



Rome Free Academy

(G) V Skiing

Coaches:

- Mark Rushton
- Melissa O'Rourke

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 28, 2022	Mon	Practice (Practice)	N/A	2:45 PM	4:15 PM	RFA Weight Room			
Nov 28, 2022	Mon	Practice (Practice)	N/A	2:45 PM	4:15 PM	RFA Weight Room			
Nov 29, 2022	Tue	Practice (Practice)	N/A	2:45 PM	4:15 PM	RFA Weight Room			
Nov 30, 2022	Wed	Practice (Practice)	N/A	2:45 PM	4:15 PM	RFA Weight Room			
Dec 1, 2022	Thu	Practice (Practice)	N/A	2:45 PM	4:15 PM	RFA Weight Room			
Dec 5, 2022	Mon	Practice (Ski Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Weight Room			
Dec 6, 2022	Tue	Practice (Ski Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Weight Room			
Dec 7, 2022	Wed	Practice (Ski Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Weight Room			
Dec 8, 2022	Thu	Practice (Ski Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Weight Room			
Dec 12, 2022	Mon	Practice (Ski Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Weight Room			
Dec 13, 2022	Tue	Practice (Ski Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Weight Room			
Dec 14, 2022	Wed	Practice (Ski Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Weight Room			
Dec 15, 2022	Thu	Practice (Ski Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Weight Room			
CANCELLED Dec 16, 2022	Fri	Practice (Ski Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Weight Room			
Dec 19, 2022	Mon	Practice (Ski Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Weight Room			
Dec 20, 2022	Tue	Practice (Ski Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Weight Room			
Dec 21, 2022	Wed	Practice	N/A	2:45 PM	4:15 PM	RFA Weight Room			
Dec 22, 2022	Thu	Practice	N/A	2:45 PM	4:15 PM	RFA Weight Room			
Dec 29, 2022	Thu	Practice	N/A	4:00 PM	6:00 PM	Woods Valley			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 30, 2022	Fri	Practice	N/A	4:00 PM	6:00 PM	Woods Valley			
Jan 3, 2023	Tue	Practice (Practice)	N/A	2:45 PM	4:15 PM	RFA Weight Room			
Jan 4, 2023	Wed	Practice (Practice @ Woods Valley)	N/A	4:00 PM	6:00 PM	Woods Valley			
Jan 5, 2023	Thu	Practice (Practice @ Woods Valley)	N/A	4:00 PM	6:00 PM	Woods Valley			
Jan 9, 2023	Mon	Practice (Practice)	N/A	2:45 PM	4:15 PM	RFA Weight Room			
Jan 10, 2023	Tue	Practice (Practice)	N/A	2:45 PM	4:15 PM	RFA Weight Room			
POSTPONED Jan 11, 2023	Wed	Regular Season (SL)	TBD	4:30 PM		Woods Valley			L
Jan 12, 2023	Thu	Practice (Practice @ Woods Valley)	N/A	4:00 PM	6:00 PM	Woods Valley			
Jan 16, 2023	Mon	Regular Season (GS @ Snow Ridge)	@ TBD	10:00 AM	TBD		Bus/Driver: RCSD-Marnie (315)335-2667	Departure Point: Stadium Support Facility Departure Date: Jan 16, 2023 Departure Time: 7:30 AM	L
Jan 17, 2023	Tue	Practice (Practice)	N/A	2:45 PM	4:15 PM	RFA Weight Room			
Jan 18, 2023	Wed	Practice (Practice @ Woods Valley)	N/A	4:00 PM	6:00 PM	Woods Valley			
CANCELLED Jan 19, 2023	Thu	Practice (Practice @ Woods Valley)	N/A	4:00 PM	6:00 PM	Woods Valley			
Jan 23, 2023	Mon	Regular Season (SL - @ McCauley Mtn.)	@ TBD	1:00 PM		McCauley Mountain Ski Area	Bus/Driver: RCSD - Shane 315-292-3620	Departure Point: Strough - Back Departure Time: 9:45 AM	L
Jan 24, 2023	Tue	Practice (Practice)	N/A	2:45 PM	4:15 PM	RFA Weight Room			
CANCELLED Jan 25, 2023	Wed	Practice (Practice @ Woods Valley)	N/A	4:00 PM	6:00 PM	Woods Valley			
Jan 26, 2023	Thu	Practice (Practice @ Woods Valley)	N/A	4:00 PM	6:00 PM	Woods Valley			
CANCELLED Jan 28, 2023	Sat	Regular Season (GS)	TBD	10:00 AM		Snow Ridge Ski Resort	Bus/Driver: RCSD-Chris W. (315)240-7035	Departure Point: Stadium Support Facility Departure Date: Jan 21, 2023 Departure Time: 7:45 AM	L
Jan 30, 2023	Mon	Regular Season (SL @ Mt. Pisgah (Saranac Lake))	@ TBD	5:00 PM		Mt. Pisgah Ski Area	Bus/Driver: Arranged by Camden AD	Departure Point: RFA Bus Loop Departure Time: 12:30 PM	L
Jan 31, 2023	Tue	Regular Season (GS @ Whiteface Mtn.)	@ TBD	10:00 AM		Whiteface Mountain Ski Resort			L
Feb 2, 2023	Thu	Practice (Practice @ Woods Valley)	N/A	4:00 PM	6:00 PM	Woods Valley			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
CANCELLED Feb 3, 2023	Fri	Practice (Practice @ Woods Valley)	N/A	4:00 PM	6:00 PM	Woods Valley			
Feb 6, 2023	Mon	Practice	N/A	2:45 PM	4:00 PM	TBD			
Feb 7, 2023	Tue	Practice	N/A	2:45 PM	4:00 PM	TBD			
Feb 8, 2023	Wed	Regular Season (SL @ Woods Valley)	TBD	4:15 PM		Woods Valley			L
Feb 9, 2023	Thu	Practice (Practice @ Woods Valley)	N/A	4:00 PM	6:00 PM	Woods Valley			
Feb 10, 2023	Fri	Practice (Practice @ Woods Valley)	N/A	4:00 PM	6:00 PM	TBD			
Feb 13, 2023	Mon	Practice (Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Weight Room			
Feb 14, 2023	Tue	Practice (Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Weight Room			
Feb 14, 2023	Tue	Practice	N/A	2:45 PM	4:00 PM	TBD			
Feb 15, 2023	Wed	Post-Season (Sectionals @ Snow Ridge)	@ TBD	10:00 AM		Snow Ridge Ski Resort	Bus/Driver: First Student	Departure Point: Stadium Support Facility Departure Time: 7:30 AM	L
Feb 16, 2023	Thu	Practice (Practice @ Woods Valley)	N/A	4:00 PM	6:30 PM	Woods Valley			
Feb 17, 2023	Fri	Practice (Practice @ Woods Valley)	N/A	4:00 PM	6:30 PM	Woods Valley			
Feb 20, 2023	Mon	Practice (Practice @ Woods Valley)	N/A	4:00 PM	6:00 PM	Woods Valley			
Feb 21, 2023	Tue	Practice (Practice @ Woods Valley)	N/A	4:00 PM	6:00 PM	Woods Valley			
Feb 22, 2023	Wed	Practice (Practice @ Woods Valley)	N/A	4:00 PM	6:00 PM	Woods Valley			
Feb 23, 2023	Thu	Practice (Practice @ Woods Valley)	N/A	4:00 PM	6:00 PM	Woods Valley			
Feb 26, 2023	Sun	Practice (Training @ Bristol Mt.)	N/A	1:00 PM	4:00 PM	TBD			
Feb 27, 2023	Mon	Regular Season (State Championship @ Bristol Mtn.)	@ TBD	TBD	TBD	Bus/Driver: No Transportation Needed	Departure Point: No Transportation Needed		L
Feb 28, 2023	Tue	Regular Season (State Championship at Bristol Mtn. - Day 2)	@ TBD	TBD	TBD	Bus/Driver: No Transportation Needed	Departure Point: No Transportation Needed		L

Date: 2026-01-29