



# 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
Nov 22, 2024	Fri	Practice (Weight Certification)	N/A	4:05 PM	4:30 PM	Central Valley Academy High School		<b>Departure Point:</b> RFA Dart Circle <b>Departure Date:</b> Nov 22, 2024 <b>Departure Time:</b> 3:00 PM <b>Return Date:</b> Nov 22, 2024 <b>Return Time:</b> 5:00 PM	
Nov 27, 2024	Wed	Practice	N/A	8:00 AM	11:00 AM	TBD			
Dec 4, 2024	Wed	Regular Season	Holland Patent	6:00 PM	8:00 PM	RFA Main Gym			L
Dec 7, 2024	Sat	Regular Season (Morrisville-Eaton Dual Meet Tournament)	Cazenovia, Jamesville-Dewitt (JD/CBA/Solvay/WH), East Syracuse Minoa, 9:30 AM Salem (Salem-Cambridge) @ Morrisville-Eaton (Morrisville-Eaton)			Middle/High School	<b>Bus/Driver:</b> First Student-Shane-315.292.3620	<b>Departure Point:</b> RFA Dart Circle <b>Departure Date:</b> Dec 7, 2024 <b>Departure Time:</b> 7:00 AM	NL
Dec 11, 2024	Wed	Regular Season	Central Valley Academy	6:00 PM		RFA Main Gym			L
Dec 18, 2024	Wed	Regular Season	@ Camden	6:30 PM		Camden High School Main Gym	<b>Bus/Driver:</b> RCSD- Matt-315.338.1905	<b>Departure Point:</b> RFA Dart Circle <b>Departure Date:</b> Dec 18, 2024 <b>Departure Time:</b> 4:30 PM	L
Dec 21, 2024	Sat	Regular Season (Baldwinsville Duals)	@ TBD	9:00 AM		Bville - Baker High School	<b>Bus/Driver:</b> First Student-Save P. 315.367.9560	<b>Departure Point:</b> RFA Dart Circle <b>Departure Date:</b> Dec 21, 2024 <b>Departure Time:</b> 6:00 AM	NL
Jan 4, 2025	Sat	Regular Season (Hornet Duals)	@ TBD	9:30 AM		FM HS House 1 Gym, FM HS House 2 Gym	<b>Bus/Driver:</b> RCSD- Matt-315.338.1905	<b>Departure Point:</b> RFA Dart Circle <b>Departure Date:</b> Jan 4, 2025 <b>Departure Time:</b> 6:30 AM	L
Jan 11, 2025	Sat	Meet (Cazenovia Wrestling Invitational)	Vs. Multiple	9:30 AM	7:30 PM	Cazenovia HS Buckley Gym, Cazenovia Middle School Gym		<b>Departure Point:</b> RFA Dart Circle <b>Departure Date:</b> Jan 11, 2025 <b>Departure Time:</b> 6:00 AM	NL
Jan 15, 2025	Wed	Regular Season	@ Whitesboro	6:00 PM		Whitesboro High School Gym	<b>Bus/Driver:</b> RCSD- Marnie (315)335-2667	<b>Departure Point:</b> RFA Dart Circle <b>Departure Date:</b> Jan 15, 2025 <b>Departure Time:</b> 4:45 PM	L
Jan 17, 2025	Fri	Regular Season (Senior Night) 29-47 L	@ Oswego	6:00 PM	8:30 PM	Oswego HS-Old Gym	<b>Bus/Driver:</b> First Student-Ron 315.271.6461	<b>Departure Point:</b> RFA Dart Circle <b>Departure Date:</b> Jan 17, 2025 <b>Departure Time:</b> 3:30 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 22, 2025	Wed	Regular Season	Vernon-Verona-Sherrill	4:00 PM		Buddy Evans Gym (Strough MS)			L
Jan 25, 2025	Sat	Regular Season (Varsity Dual Tourn.)	Chittenango, East Syracuse Minoa, Whitesboro, General Brown @ West Genesee	9:00 AM	5:00 PM	WG-HS Lower Gym	<b>Bus/Driver:</b> RCSD- Chris W (315)240-7035	<b>Departure Point:</b> RFA Dart Circle <b>Departure Date:</b> Jan 25, 2025 <b>Departure Time:</b> 6:00 AM	L
Jan 30, 2025	Thu	Regular Season (Senior Recognition Day)	@ New Hartford	6:00 PM		Bradley Elementary Gym	<b>Bus/Driver:</b> RCSD- Chris W (315)240-7035	<b>Departure Point:</b> RFA Dart Circle <b>Departure Date:</b> Jan 29, 2025 <b>Departure Time:</b> 4:30 PM	L
Feb 4, 2025	Tue	Regular Season	Herkimer	6:00 PM		RFA Main Gym			NL
Feb 8, 2025	Sat	Regular Season (SCAC Wrestling Championships 2025)	Cicero-North Syracuse, Liverpool, West Genesee, New Hartford, Syracuse City (Syracuse City), Fayetteville-Manlius, Baldwinsville @ Jamesville-Dewitt (JD/CBA/Solvay/WH)	9:00 AM	7:00 PM	JD HS Main Gym	<b>Bus/Driver:</b> RCSD- Chris W (315)240-7035	<b>Departure Point:</b> Stadium Support <b>Departure Time:</b> 7:00 AM	L
Feb 15, 2025	Sat	Post-Season (Sectionals)	@ TBD	8:30 AM	6:00 PM	Onondaga Community College SRC Arena	<b>Bus/Driver:</b> First Student- Steve F.- 315.240.8526	<b>Departure Point:</b> Stadium Support <b>Departure Date:</b> Feb 15, 2025 <b>Departure Time:</b> 6:00 AM	NL

Date: 2025-12-05