



# Rome Free Academy

## (B) 7/8TH Wrestling

### Coaches:

- Ty Knamm
- Norm Gagnon

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 27, 2023	Mon	Practice	N/A	2:10 PM	4:00 PM	Strough Middle School Small Gymnasium			
Nov 28, 2023	Tue	Practice (Practice)	N/A	2:10 PM	4:00 PM	Strough Middle School Small Gymnasium			
CANCELLED Nov 29, 2023	Wed	Practice	N/A	2:10 PM	4:00 PM	Strough Middle School Small Gymnasium			
Nov 30, 2023	Thu	Practice	N/A	2:10 PM	4:00 PM	Strough Middle School Small Gymnasium			
Dec 1, 2023	Fri	Practice	N/A	2:10 PM	4:00 PM	Strough Middle School Small Gymnasium			
Dec 4, 2023	Mon	Practice	N/A	2:10 PM	4:00 PM	Strough Middle School Small Gymnasium			
Dec 5, 2023	Tue	Practice	N/A	2:10 PM	4:00 PM	Strough Middle School Small Gymnasium			
Dec 6, 2023	Wed	Practice	N/A	2:10 PM	4:00 PM	Strough Middle School Small Gymnasium			
Dec 7, 2023	Thu	Practice	N/A	2:10 PM	4:00 PM	Strough Middle School Small Gymnasium			
Dec 8, 2023	Fri	Practice	N/A	2:10 PM	4:00 PM	Strough Middle School Small Gymnasium			
Dec 9, 2023	Sat	Regular Season	Camden	11:00 AM		RFA Main Gym			L
Dec 11, 2023	Mon	Practice	N/A	2:10 PM	4:00 PM	Strough Middle School Small Gymnasium			

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Dec 12, 2023	Tue	Practice	N/A	2:10 PM	4:00 PM	Strough Middle School Small Gymnasium			
Dec 13, 2023	Wed	Regular Season	Central Valley Academy @ New Hartford	4:00 PM		Perry JH Cafeteria	<b>Bus/Driver:</b> Out- Justin R. (315)335-9844/ Back-FS 315-240-8526 S. Fosella	<b>Departure Point:</b> Back of Strough <b>Departure Time:</b> 2:15 PM	L
Dec 14, 2023	Thu	Practice	N/A	2:10 PM	4:00 PM	Strough Middle School Small Gymnasium			
Dec 15, 2023	Fri	Practice	N/A	2:10 PM	4:00 PM	Strough Middle School Small Gymnasium			
Dec 18, 2023	Mon	Practice	N/A	2:10 PM	4:00 PM	Strough Middle School Small Gymnasium			
Dec 19, 2023	Tue	Practice	N/A	2:10 PM	4:00 PM	Strough Middle School Small Gymnasium			
Dec 20, 2023	Wed	Regular Season	Whitesboro, Canastota @ Camden	4:15 PM		Camden High School Main Gym	<b>Bus/Driver:</b> RCSD- Justin (315)335-9844	<b>Departure Point:</b> Back of Strough <b>Departure Time:</b> 2:30 PM	L
Dec 28, 2023	Thu	Practice (Practice )	N/A	11:00 AM	1:00 PM	Strough Middle School Small Gymnasium			
Jan 2, 2024	Tue	Practice	N/A	2:10 PM	4:00 PM	Strough Middle School Small Gymnasium			
Jan 3, 2024	Wed	Practice	N/A	2:10 PM	4:00 PM	Strough Middle School Small Gymnasium			
Jan 4, 2024	Thu	Practice (Practice)	N/A	2:10 PM	4:00 PM	Strough Middle School Small Gymnasium			
Jan 5, 2024	Fri	Practice	N/A	2:10 PM	4:00 PM	Strough Middle School Small Gymnasium			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 6, 2024	Sat	Regular Season	Central Valley Academy, Vernon-Verona-Sherrill	1:30 PM		RFA Main Gym			L
Jan 8, 2024	Mon	Practice (Practice )	N/A	2:10 PM	4:00 PM	Strough Middle School Small Gymnasium			
CANCELLED Jan 9, 2024	Tue	Practice	N/A	2:10 PM	4:00 PM	Strough Middle School Small Gymnasium			
Jan 10, 2024	Wed	Regular Season	New Hartford @ Whitesboro	4:00 PM		Marcy Elementary Gym	<b>Bus/Driver:</b> Out- Justin R. (315)335-9844/ Back-FS Steve F. 315-240-8526	<b>Departure Point:</b> Back of Strough <b>Departure Time:</b> 2:30 PM	L
Jan 11, 2024	Thu	Practice (Practice)	N/A	2:10 PM	4:00 PM	Strough Middle School Small Gymnasium			
Jan 12, 2024	Fri	Practice (Practice)	N/A	2:10 PM	4:00 PM	Strough Middle School Small Gymnasium			
Jan 13, 2024	Sat	Regular Season (TVL League Championship )	Whitesboro, Camden, Central Valley Academy, New Hartford, Vernon-Verona-Sherrill @ Holland Patent	9:00 AM		HS Gym	<b>Bus/Driver:</b> RCSD- Brian (315)878-2706	<b>Departure Point:</b> Back of Strough <b>Departure Time:</b> 7:30 AM	L
Jan 16, 2024	Tue	Practice (Practice )	N/A	2:15 PM	4:00 PM	Strough Middle School Small Gymnasium			
Jan 17, 2024	Wed	Regular Season	Camden, New Hartford, Holland Patent @ Vernon-Verona-Sherrill	4:00 PM		VVS Main Gym (The Pit)	<b>Bus/Driver:</b> RCSD- Justin (315)335-9844	<b>Departure Point:</b> Strough - Back <b>Departure Time:</b> 2:30 PM	L
Jan 18, 2024	Thu	Practice (Practice)	N/A	2:15 PM	4:00 PM	Strough Middle School Small Gymnasium			
Jan 19, 2024	Fri	Practice (Last practice of season )	N/A	2:15 PM	4:00 PM	Strough Middle School Small Gymnasium			