



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 24, 2025	Mon	Practice (Tryouts)	N/A	3:00 PM	6:30 PM	Buddy Evans Gym (Strough MS)			
Nov 25, 2025	Tue	Practice (Tryouts)	N/A	3:15 PM	6:30 PM	Buddy Evans Gym (Strough MS)			
Dec 1, 2025	Mon	Practice (Practice at Stadium)	N/A	3:30 PM	6:00 PM	Stadium Support Facility Gym B			
Dec 2, 2025	Tue	Practice (Practice at Stadium)	N/A	3:30 PM	5:30 PM	Stadium Support Facility Gym B			
Dec 3, 2025	Wed	Practice (Practice at Stadium)	N/A	3:30 PM	5:30 PM	Stadium Support Facility Gym B			
Dec 4, 2025	Thu	Practice (Practice at Stadium)	N/A	3:30 PM	5:30 PM	Stadium Support Facility Gym B			
Dec 5, 2025	Fri	Practice (Practice at Stadium)	N/A	3:30 PM	5:30 PM	Stadium Support Facility Gym B			
Dec 8, 2025	Mon	Practice	N/A	3:30 PM	5:00 PM	Stadium Support Facility Gym B			
Dec 9, 2025	Tue	Practice (Practice at Stadium)	N/A	3:30 PM	5:30 PM	Stadium Support Facility Gym B			
Dec 10, 2025	Wed	Practice (Practice at Stadium)	N/A	3:30 PM	5:30 PM	Stadium Support Facility Gym B			
Dec 11, 2025	Thu	Practice (Practice at Stadium)	N/A	3:30 PM	5:30 PM	Stadium Support Facility Gym B			
POSTPONED Dec 12, 2025	Fri	Regular Season	Central Valley Academy (White)	5:30 PM		Buddy Evans Gym (Strough MS)			L
Dec 15, 2025	Mon	Regular Season 1-4 L	@ Utica Proctor (JFK)	4:15 PM		JFK Gym	Bus/Driver: First Student-Carol 315.225.5727	Departure Point: Strough MS Departure Time: 3:10 PM	L
Dec 16, 2025	Tue	Practice (Practice at Stadium)	N/A	3:30 PM	5:30 PM	Stadium Support Facility Gym B			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 17, 2025	Wed	Regular Season	@ New Hartford	4:15 PM		Perry JH Gym	Bus/Driver: First Student-Wael 315.395.8395	Departure Point: Strough MS Departure Date: Dec 17, 2025 Departure Time: 3:00 PM	L
Dec 18, 2025	Thu	Practice (Practice at Strough)	N/A	3:30 PM	5:30 PM	Buddy Evans Gym (Strough MS)			
Dec 19, 2025	Fri	Regular Season	@ Vernon-Verona-Sherrill	4:30 PM	6:00 PM	VVS MS Gym	Bus/Driver: RCSD- Steve- 315.240.8526	Departure Point: Strough MS Departure Date: Dec 19, 2025 Departure Time: 3:30 PM	L
Jan 5, 2026	Mon	Regular Season	Holland Patent (gold)	4:30 PM		Buddy Evans Gym (Strough MS)			L
Jan 6, 2026	Tue	Practice (Practice at Stadium)	N/A	3:30 PM	5:00 PM	Stadium Support Facility Gym B			
Jan 7, 2026	Wed	Regular Season	@ Oneida (Blue)	4:45 PM		OSMS Gym - 200 Markell Dr, Wampsville, NY 13163	Bus/Driver: RCSD- Trent- 714.471.5955	Departure Point: Strough MS Departure Date: Jan 7, 2026 Departure Time: 3:30 PM	L
Jan 8, 2026	Thu	Practice (Practice at Stadium)	N/A	3:30 PM	5:30 PM	Stadium Support Facility Gym B			
Jan 9, 2026	Fri	Regular Season 2-3 L	@ Whitesboro (White)	6:00 PM		Whitesboro Middle School Gym	Bus/Driver: RCSD- Trent- 714.471.5955	Departure Point: Strough MS Departure Date: Jan 9, 2026 Departure Time: 4:30 PM	L
Jan 13, 2026	Tue	Practice (Practice at Stadium)	N/A	3:30 PM	5:30 PM	Stadium Support Facility Gym B			
Jan 14, 2026	Wed	Regular Season 2-3 L	@ Utica Proctor (DMS)	4:15 PM		Donovan Gym		Departure Point: Strough MS Departure Date: Jan 14, 2026 Departure Time: 3:15 PM	L
Jan 15, 2026	Thu	Practice (Practice at Stadium)	N/A	3:30 PM	5:30 PM	Stadium Support Facility Gym B			
POSTPONED Jan 16, 2026	Fri	Regular Season	Camden	4:00 PM		Buddy Evans Gym (Strough MS)			L
Jan 19, 2026	Mon	Practice (Big/Lil Sis Bootcamp Practice with Varsity)	N/A	9:30 AM	12:00 PM	Buddy Evans Gym (Strough MS)			
Jan 20, 2026	Tue	Practice (Practice at Stadium)	N/A	3:30 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 21, 2026	Wed	Regular Season 1-4 L	@ Utica Proctor (JFK)	4:15 PM		JFK Gym	Bus/Driver: First Student- Chris T 315.338.1508	Departure Point: Strough MS Departure Date: Jan 21, 2026 Departure Time: 3:15 PM	L
Jan 22, 2026	Thu	Practice (Practice at Stadium)	N/A	3:30 PM	5:30 PM	Stadium Support Facility Gym B			
Jan 23, 2026	Fri	Regular Season	Oneida (Blue)	5:30 PM		Stadium Support Facility Gym A			L
POSTPONED Jan 26, 2026	Mon	Regular Season	Central Valley Academy (Blue)	4:00 PM		Buddy Evans Gym (Strough MS)			L
Jan 29, 2026	Thu	Practice (End of Season Party!)	N/A	3:30 PM	5:30 PM	Stadium Support Facility Gym B			

Date: 2026-01-30