Rome Free Academy
(G) V Skiing (Co Ed)

Coaches:

- Melissa O'Rourke
- Mark Rushton

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 13, 2023	Mon	Practice (Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Indoor Running Track, RFA Weight Room			
Nov 14, 2023	Tue	Practice (Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Indoor Running Track, RFA Weight Room			
Nov 15, 2023	Wed	Practice (Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Indoor Running Track, RFA Weight Room			
Nov 15, 2023	Wed	Practice (Parent/Athlete Meeting)	N/A	4:15 PM	5:00 PM	Rome Free Academy Small Cafeteria			
Nov 16, 2023	Thu	Practice (Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Indoor Running Track, RFA Weight Room			
Nov 17, 2023	Fri	Practice (Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Indoor Running Track, RFA Weight Room			
Nov 20, 2023	Mon	Practice (Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Pool			
Nov 21, 2023	Tue	Practice (Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Pool			
Nov 22, 2023	Wed	Practice (Media Day)	N/A	10:30 AM	11:00 AM	RFA Auxilliary Gym			
Nov 27, 2023	Mon	Practice (Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Pool			
Nov 28, 2023	Tue	Practice (Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Indoor Running Track, RFA Weight Room			
Nov 29, 2023	Wed	Practice (Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Indoor Running Track, RFA Weight Room			
Nov 30, 2023	Thu	Practice (Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Pool			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 1, 2023	Fri	Practice (Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Indoor Running Track, RFA Weight Room			
Dec 4, 2023	Mon	Practice (Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Indoor Running Track, RFA Weight Room			
Dec 5, 2023	Tue	Practice (Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Pool			
Dec 6, 2023	Wed	Practice (Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Pool			
Dec 7, 2023	Thu	Practice (Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Indoor Running Track, RFA Weight Room			
Dec 8, 2023	Fri	Practice (Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Indoor Running Track, RFA Weight Room			
Dec 11, 2023	Mon	Practice (Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Pool			
Dec 12, 2023	Tue	Practice (Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Indoor Running Track, RFA Weight Room			
Dec 13, 2023	Wed	Practice (Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Indoor Running Track, RFA Weight Room			
Dec 14, 2023	Thu	Practice (Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Indoor Running Track, RFA Weight Room			
Dec 15, 2023	Fri	Practice (Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Indoor Running Track, RFA Weight Room			
Dec 18, 2023	Mon	Practice (Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Indoor Running Track, RFA Weight Room			
Dec 19, 2023	Tue	Practice (Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Indoor Running Track, RFA Weight Room			
Dec 20, 2023	Wed	Practice (Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Indoor Running Track, RFA Weight Room			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 20, 2023	Wed	Practice (Practice @ Woods Valley)	N/A	4:00 PM	5:45 PM	Woods Valley			
Dec 21, 2023	Thu	Practice (Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Indoor Running Track, RFA Weight Room			
Dec 21, 2023	Thu	Practice (Practice @ Woods Valley)	N/A	4:00 PM	5:45 PM	Woods Valley			
Dec 27, 2023	Wed	Practice (Practice @ Woods Valley)	N/A	4:00 PM	5:45 PM	Woods Valley			
Dec 28, 2023	Thu	Practice (Practice @ Woods Valley)	N/A	4:00 PM	5:45 PM	Woods Valley			
Dec 29, 2023	Fri	Practice (Practice @ Woods Valley)	N/A	4:00 PM	5:45 PM	Woods Valley			
Jan 2, 2024	Tue	Practice (Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Indoor Running Track, RFA Weight Room			
Jan 3, 2024	Wed	Practice (Practice @ Woods Valley)	N/A	4:00 PM	5:45 PM	Woods Valley			
Jan 4, 2024	Thu	Practice (Practice @ Woods Valley)	N/A	4:00 PM	5:45 PM	Woods Valley			
Jan 8, 2024	Mon	Practice (Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Indoor Running Track, RFA Weight Room			
CANCELLED Jan 9, 2024	Tue	Practice (Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Indoor Running Track, RFA Weight Room			
Jan 11, 2024	Thu	Practice (Practice @ Woods Valley)	N/A	4:00 PM	5:45 PM	Woods Valley			
POSTPONED Jan 15, 2024	Mon	Regular Season (GS)	@ Lowville	10:00 AM		Snow Ridge		**Departure Point:** Stadium Support Facility **Departure Date:** Jan 15, 2024 **Departure Time:** 7:15 AM	L
CANCELLED Jan 15, 2024	Mon	Practice (Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Indoor Running Track, RFA Weight Room			
Jan 16, 2024	Tue	Practice (Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Indoor Running Track, RFA Weight Room			
Jan 17, 2024	Wed	Practice (Practice @ Woods Valley)	N/A	4:00 PM	5:45 PM	Woods Valley			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 18, 2024	Thu	Practice (Practice @ Woods Valley)	N/A	4:00 PM	5:45 PM	Woods Valley			
Jan 19, 2024	Fri	Practice (Practice @ Woods Valley)	N/A	4:00 PM	5:45 PM	Woods Valley			
Jan 22, 2024	Mon	Regular Season (GS)	@ Town of Webb UFSD (Alpine Skiing)	1:00 PM		McCauley Mountain Ski Area	**Bus/Driver:** First Student - Jason G. Bus 9143 p#315-570-5342	**Departure Point:** 1-Strough Bus Loop 9:45am 2-RFA Bus Loop 10:00am **Departure Date:** Jan 22, 2024 **Departure Time:** 9:45 AM	L
Jan 23, 2024	Tue	Practice (Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Indoor Running Track, RFA Weight Room			
Jan 24, 2024	Wed	Practice (Practice @ Woods Valley)	N/A	4:00 PM	5:45 PM	Woods Valley			
Jan 25, 2024	Thu	Practice (@ Woods Valley)	N/A	4:00 PM	5:45 PM	Woods Valley			
POSTPONED Jan 26, 2024	Fri	Regular Season (Rescheduled from 01/10/24)	Holland Patent (Alpine)	2:00 PM		Woods Valley	**Bus/Driver:** No Transportation Needed	**Departure Point:** No Transportation Needed	L
Jan 30, 2024	Tue	Regular Season (Saranac Lake/Lake Placid Winter Carnival)	@ TBD	TBD		Lake Placid, NY	**Bus/Driver:** F/S - Ricky M. bus 9147 p#315-271-3315	**Departure Point:** Stadium Support Facility **Departure Date:** Jan 30, 2024 **Departure Time:** 3:15 PM	L
Jan 31, 2024	Wed	Regular Season (Saranac Lake/Lake Placid Winter Carnival)	@ TBD	10:00 AM		Whiteface Mountain Ski Resort	**Bus/Driver:** F/S - Ricky M. 315-271-3315	**Departure Point:** Hotel in Lake Placid **Departure Date:** Jan 31, 2024 **Departure Time:** 9:00 AM	L
Feb 1, 2024	Thu	Practice (Practice @ Woods Valley)	N/A	4:00 PM	5:45 PM	Woods Valley			
Feb 2, 2024	Fri	Practice (Practice @ Woods Valley)	N/A	4:00 PM	5:45 PM	Woods Valley			
Feb 5, 2024	Mon	Practice (Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Indoor Running Track, RFA Weight Room			
Feb 6, 2024	Tue	Practice (Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Indoor Running Track, RFA Weight Room			
Feb 7, 2024	Wed	Regular Season (SL)	Whitesboro (Alpine Ski)	4:00 PM		Woods Valley			L
Feb 8, 2024	Thu	Practice (Practice @ Woods Valley)	N/A	4:00 PM	5:45 PM	Woods Valley			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 9, 2024	Fri	Practice (Practice @ Woods Valley)	N/A	4:00 PM	5:45 PM	Woods Valley			
Feb 12, 2024	Mon	Practice (Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Indoor Running Track, RFA Weight Room			
Feb 13, 2024	Tue	Practice (Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Indoor Running Track, RFA Weight Room			
Feb 14, 2024	Wed	Post-Season (Sectionals SL/GS)	@ TBD	10:00 AM		McCauley Mountain Ski Area	**Bus/Driver:** First Student - Steve F. 315-240-8526	**Departure Point:** Stadium Support Facility **Departure Date:** Feb 14, 2024 **Departure Time:** 7:15 AM	NL
Feb 15, 2024	Thu	Practice (Practice @ Woods Valley)	N/A	4:00 PM	5:45 PM	Woods Valley			
Feb 21, 2024	Wed	Practice (Practice @ Woods Valley)	N/A	4:00 PM	5:45 PM	Woods Valley			
Feb 22, 2024	Thu	Practice (Practice @ Woods Valley)	N/A	4:00 PM	5:45 PM	Woods Valley			
Feb 23, 2024	Fri	Practice (Practice @ Woods Valley)	N/A	4:00 PM	5:45 PM	Woods Valley			
Feb 25, 2024	Sun	Practice (NYSPHSAA Skiing Championship practice)	N/A	TBD		Whiteface Mountain Ski Resort			
Feb 26, 2024	Mon	Post-Season (States)	@ TBD	TBD		Whiteface Mountain Ski Resort	**Bus/Driver:** No Transportation Required	**Departure Point:** No Transportation Required **Departure Date:** Feb 25, 2024	L
Feb 27, 2024	Tue	Post-Season (States)	@ TBD	TBD		Whiteface Mountain Ski Resort	**Bus/Driver:** No Transportation Required	**Departure Point:** No Transportation Required **Departure Date:** Feb 25, 2024	NL

Date: 2024-05-13