



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 21, 2025 | Fri | Regular Season | @ Central Valley Academy | 4:00 PM | | CVA Wrestling Room | Bus/Driver: RCSD-Steve-315.240.8526 | Departure Point: RFA Dart Circle Departure Date: Nov 21, 2025 Departure Time: 3:00 PM Return Date: Nov 21, 2025 Return Time: 6:00 PM | L |
| Nov 21, 2025 | Fri | Practice (Weight Certification) | N/A | 4:25 PM | | Central Valley Academy High School | | Departure Point: RFA Dart Circle Departure Date: Nov 21, 2025 Departure Time: 3:30 PM | |
| Nov 22, 2025 | Sat | Practice | N/A | 9:00 AM | 12:00 PM | Strough M S | | | |
| Nov 24, 2025 | Mon | Practice | N/A | 3:15 PM | 6:00 PM | Strough M S | | | |
| Nov 25, 2025 | Tue | Practice | N/A | 3:15 PM | 6:00 PM | Strough M S | | | |
| Nov 26, 2025 | Wed | Practice | N/A | 9:00 AM | 12:00 PM | Strough M S | | | |
| POSTPONED Nov 29, 2025 | Sat | Scrimmage (CNYWOA Novice Scrimmage) | @ Vernon-Verona-Sherrill | 9:30 AM | | VVS Main Gym (The Pit) | Bus/Driver: RCSD- Matt-315.338.1905 | Departure Point: RFA Dart Circle Departure Date: Nov 29, 2025 Departure Time: 7:00 AM Return Date: Nov 29, 2025 Return Time: 5:00 PM | NL |
| Dec 3, 2025 | Wed | Regular Season | New Hartford | 6:00 PM | | RFA Main Gym | | | L |
| Dec 6, 2025 | Sat | Regular Season (2025 Morrisville-Eaton Dual Meet Tournament) | East Syracuse Minoa, Cazenovia, Jamesville-Dewitt (JD/CBA/Solvay/WH), Salem (Salem-Cambridge) @ Morrisville-Eaton (Morrisville-Eaton) | 9:30 AM | | Middle/High School | Bus/Driver: RCSD-Steve-315.240.8526 | Departure Date: Dec 6, 2025 Departure Time: 7:30 AM Return Date: Dec 6, 2025 Return Time: 5:00 PM | NL |
| Dec 9, 2025 | Tue | Regular Season | @ Holland Patent | 6:00 PM | 6:00 PM | HS Gym | Bus/Driver: RCSD-Marnie (315)335-2667 | Departure Point: RFA Dart Circle Departure Date: Dec 9, 2025 Departure Time: 4:30 PM | L |
| Dec 13, 2025 | Sat | Regular Season | @ Herkimer | 11:00 AM | | HS Gym | | Departure Point: RFA Dart Circle Departure Date: Dec 13, 2025 Departure Time: 9:00 AM Return Date: Dec 13, 2025 Return Time: 1:00 PM | NL |

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|--------------|----------|---|--------------------------|------------|----------|---------------------------------------|---|--|---------------------|
| Dec 17, 2025 | Wed | Regular Season | @ Central Valley Academy | 6:00 PM | | CVA Main Gym | Bus/Driver: RCSD-Steve-315.240.8526 | Departure Point: RFA Dart Circle Departure Date: Dec 17, 2025 Departure Time: 4:15 PM Return Date: Dec 17, 2025 Return Time: 8:00 PM | L |
| Dec 20, 2025 | Sat | Regular Season (Baldwinsville Duals) | @ TBD | TBD | | Bville - Baker Gym 1&2 | | Departure Point: RFA Dart Circle Departure Date: Dec 20, 2025 Departure Time: 6:00 AM Return Date: Dec 20, 2025 Return Time: 5:00 PM | NL |
| Dec 22, 2025 | Mon | Practice | N/A | 9:00 AM | 12:00 PM | Strough Middle School Small Gymnasium | | | |
| Dec 23, 2025 | Tue | Practice | N/A | 9:00 AM | 12:00 PM | Strough Middle School Small Gymnasium | | | |
| Dec 27, 2025 | Sat | Regular Season (Haines Memorial Tournament) | @ TBD | 9:30 AM | | SUNY Oswego-Laker Hall | | Departure Point: RFA Dart Circle Departure Date: Dec 27, 2025 Departure Time: 7:00 AM Return Date: Dec 27, 2025 Return Time: 7:00 PM | NL |
| Dec 28, 2025 | Sun | Regular Season (Haines Memorial Tournament) | @ TBD | 9:30 AM | | SUNY Oswego-Laker Hall | | Departure Point: RFA Dart Circle Departure Date: Dec 28, 2025 Departure Time: 7:00 AM Return Date: Dec 28, 2025 Return Time: 7:05 PM | NL |
| Dec 29, 2025 | Mon | Practice | N/A | 9:00 AM | 12:00 PM | Strough Middle School Small Gymnasium | | | |
| Dec 30, 2025 | Tue | Practice | N/A | 9:00 AM | 12:00 PM | Strough Middle School Small Gymnasium | | | |

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| Jan 3, 2026 | Sat | Regular Season (Hornet Duals) | Mexico, Fulton, Indian River, Marcellus, Syracuse City (Syracuse City), Chittenango, Cazenovia, Phoenix @ Fayetteville-Manlius | 8:00 AM | 4:00 PM | FM HS House 2 Gym, FM HS House 1 Gym, FM HS Aux Gym | | Departure Point: RFA Dart Circle Departure Date: Jan 3, 2026 Departure Time: 6:00 AM Return Date: Jan 3, 2026 Return Time: 5:00 PM | NL |
| Jan 7, 2026 | Wed | Regular Season | Oswego | 6:00 PM | | RFA Main Gym | | | NL |
| Jan 10, 2026 | Sat | Meet (Cazenovia Wrestling Invitational) | Vs. Multiple | 9:00 AM | 8:00 PM | Aux Gym - Caz HS/MS, Cazenovia HS Buckley Gym, Cazenovia Middle School Gym | | Departure Point: RFA Dart Circle Departure Date: Jan 10, 2026 Departure Time: 7:00 AM | NL |
| Jan 15, 2026 | Thu | Regular Season | Camden | 6:00 PM | | RFA Main Gym | | | L |
| Jan 17, 2026 | Sat | Regular Season (Red Devil Invitational) | @ Vernon-Verona-Sherrill | 9:30 AM | | VVS Main Gym (The Pit) | | Departure Date: Jan 17, 2026 | L |
| Jan 21, 2026 | Wed | Regular Season | Whitesboro | 6:00 PM | | RFA Main Gym | | | L |
| Jan 28, 2026 | Wed | Regular Season | @ Vernon-Verona-Sherrill | 6:00 PM | | VVS Main Gym (The Pit) | | | L |

Date: 2025-12-18