



Rome Free Academy

(B) V Wrestling

Coaches:

- Ty Knamm, Head Coach
- Norm Gagnon

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE
Dec 3, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	RFA Auxilliary Gym		
Dec 4, 2019	Wed	Practice	N/A	3:00 PM	4:30 PM	RFA Auxilliary Gym		
Dec 5, 2019	Thu	Regular Season 37-48 L	@ Camden	6:00 PM		Camden High School Main Gym	Bus/Driver: RCSD	Departure Point: 95 Dart Circle Departure Time: 4:20 PM L
Dec 6, 2019	Fri	Practice	N/A	2:30 PM	4:30 PM	RFA Auxilliary Gym		
Dec 7, 2019	Sat	Regular Season (Captain Bailey Wrestling Tournament)	@ TBD	9:30 AM		TBD	Bus/Driver: RCSD	Departure Point: 95 Dart Circle Departure Time: 7:00 AM NL
Dec 9, 2019	Mon	Practice	N/A	2:30 PM	4:30 PM	RFA Auxilliary Gym		
Dec 10, 2019	Tue	Regular Season	@ Holland Patent	6:00 PM		HS Gym	Bus/Driver: RCSD	Departure Point: 95 Dart Circle Departure Time: 4:30 PM L
Dec 11, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	RFA Auxilliary Gym		
Dec 12, 2019	Thu	Practice	N/A	2:30 PM	4:30 PM	RFA Auxilliary Gym		
Dec 13, 2019	Fri	Practice	N/A	3:00 PM	4:30 PM	RFA Auxilliary Gym		
Dec 14, 2019	Sat	Regular Season (Dixon Duals)	Chittenango, Cortland, Cazenovia, Liverpool, East Syracuse Minoa, Jordan-Elbridge (Port Byron/Union Springs/Jordan-Elbridge/Cato-Meridian) @ Central Square	9:00 AM		CS: Paul V. Moore Gymnasium	Bus/Driver: RCSD	Departure Point: 95 Dart Circle Departure Time: 6:30 AM NL
Dec 16, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	RFA Auxilliary Gym		
Dec 17, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	RFA Auxilliary Gym		
Dec 18, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	RFA Auxilliary Gym		

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Dec 19, 2019	Thu	Regular Season	@ Whitesboro	6:00 PM		Whitesboro High School Gym	Bus/Driver: RCSD	Departure Point: 95 Dart Circle Departure Time: 4:40 PM L
Dec 20, 2019	Fri	Practice	N/A	2:30 PM	4:30 PM	RFA Auxilliary Gym		
Dec 23, 2019	Mon	Practice	N/A	12:00 PM	2:00 PM	RFA Auxilliary Gym		
Dec 26, 2019	Thu	Practice	N/A	10:00 AM	12:00 PM	RFA Auxilliary Gym		
Dec 27, 2019	Fri	Practice	N/A	8:00 AM	10:00 AM	RFA Auxilliary Gym		
Dec 30, 2019	Mon	Regular Season (Holiday Tournament)	Unatego (UVUF), Watervliet, Lansingburgh, Whitesboro, Vernon-Verona-Sherrill, Oneida, Mount Markham, Poland, Sherburne-Earlville @ Cooperstown (Cooperstown/Milford)	10:00 AM	9:30 PM	Bursey Gymnasium	Departure Time: 6:30 AM	NL
Dec 30, 2019	Mon	Regular Season	Oneonta (Var/JV), Unatego (UVUF), Watervliet, Lansingburgh, Whitesboro, Vernon-Verona-Sherrill, Oneida, Mount Markham, Poland, Sherburne-Earlville @ Cooperstown (Cooperstown/Milford)	10:00 AM	9:30 PM	Bursey Gymnasium	Departure Time: 6:30 AM	NL
Jan 2, 2020	Thu	Practice	N/A	2:40 PM	6:30 PM	RFA Auxilliary Gym	Departure Point: 95 Dart Circle Departure Time: 2:40 PM	
Jan 3, 2020	Fri	Practice	N/A	9:00 AM	11:00 AM	RFA Auxilliary Gym		
Jan 4, 2020	Sat	Regular Season (Leo Sammon Jr Memorial Wrestling Tournament)	@ Central Valley Academy	TBD		CVA Main Gym	Bus/Driver: RCSD	Departure Point: 95 Dart Circle Departure Time: 7:00 AM NL
Jan 6, 2020	Mon	Practice	N/A	2:30 PM	4:30 PM	RFA Auxilliary Gym		
Jan 7, 2020	Tue	Practice	N/A	3:00 PM	5:00 PM	RFA Auxilliary Gym		
Jan 8, 2020	Wed	Regular Season	Vernon-Verona-Sherrill	6:00 PM	7:00 PM	RFA Main Gym		L
Jan 9, 2020	Thu	Practice	N/A	3:00 PM	5:00 PM	TBD		
Jan 10, 2020	Fri	Practice	N/A	2:30 PM	4:30 PM	TBD		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 11, 2020	Sat	Regular Season (Cazenovia Invite)	Central Square, West Genesee, Liverpool, Southern Cayuga, Sherburne-Earlville, Cato-Meridian ((Port Byron/Union Springs/Jordan-Elbridge/Cato-Meridian)), Jordan-Elbridge (Port Byron/Union Springs/Jordan-Elbridge/Cato-Meridian), Canastota, Homer, Ogdensburg, Oswego, Indian River, Watertown, Elmira, Groton, Oxford (Greene/Oxford), Fayetteville-Manlius, Auburn, Baldwinsville, Candor (SVEC Eagles) @ Cazenovia	10:00 AM	7:00 PM	Cazenovia HS Buckley Gym	Bus/Driver: RCSD	Departure Point: 95 Dart Circle Departure Time: 6:30 AM	NL
Jan 13, 2020	Mon	Practice	N/A	2:30 PM	4:30 PM	RFA Auxilliary Gym			
Jan 14, 2020	Tue	Practice	N/A	3:00 PM	5:00 PM	RFA Auxilliary Gym			
Jan 15, 2020	Wed	Regular Season	Central Valley Academy	6:00 PM		RFA Main Gym			L
Jan 16, 2020	Thu	Practice	N/A	3:00 PM	5:00 PM	RFA Auxilliary Gym			
Jan 17, 2020	Fri	Practice	N/A	2:30 PM	4:30 PM	RFA Auxilliary Gym			
Jan 18, 2020	Sat	Regular Season (Hornet Wrestling Duels)	@ Fayetteville-Manlius	8:00 AM		FM HS House 1 Gym	Bus/Driver: RCSD	Departure Point: 95 Dart Circle Departure Time: 6:00 AM	NL
Jan 21, 2020	Tue	Practice	N/A	3:00 PM	5:00 PM	RFA Auxilliary Gym			
Jan 22, 2020	Wed	Practice	N/A	3:00 PM	5:00 PM	RFA Auxilliary Gym			
Jan 23, 2020	Thu	Practice	N/A	3:00 PM	5:00 PM	RFA Auxilliary Gym			
Jan 24, 2020	Fri	Practice (V. Wrestling Practice at Adirondack H/S)	N/A	2:30 PM	4:30 PM	Adirondack High School	Bus/Driver: Birnie Bus	Departure Point: 95 Dart Circle Departure Time: 2:40 PM	
Jan 25, 2020	Sat	Regular Season 24-45 L	@ New Hartford	10:00 AM		Bradley Elementary Gym	Bus/Driver: RCSD	Departure Point: 95 Dart Circle Departure Time: 8:30 AM	L
Jan 27, 2020	Mon	Practice	N/A	2:30 PM	4:30 PM	RFA Auxilliary Gym			
Jan 28, 2020	Tue	Practice	N/A	3:00 PM	5:00 PM	RFA Auxilliary Gym			

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Jan 29, 2020	Wed	Regular Season (2 team Match vs RFA)	Poland, Oneida	4:30 PM		RFA Main Gym		NL
Jan 30, 2020	Thu	Practice	N/A	3:00 PM	5:00 PM	RFA Auxillary Gym		
Feb 3, 2020	Mon	Practice	N/A	3:00 PM	5:00 PM	RFA Auxillary Gym		
Feb 4, 2020	Tue	Practice	N/A	3:30 PM	5:00 PM	Adirondack High School	Bus/Driver: Birnie Bus	Departure Point: 95 Dart Circle Departure Time: 2:40 PM
Feb 5, 2020	Wed	Practice	N/A	3:30 PM	5:00 PM	Adirondack High School	Bus/Driver: Birnie Bus	Departure Point: 95 Dart Circle Departure Time: 2:40 PM
Feb 6, 2020	Thu	Practice	N/A	3:30 PM	5:00 PM	Adirondack High School	Bus/Driver: Birnie Bus	Departure Point: 95 Dart Circle Departure Time: 2:40 PM
CANCELLED Feb 7, 2020	Fri	Practice	N/A	2:30 PM	4:30 PM	RFA Auxillary Gym		
Feb 8, 2020	Sat	Post-Season (CLASS MEET)	Cicero-North Syracuse, Syracuse City (Syracuse City), Liverpool, Baldwinsville, West Genesee, Fayetteville-Manlius, Jamesville-Dewitt (JD/CBA/Solvay/WH) @ Auburn	10:00 AM	6:00 PM	Auburn HS - Game Gyms 1,2,3	Bus/Driver: RCSD	Departure Point: 95 Dart Circle Departure Time: 6:30 AM
Feb 10, 2020	Mon	Practice	N/A	3:00 PM	5:00 PM	RFA Auxillary Gym		
Feb 11, 2020	Tue	Practice (V. Wrestling Practice at Adirondack H/S)	N/A	3:00 PM	5:00 PM	Adirondack High School	Bus/Driver: Birnie Bus	Departure Point: 95 Dart Circle Departure Time: 2:40 PM
Feb 12, 2020	Wed	Practice (V. Wrestling Practice at Adirondack H/S)	N/A	3:00 PM	5:00 PM	Adirondack High School	Bus/Driver: Birnie Bus	Departure Point: 95 Dart Circle Departure Time: 2:40 PM
Feb 13, 2020	Thu	Practice (V. Wrestling Practice at Adirondack H/S)	N/A	3:00 PM	5:00 PM	Adirondack High School	Bus/Driver: Birnie Bus	Departure Point: 95 Dart Circle Departure Time: 2:40 PM
Feb 14, 2020	Fri	Practice	N/A	2:30 PM	4:30 PM	Strong Middle School Small Gymnasium		
Feb 15, 2020	Sat	Post-Season (Section 3 Tournament)	@ TBD	TBD		Onondaga Community College SRC Arena	Bus/Driver: RCSD	Departure Point: 95 Dart Circle Departure Time: 6:30 AM

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Feb 19, 2020	Wed	Practice (Boys Varsity Wrestling Practice)	N/A	4:30 PM	7:30 PM	RFA Auxilliary Gym			
Feb 26, 2020	Wed	Practice (Boys Varsity Wrestling Practice)	N/A	3:30 PM	5:00 PM	RFA Auxilliary Gym			
Feb 28, 2020	Fri	Post-Season (State Tournament)	@ TBD	TBD		Times Union Albany	Departure Time: 10:00 AM		NL
Feb 29, 2020	Sat	Regular Season (State Tournament)	@ TBD	TBD		Times Union Albany	Departure Time: 10:00 AM		NL
TBD		Practice	N/A	3:00 PM	4:30 PM	TBD			

Date: 2026-01-20