



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 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: 2026-01-30