2022	Thu	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Jan 18, 2022	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Jan 19, 2022	Wed	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Jan 21, 2022	Fri	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Jan 24, 2022	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Jan 25, 2022	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Jan 26, 2022	Wed	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Jan 27, 2022	Thu	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Jan 31, 2022	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Feb 1, 2022	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
CANCELLED Feb 4, 2022	Fri	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Feb 7, 2022	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Feb 8, 2022	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Feb 9, 2022	Wed	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Feb 10, 2022	Thu	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Feb 11, 2022	Fri	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Feb 14, 2022	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Feb 15, 2022	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Feb 16, 2022	Wed	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Feb 17, 2022	Thu	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Feb 18, 2022	Fri	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Feb 21, 2022	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	
Feb 22, 2022	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 23, 2022	Wed	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room		
Feb 24, 2022	Thu	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room		
CANCELLED Feb 25, 2022	Fri	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room		
Feb 28, 2022	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room		
Mar 1, 2022	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room		
Mar 2, 2022	Wed	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room		
Mar 3, 2022	Thu	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room		
Mar 4, 2022	Fri	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room		
Mar 5, 2022	Sat	Post-Season (States )	TBD	TBD		Ocean Breeze Athletic Complex		NL
Mar 6, 2022	Sun	Post-Season (States )	TBD	TBD		Ocean Breeze Athletic Complex		NL

Date: 2024-05-21