



# 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	LEAGUE / NON-LEAGUE
Jan 4, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	Strough Middle School Small Gymnasium		
Apr 19, 2021	Mon	Practice	N/A	3:30 PM	5:30 PM	RFA Auxillary Gym		
Apr 20, 2021	Tue	Practice	N/A	3:30 PM	5:30 PM	RFA Auxillary Gym		
Apr 21, 2021	Wed	Practice	N/A	3:30 PM	5:30 PM	RFA Auxillary Gym		
Apr 22, 2021	Thu	Practice	N/A	3:30 PM	5:30 PM	RFA Auxillary Gym		
Apr 23, 2021	Fri	Practice	N/A	3:30 PM	5:30 PM	RFA Auxillary Gym		
Apr 26, 2021	Mon	Practice	N/A	3:30 PM	5:30 PM	RFA Auxillary Gym		
Apr 27, 2021	Tue	Practice	N/A	3:30 PM	5:30 PM	RFA Auxillary Gym		
Apr 28, 2021	Wed	Practice	N/A	3:30 PM	5:30 PM	RFA Auxillary Gym		
Apr 29, 2021	Thu	Practice	N/A	3:30 PM	5:30 PM	RFA Auxillary Gym		
Apr 30, 2021	Fri	Practice	N/A	3:00 PM	5:00 PM	RFA Auxillary Gym		
May 1, 2021	Sat	Regular Season	Central Valley Academy	9:00 AM		CVA Wrestling Room	Bus/Driver: RCSD	Departure Point: 95 Dart Circle Departure Time: 7:30 AM L
May 3, 2021	Mon	Practice	N/A	3:30 PM	5:30 PM	RFA Auxillary Gym		
May 4, 2021	Tue	Regular Season	Central Square @ Liverpool	5:00 PM		LIVERPOOL HS MAIN GYMNASIUM	Bus/Driver: Birnie Bus	Departure Point: 95 Dart Circle Departure Time: 3:30 PM NL
May 5, 2021	Wed	Regular Season	Little Falls, Adirondack, Central Valley Academy, New Hartford	5:30 PM		RFA Main Gym		L
May 6, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	RFA Auxillary Gym		
May 7, 2021	Fri	Practice	N/A	3:00 PM	5:00 PM	RFA Auxillary Gym		
May 10, 2021	Mon	Practice	N/A	3:30 PM		RFA Auxillary Gym		
May 11, 2021	Tue	Practice	N/A	3:30 PM	5:30 PM	RFA Auxillary Gym		
May 12, 2021	Wed	Regular Season	Central Valley Academy, Poland, New Hartford, Canastota @ Vernon-Verona-Sherrill	5:00 PM		VVS Main Gym (The Pit)	Bus/Driver: RCSD	Departure Point: 95 Dart Circle Departure Time: 4:00 PM L
May 13, 2021	Thu	Practice	N/A	3:30 PM	5:30 PM	RFA Auxillary Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE
May 14, 2021	Fri	Practice	N/A	3:30 PM	5:30 PM	RFA Auxillary Gym		
May 15, 2021	Sat	Regular Season	Poland, Little Falls, Dolgeville, Vernon-Verona-Sherrill, New Hartford, Mount Markham @ Holland Patent	8:00 AM	12:00 PM	HS Gym	Bus/Driver: RCSD	Departure Point: 95 Dart Circle Departure Time: 7:30 AM L
POSTPONED May 15, 2021	Sat	Regular Season	Dolgeville, Little Falls, New Hartford, Adirondack	9:00 AM		RFA Main Gym		NL
May 17, 2021	Mon	Practice	N/A	3:30 PM	5:30 PM	RFA Auxillary Gym		
May 18, 2021	Tue	Practice	N/A	3:30 PM	5:30 PM	RFA Auxillary Gym		
May 18, 2021	Tue	Regular Season	@ TBD	TBD		Mount Markham Middle School Blue Gym	Bus/Driver: Birnie Bus	Departure Point: RFA High School Departure Time: 3:30 PM L
CANCELLED May 19, 2021	Wed	Regular Season	@ Mount Markham	5:00 PM		MS Blue Gym		L
May 20, 2021	Thu	Practice	N/A	3:30 PM	5:30 PM	RFA Auxillary Gym		
May 21, 2021	Fri	Practice	N/A	3:30 PM	5:30 PM	RFA Auxillary Gym		
May 22, 2021	Sat	Regular Season	@ Holland Patent	9:00 AM		HS Gym	Bus/Driver: Birnie Bus	Departure Point: 95 Dart Circle Departure Time: 7:30 AM NL
May 24, 2021	Mon	Practice	N/A	3:30 PM	5:30 PM	RFA Auxillary Gym		
May 25, 2021	Tue	Practice	N/A	3:30 PM	5:30 PM	RFA Auxillary Gym		
May 26, 2021	Wed	Regular Season	Canastota, New Hartford, Dolgeville, Adirondack @ Vernon-Verona-Sherrill	5:00 PM		VVS MS Gym	Bus/Driver: RCSD	Departure Point: 95 Dart Circle Departure Time: 4:00 PM L
May 27, 2021	Thu	Practice	N/A	3:30 PM	5:30 PM	RFA Auxillary Gym		
Jun 1, 2021	Tue	Practice	N/A	3:30 PM	5:30 PM	RFA Auxillary Gym		
Jun 2, 2021	Wed	Regular Season	Whitesboro, Mount Markham, Adirondack @ Little Falls	5:00 PM	7:30 PM	HS Gym	Bus/Driver: RCSD	Departure Point: 95 Dart Circle Departure Time: 4:00 PM L

Date: 2026-01-21