



Rome Free Academy

(G) 7/8TH Volleyball (Black)

Coaches:

- Sara Scott, Coach
- Sonepith (Pete) Keoviengsamay

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 27, 2023	Mon	Practice	N/A	4:00 PM	6:00 PM	Stadium Support Facility Gym B			
Nov 28, 2023	Tue	Practice	N/A	4:30 PM	6:00 PM	Stadium Support Facility Gym B			
Nov 29, 2023	Wed	Practice	N/A	4:00 PM	6:00 PM	Stadium Support Facility Gym B			
Nov 30, 2023	Thu	Practice	N/A	4:30 PM	6:00 PM	Stadium Support Facility Gym B			
Dec 1, 2023	Fri	Practice	N/A	4:00 PM	6:00 PM	Stadium Support Facility Gym B			
Dec 4, 2023	Mon	Practice	N/A	4:00 PM	5:30 PM	Stadium Support Facility Gym B			
Dec 5, 2023	Tue	Practice	N/A	4:00 PM	5:30 PM	Stadium Support Facility Gym B			
Dec 6, 2023	Wed	Regular Season 1-4 L	@ Whitesboro (Blue)	6:00 PM		Whitesboro Middle School Gym	Bus/Driver: RCSD- Trent (714)471-5955	Departure Point: Back of Strough Departure Time: 5:00 PM	L
Dec 7, 2023	Thu	Practice	N/A	4:00 PM	5:30 PM	Stadium Support Facility Gym B			
Dec 8, 2023	Fri	Regular Season	Oneida (orange)	4:30 PM		Buddy Evans Gym (Strough MS)			L
Dec 9, 2023	Sat	Practice	N/A	11:00 AM	1:00 PM	Strough M S			
Dec 11, 2023	Mon	Regular Season 2-3 L	Central Valley Academy (White)	6:00 PM		Buddy Evans Gym (Strough MS)			L
Dec 12, 2023	Tue	Practice	N/A	4:00 PM	5:30 PM	Stadium Support Facility Gym B			
Dec 13, 2023	Wed	Regular Season 0-5 L	@ Utica Proctor (JFK)	4:30 PM	5:15 PM	JFK Gym	Bus/Driver: RCSD- Chris W (315)240-7035	Departure Point: Back of Strough Departure Time: 3:30 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 14, 2023	Thu	Practice	N/A	4:00 PM	5:30 PM	Stadium Support Facility Gym B			
Dec 15, 2023	Fri	Practice	N/A	4:00 PM	5:30 PM	Stadium Support Facility Gym B			
Dec 18, 2023	Mon	Practice	N/A	4:00 PM	5:30 PM	Stadium Support Facility Gym B			
Dec 19, 2023	Tue	Practice	N/A	4:00 PM	5:30 PM	Stadium Support Facility Gym B			
CANCELLED Dec 20, 2023	Wed	Regular Season	Vernon-Verona-Sherrill (Volleyball Girls 7/8 2)	4:30 PM	5:15 PM	Buddy Evans Gym (Strough MS)			L
Dec 21, 2023	Thu	Practice	N/A	4:00 PM	5:30 PM	Stadium Support Facility Gym B			
Jan 2, 2024	Tue	Practice	N/A	4:00 PM	5:30 PM	Stadium Support Facility Gym B			
Jan 3, 2024	Wed	Regular Season	TBD	6:00 PM		Buddy Evans Gym (Strough MS)			L
Jan 4, 2024	Thu	Practice	N/A	4:00 PM	5:30 PM	Stadium Support Facility Gym B			
Jan 5, 2024	Fri	Regular Season	New Hartford	4:30 PM		Buddy Evans Gym (Strough MS)			L
Jan 6, 2024	Sat	Regular Season 1-4 L	Whitesboro (White)	11:00 AM		Buddy Evans Gym (Strough MS)			L
Jan 8, 2024	Mon	Practice	N/A	4:00 PM	5:30 PM	Stadium Support Facility Gym B			
CANCELLED Jan 8, 2024	Mon	Regular Season	@ TBD	4:30 PM		Buddy Evans Gym (Strough MS)			L
CANCELLED Jan 9, 2024	Tue	Practice	N/A	4:00 PM	5:30 PM	Stadium Support Facility Gym B			
Jan 10, 2024	Wed	Regular Season	@ Oneida (Blue)	5:00 PM		57 Gym	Bus/Driver: RCSD- Marnie (315)335-2667	Departure Point: Back of Strough Departure Time: 4:00 PM	L
Jan 11, 2024	Thu	Practice	N/A	4:00 PM	5:30 PM	Stadium Support Facility Gym B			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 12, 2024	Fri	Practice	N/A	4:00 PM	5:30 PM	Stadium Support Facility Gym B			
Jan 16, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	Strough M S			
Jan 17, 2024	Wed	Practice	N/A	3:30 PM	4:30 PM	Stadium Support Facility Gym B			
Jan 18, 2024	Thu	Practice	N/A	4:00 PM	5:30 PM	Stadium Support Facility Gym B			
Jan 19, 2024	Fri	Practice	N/A	4:00 PM	5:30 PM	Stadium Support Facility Gym B			
Jan 22, 2024	Mon	Regular Season 0-3 L	@ Central Valley Academy (Blue)	6:00 PM		CVA Small Gym	Bus/Driver: RCSD- Trent (714)471-5955	Departure Point: Back of Strough Departure Time: 4:30 PM	L
Jan 23, 2024	Tue	Practice	N/A	4:30 PM	6:00 PM	Stadium Support Facility Gym B			
Jan 24, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Stadium Support Facility Gym B			
Jan 26, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Stadium Support Facility Gym B			
Jan 27, 2024	Sat	Practice (Combined with Varsity)	N/A	11:00 AM	1:00 PM	Strough M S			
Jan 29, 2024	Mon	Practice	N/A	2:30 PM	4:00 PM	Strough M S			
Jan 30, 2024	Tue	Practice	N/A	4:00 PM	5:30 PM	Stadium Support Facility Gym B			
Jan 31, 2024	Wed	Regular Season 1-4 L	@ Vernon-Verona-Sherrill	4:30 PM		VVS MS Gym	Bus/Driver: First Student - Steve 315-240-8526	Departure Point: Back of Strough Departure Time: 3:30 PM	L
Feb 1, 2024	Thu	Practice (Glow Theme!)	N/A	2:30 PM	4:30 PM	Strough M S			
Feb 2, 2024	Fri	Practice	N/A	4:00 PM	5:30 PM	Stadium Support Facility Gym B			
Feb 3, 2024	Sat	Practice	N/A	9:00 AM	11:00 AM	Stadium Support Facility Gym B			
Feb 5, 2024	Mon	Regular Season	@ Camden	4:30 PM		Camden High School Volleyball Gym	Bus/Driver: RCSD- Chris W (315)240-7035	Departure Point: Back of Strough Departure Time: 3:30 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 6, 2024	Tue	Regular Season	Utica Proctor (DMS)	4:15 PM		Buddy Evans Gym (Strough MS)			L
Feb 15, 2024	Thu	Practice (Team "Banquet" at Stadium)	N/A	3:30 PM	5:30 PM	Stadium Support Facility Gym B			

Date: 2026-01-30