



Rome Free Academy

(G) V Field Hockey

Coaches:

- Mackenzie Welter, Head Coach
- Kelly Reese, Asst Coach

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|----------------|------------------------|------------|----------|---------------------------------|----------------|---------------------|
| Aug 26, 2024 | Mon | Practice | N/A | 7:00 AM | 10:00 AM | Stadium Turf Field | | |
| Aug 27, 2024 | Tue | Practice | N/A | 7:00 AM | 10:00 AM | Stadium Turf Field | | |
| Aug 28, 2024 | Wed | Practice | N/A | 7:00 AM | 10:00 AM | Stadium Turf Field | | |
| Aug 29, 2024 | Thu | Practice | N/A | 7:00 AM | 10:00 AM | Stadium Turf Field | | |
| Aug 30, 2024 | Fri | Practice | N/A | 7:00 AM | 10:00 AM | Stadium Turf Field | | |
| Aug 31, 2024 | Sat | Practice | N/A | 11:00 AM | 1:00 PM | Stadium Turf Field | | |
| Sep 2, 2024 | Mon | Practice | N/A | 6:00 PM | 8:00 PM | Stadium Turf Field | | |
| Sep 3, 2024 | Tue | Regular Season | @ Baldwinsville | 7:00 PM | 9:00 PM | Bville - Baker P/A Stadium TURF | | NL |
| Sep 4, 2024 | Wed | Practice | N/A | 6:30 PM | 8:30 PM | Stadium Turf Field | | |
| Sep 6, 2024 | Fri | Practice | N/A | 6:30 PM | 8:30 PM | Stadium Turf Field | | |
| Sep 7, 2024 | Sat | Regular Season | Greene | 3:15 PM | | Stadium Turf Field | | L |
| Sep 9, 2024 | Mon | Practice | N/A | 6:30 PM | 8:30 PM | Stadium Turf Field | | |
| Sep 10, 2024 | Tue | Practice | N/A | 6:30 PM | 8:30 PM | Stadium Turf Field | | |
| Sep 11, 2024 | Wed | Regular Season | Central Valley Academy | 4:30 PM | | Stadium Turf Field | | L |
| Sep 12, 2024 | Thu | Practice | N/A | 6:30 PM | 8:30 PM | Stadium Turf Field | | |
| Sep 13, 2024 | Fri | Practice | N/A | 4:00 PM | 5:30 PM | Stadium Turf Field | | |
| Sep 14, 2024 | Sat | Regular Season | Liverpool | 2:15 PM | | Stadium Turf Field | | L |
| Sep 16, 2024 | Mon | Practice | N/A | 4:30 PM | 6:30 PM | Stadium Turf Field | | |
| Sep 17, 2024 | Tue | Practice | N/A | 7:00 PM | 9:00 PM | Stadium Turf Field | | |
| Sep 18, 2024 | Wed | Regular Season | Camden | 4:30 PM | | Stadium Turf Field | | L |
| Sep 19, 2024 | Thu | Practice | N/A | 6:30 PM | 8:30 PM | Stadium Turf Field | | |
| Sep 20, 2024 | Fri | Regular Season | Oneida | 4:30 PM | | Stadium Turf Field | | L |
| Sep 23, 2024 | Mon | Regular Season | @ Holland Patent | 4:30 PM | 6:00 PM | Accelerate Sports Complex | | L |
| Sep 24, 2024 | Tue | Practice | N/A | 6:30 PM | 8:30 PM | Stadium Turf Field | | |
| Sep 25, 2024 | Wed | Regular Season | @ New Hartford | 4:30 PM | | HS Turf Field | | L |
| Sep 26, 2024 | Thu | Practice | N/A | 6:30 PM | 8:30 PM | Stadium Turf Field | | |

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|--------------|----------|----------------|--------------------------|------------|----------|---------------------------------|----------------|---------------------|
| Sep 27, 2024 | Fri | Regular Season | @ Nichols | TBD | | Nichols School, Buffalo | | NL |
| Sep 28, 2024 | Sat | Regular Season | @ Williamsville North | TBD | | Williamsville North High School | | NL |
| Sep 30, 2024 | Mon | Regular Season | @ Vernon-Verona-Sherrill | 4:30 PM | | Turf Field Stadium | | L |
| Oct 1, 2024 | Tue | Practice | N/A | 6:30 PM | 8:30 PM | Stadium Turf Field | | |
| Oct 2, 2024 | Wed | Regular Season | @ Whitesboro | 6:00 PM | | Ed Wadas Complex High School | | L |
| Oct 3, 2024 | Thu | Practice | N/A | 6:30 PM | 8:30 PM | Stadium Turf Field | | |
| Oct 4, 2024 | Fri | Practice | N/A | 4:30 PM | 5:30 PM | Stadium Turf Field | | |
| Oct 7, 2024 | Mon | Regular Season | @ Camden | 6:00 PM | | Camden High School Stadium | | L |
| Oct 8, 2024 | Tue | Practice | N/A | 6:30 PM | 8:30 PM | Stadium Turf Field | | |
| Oct 9, 2024 | Wed | Regular Season | Cicero-North Syracuse | 6:15 PM | 8:15 PM | Stadium Turf Field | | NL |
| Oct 10, 2024 | Thu | Practice | N/A | 6:30 PM | 8:30 PM | Stadium Turf Field | | |
| Oct 11, 2024 | Fri | Regular Season | New Hartford | 4:30 PM | | Stadium Turf Field | | L |
| Oct 15, 2024 | Tue | Practice | N/A | 3:00 PM | 4:30 PM | Stadium Turf Field | | |
| Oct 16, 2024 | Wed | Regular Season | Whitesboro | 4:30 PM | | Stadium Turf Field | | L |
| Oct 17, 2024 | Thu | Practice | N/A | 3:00 PM | 4:30 PM | Stadium Turf Field | | |
| Oct 18, 2024 | Fri | Practice | N/A | 4:00 PM | 5:30 PM | Stadium Turf Field | | |
| Oct 21, 2024 | Mon | Practice | N/A | 6:30 PM | 8:30 PM | Stadium Turf Field | | |
| Oct 22, 2024 | Tue | Practice | N/A | 6:30 PM | 8:30 PM | Stadium Turf Field | | |
| Oct 23, 2024 | Wed | Practice | N/A | 6:30 PM | 8:30 PM | Stadium Turf Field | | |
| Oct 24, 2024 | Thu | Practice | N/A | 6:30 PM | 8:30 PM | Stadium Turf Field | | |
| Oct 25, 2024 | Fri | Practice | N/A | 4:30 PM | 5:30 PM | Stadium Turf Field | | |
| Oct 26, 2024 | Sat | Practice | N/A | 9:00 AM | 12:00 PM | Stadium Turf Field | | |
| Oct 28, 2024 | Mon | Practice | N/A | 4:00 PM | 7:00 PM | Stadium Turf Field | | |
| Oct 29, 2024 | Tue | Practice | N/A | 4:00 PM | 7:00 PM | Stadium Turf Field | | |
| Oct 30, 2024 | Wed | Practice | N/A | 4:00 PM | 7:00 PM | Stadium Turf Field | | |
| Oct 31, 2024 | Thu | Practice | N/A | 4:00 PM | 7:00 PM | Stadium Turf Field | | |
| Nov 4, 2024 | Mon | Practice | N/A | 4:00 PM | 7:00 PM | Stadium Turf Field | | |
| Nov 5, 2024 | Tue | Practice | N/A | 4:00 PM | 7:00 PM | Stadium Turf Field | | |
| Nov 7, 2024 | Thu | Practice | N/A | 4:00 PM | 7:00 PM | Stadium Turf Field | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
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| Nov 8, 2024 | Fri | Practice | N/A | 4:00 PM | 7:00 PM | Stadium Turf Field | | |
| Nov 12, 2024 | Tue | Practice | N/A | 4:00 PM | 7:00 PM | Stadium Turf Field | | |
| Nov 13, 2024 | Wed | Practice | N/A | 4:00 PM | 7:00 PM | Stadium Turf Field | | |
| Nov 14, 2024 | Thu | Practice | N/A | 4:00 PM | 7:00 PM | Stadium Turf Field | | |
| Nov 15, 2024 | Fri | Practice | N/A | 4:00 PM | 7:00 PM | Stadium Turf Field | | |

Date: 2024-08-12