



Rome Free Academy

(B) V Volleyball

Coaches:

- Patrick Herron

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 28, 2022	Mon	Practice (Tryout Day 1)	N/A	3:30 PM	5:00 PM	RFA Auxilliary Gym			
Nov 29, 2022	Tue	Practice (Tryout Day 2)	N/A	3:30 PM	5:00 PM	RFA Auxilliary Gym			
Nov 30, 2022	Wed	Practice (Tryout Day 3)	N/A	3:30 PM	5:00 PM	RFA Auxilliary Gym			
Dec 1, 2022	Thu	Practice	N/A	3:30 PM	5:00 PM	RFA Auxilliary Gym			
Dec 2, 2022	Fri	Practice	N/A	3:30 PM	5:00 PM	RFA Auxilliary Gym			
Dec 5, 2022	Mon	Practice (Practice in AUX Gym)	N/A	3:30 PM	5:00 PM	RFA Auxilliary Gym			
Dec 6, 2022	Tue	Practice (Practice in AUX Gym)	N/A	3:30 PM	5:00 PM	RFA Auxilliary Gym			
Dec 7, 2022	Wed	Practice (Practice in AUX Gym)	N/A	5:00 PM	7:00 PM	RFA Auxilliary Gym			
Dec 8, 2022	Thu	Practice (Practice in AUX Gym)	N/A	7:00 PM	9:00 PM	RFA Auxilliary Gym			
Dec 9, 2022	Fri	Practice (Practice at Strough)	N/A	4:00 PM	6:00 PM	Strough M S			
Dec 12, 2022	Mon	Practice (Practice in AUX Gym)	N/A	7:00 PM	8:45 PM	RFA Auxilliary Gym			
Dec 13, 2022	Tue	Practice (Practice in AUX Gym)	N/A	3:30 PM	5:00 PM	RFA Auxilliary Gym			
Dec 14, 2022	Wed	Practice (Practice in AUX Gym)	N/A	7:00 PM	8:45 PM	RFA Auxilliary Gym			
Dec 15, 2022	Thu	Practice (Practice in AUX Gym)	N/A	5:00 PM	7:00 PM	RFA Auxilliary Gym			
CANCELLED Dec 16, 2022	Fri	Practice (Practice in AUX Gym)	N/A	3:30 PM	5:00 PM	RFA Auxilliary Gym			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 17, 2022	Sat	Regular Season (Boys Varsity Tournament)	Central Valley Academy, Little Falls, Sauquoit Valley, Vernon-Verona-Sherrill, Chittenango, Catskill, Oneida, Mount Markham @ Canastota	9:00 AM		Laidlaw Gym, High School Gym	Bus/Driver: First Student - Shane Miller, (315) 292-3620	Departure Point: RFA Bus Loop Departure Date: Dec 17, 2022 Departure Time: 8:00 AM	L
Dec 19, 2022	Mon	Practice (Practice in AUX Gym)	N/A	3:30 PM	5:00 PM	RFA Auxilliary Gym			
Dec 20, 2022	Tue	Practice (Practice in AUX Gym)	N/A	3:30 PM	5:00 PM	RFA Auxilliary Gym			
Dec 21, 2022	Wed	Practice (Practice in AUX Gym)	N/A	3:30 PM	5:00 PM	RFA Auxilliary Gym			
Dec 22, 2022	Thu	Practice (Practice in AUX Gym)	N/A	3:30 PM	5:00 PM	RFA Auxilliary Gym			
CANCELLED Dec 26, 2022	Mon	Practice	N/A	10:00 AM	12:00 PM	RFA Auxilliary Gym			
Dec 27, 2022	Tue	Practice	N/A	12:00 PM	2:00 PM	Buddy Evans Gym (Strough MS)			
Dec 28, 2022	Wed	Practice	N/A	12:00 PM	2:00 PM	Buddy Evans Gym (Strough MS)			
Dec 29, 2022	Thu	Practice	N/A	12:00 PM	1:30 PM	RFA Auxilliary Gym			
Jan 3, 2023	Tue	Practice (Practice in AUX Gym)	N/A	5:00 PM	7:00 PM	RFA Auxilliary Gym			
Jan 4, 2023	Wed	Practice (Practice in AUX Gym)	N/A	3:30 PM	5:00 PM	RFA Auxilliary Gym			
Jan 5, 2023	Thu	Regular Season 3-0 W	@ Herkimer	6:00 PM		Elementary School Gym	Bus/Driver: RCSD-Chris W. (315)240-7035	Departure Point: RFA Bus Loop Departure Date: Jan 5, 2023 Departure Time: 5:00 PM	NL
Jan 6, 2023	Fri	Practice (Practice in AUX Gym)	N/A	3:30 PM	5:00 PM	RFA Auxilliary Gym			
Jan 7, 2023	Sat	Regular Season 0-3 L	Sauquoit Valley	12:00 PM		Buddy Evans Gym (Strough MS)			L
Jan 9, 2023	Mon	Practice (Practice)	N/A	5:00 PM	7:00 PM	RFA Auxilliary Gym			
Jan 10, 2023	Tue	Practice (Practice AUX)	N/A	3:30 PM	5:30 PM	RFA Auxilliary Gym			

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Jan 11, 2023	Wed	Practice (Practice in AUX Gym)	N/A	3:30 PM	5:00 PM	RFA Auxilliary Gym			
Jan 12, 2023	Thu	Regular Season 0-3 L	@ Vernon-Verona-Sherrill	6:45 PM	8:15 PM	VVS MS Gym	Bus/Driver: RCSD-Chris W. (315)240-7035	Departure Point: RFA Bus Loop Departure Date: Jan 12, 2023 Departure Time: 5:50 PM	L
Jan 13, 2023	Fri	Practice (Practice in AUX Gym)	N/A	3:30 PM	5:30 PM	RFA Auxilliary Gym			
Jan 14, 2023	Sat	Regular Season (Oneida Tournament)	Canastota, Central Valley Academy, Chittenango, Cincinnatus, Greenville, Catskill, Vernon-Verona-Sherrill, Herkimer @ Oneida	9:00 AM		Fariel Gym	Bus/Driver: RCSD- Trent (714)471-5955	Departure Point: RFA Bus Loop Departure Time: 8:35 AM	NL
Jan 17, 2023	Tue	Practice (Practice AUX)	N/A	3:30 PM	5:30 PM	RFA Auxilliary Gym			
Jan 18, 2023	Wed	Practice (Practice AUX)	N/A	3:30 PM	5:00 PM	RFA Auxilliary Gym			
Jan 23, 2023	Mon	Practice (Practice AUX)	N/A	5:00 PM	7:00 PM	RFA Auxilliary Gym			
Jan 24, 2023	Tue	Regular Season (RFA - Senior Night) 2-3 L	Canastota	5:00 PM		Buddy Evans Gym (Strough MS)			L
CANCELLED Jan 25, 2023	Wed	Practice	N/A	5:30 PM	7:00 PM	Stadium Support Facility Gym B			
Jan 26, 2023	Thu	Regular Season 0-3 L	@ Oneida	6:45 PM	8:15 PM	Fariel Gym	Bus/Driver: RCSD- Justin (315)335-9844	Departure Point: RFA Bus Loop Departure Date: Jan 26, 2023 Departure Time: 5:45 PM	L
Jan 27, 2023	Fri	Practice (Practice AUX)	N/A	3:30 PM	5:30 PM	RFA Auxilliary Gym			
Jan 28, 2023	Sat	Regular Season 3-0 W	@ Mount Markham	10:00 AM		MS Big Gym	Bus/Driver: RCSD-Chris W. (315)240-7035	Departure Point: RFA Bus Loop Departure Date: Jan 28, 2023 Departure Time: 8:30 AM	NL
Jan 30, 2023	Mon	Practice (Practice AUX)	N/A	3:30 PM	5:00 PM	RFA Auxilliary Gym			

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Jan 31, 2023	Tue	Regular Season 3-0 W	@ Westmoreland	7:00 PM		Upper Elem/MS Gym	Bus/Driver: RCSD-Chris W. (315)240-7035	Departure Point: RFA Bus Loop Departure Date: Jan 31, 2023 Departure Time: 6:00 PM	NL
Feb 1, 2023	Wed	Practice (Practice AUX)	N/A	3:30 PM	5:00 PM	RFA Auxilliary Gym			
Feb 2, 2023	Thu	Regular Season 3-0 W	@ Little Falls	7:00 PM		MS Gym	Bus/Driver: RCSD-Chris W. (315)240-7035	Departure Point: RFA Bus Loop Departure Date: Feb 2, 2023 Departure Time: 5:35 PM	NL
CANCELLED Feb 3, 2023	Fri	Practice (Practice AUX)	N/A	3:30 PM	5:30 PM	RFA Auxilliary Gym			
Feb 4, 2023	Sat	Regular Season 3-2 W	Vernon-Verona-Sherrill	10:00 AM		Buddy Evans Gym (Strough MS)			L
Feb 6, 2023	Mon	Practice (Practice AUX)	N/A	3:30 PM	5:00 PM	RFA Auxilliary Gym			
Feb 7, 2023	Tue	Regular Season 3-0 W	Cincinnati	5:00 PM		Buddy Evans Gym (Strough MS)			L
Feb 8, 2023	Wed	Practice (Practice AUX)	N/A	5:00 PM	7:00 PM	RFA Auxilliary Gym			
Feb 9, 2023	Thu	Regular Season 0-3 L	Chittenango	5:00 PM		Buddy Evans Gym (Strough MS)			L
Feb 10, 2023	Fri	Regular Season 2-3 L	@ Chittenango	5:00 PM	6:45 PM	Chittenango HS- Large Gym	Bus/Driver: First Student - Danyelle S. 202-390-2722	Departure Point: RFA Bus Loop Departure Date: Feb 10, 2023 Departure Time: 3:40 PM	L
Feb 11, 2023	Sat	Regular Season 3-1 W	Central Valley Academy	10:00 AM		Buddy Evans Gym (Strough MS)			L
Feb 13, 2023	Mon	Practice (Practice AUX)	N/A	3:30 PM	5:00 PM	RFA Auxilliary Gym			
Feb 14, 2023	Tue	Regular Season 3-2 W	@ Canastota	6:00 PM	7:30 PM	Laidlaw Gym	Bus/Driver: RCSD-Marnie (315)335-2667	Departure Point: RFA Bus Loop Departure Date: Feb 14, 2023 Departure Time: 4:30 PM	L
Feb 15, 2023	Wed	Practice (Practice AUX)	N/A	3:30 PM	5:30 PM	RFA Auxilliary Gym			
Feb 16, 2023	Thu	Regular Season 0-3 L	Oneida	5:00 PM		Buddy Evans Gym (Strough MS)			L

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Feb 17, 2023	Fri	Regular Season 3-1 W	@ Central Valley Academy	7:00 PM	9:00 PM	TBD	Bus/Driver: RCSD- Trent (714)471-5955	Departure Point: RFA Bus Loop Departure Date: Feb 17, 2023 Departure Time: 5:30 PM	L
Feb 23, 2023	Thu	Practice (Practice AUX)	N/A	10:00 AM	12:00 PM	RFA Auxilliary Gym			
Feb 24, 2023	Fri	Practice (Practice AUX)	N/A	10:00 AM	12:00 PM	RFA Auxilliary Gym			
Feb 25, 2023	Sat	Regular Season (End of Season Varsity Tournament)	Oneida, Canastota, Little Falls, Chittenango, Sauquoit Valley @ Vernon-Verona-Sherrill	9:00 AM	4:00 PM	VVS MS Gym, VVS Main Gym (The Pit), VVS Volleyball Gym	Bus/Driver: RCSD-Chris W. (315)240-7035	Departure Point: Dart Circle Departure Time: 8:40 AM	NL
Feb 27, 2023	Mon	Regular Season (Sectionals - Quarter Final) 3-0 W	Central Valley Academy	4:30 PM		Buddy Evans Gym (Strough MS)			L
Mar 1, 2023	Wed	Post-Season (Section 3 Class B Semi-Final) 0-3 L	@ Chittenango	6:00 PM	8:00 PM	Chittenango HS- Large Gym	Bus/Driver: RCSD- Trent (714)471-5955	Departure Point: 95 Dart Circle Departure Time: 4:15 PM	NL

Date: 2025-12-17