



Rome Free Academy

(G) 7/8TH Volleyball (Orange)

Coaches:

- Tessa Zmudosky, Coach
- Sonepith (Pete) Keoviengsamay

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 17, 2023	Fri	Practice (Try out session)	N/A	3:00 PM	5:00 PM	Buddy Evans Gym (Strough MS)			
Nov 20, 2023	Mon	Practice (Try out sessions)	N/A	3:00 PM	5:00 PM	Buddy Evans Gym (Strough MS)			
Nov 21, 2023	Tue	Practice (Try out sessions)	N/A	3:00 PM	5:00 PM	Buddy Evans Gym (Strough MS)			
Nov 27, 2023	Mon	Practice (Practice)	N/A	4:00 PM	5:30 PM	Stadium Support Facility Gym B			
Nov 28, 2023	Tue	Practice (Practice)	N/A	4:30 PM	6:00 PM	Stadium Support Facility Gym B			
Nov 29, 2023	Wed	Practice (Practice)	N/A	4:00 PM	5:30 PM	Stadium Support Facility Gym B			
Nov 30, 2023	Thu	Practice (Practice)	N/A	4:30 PM	6:00 PM	Stadium Support Facility Gym B			
Dec 1, 2023	Fri	Practice (Practice)	N/A	4:00 PM	5:30 PM	Stadium Support Facility Gym B			
Dec 4, 2023	Mon	Practice (Practice)	N/A	4:00 PM	5:30 PM	Stadium Support Facility Gym B			
Dec 5, 2023	Tue	Practice (Practice)	N/A	4:00 PM	5:30 PM	Stadium Support Facility Gym B			
Dec 6, 2023	Wed	Regular Season 0-5 L	@ Whitesboro (White)	4:30 PM		Whitesboro Middle School Gym	Bus/Driver: First Student - Justin out - Trent Rtrn	Departure Point: Strough Middle School (Back of school) Departure Time: 3:30 PM	L
Dec 7, 2023	Thu	Practice (Practice)	N/A	4:00 PM	5:30 PM	Stadium Support Facility Gym B			
Dec 8, 2023	Fri	Regular Season	Oneida (Modified 7/8 Girls 2)	6:00 PM		Buddy Evans Gym (Strough MS)			L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 9, 2023	Sat	Practice (Practice)	N/A	11:00 AM	1:00 PM	Strough MS			
Dec 11, 2023	Mon	Regular Season 1-3 L	Central Valley Academy (Blue)	4:30 PM		Buddy Evans Gym (Strough MS)			L
Dec 12, 2023	Tue	Practice (Practice)	N/A	6:00 PM	8:00 PM	Strough MS			
Dec 13, 2023	Wed	Regular Season 1-4 L	@ Utica Proctor (DMS)	4:30 PM	5:15 PM	Donovan Gym	Bus/Driver: RCSD- Chris W (315)240-7035	Departure Point: Strough - Back Departure Time: 3:30 PM	L
Dec 14, 2023	Thu	Practice (Practice)	N/A	4:00 PM	5:30 PM	Stadium Support Facility Gym B			
Dec 15, 2023	Fri	Practice (Practice)	N/A	4:00 PM	5:30 PM	Stadium Support Facility Gym B			
Dec 18, 2023	Mon	Regular Season	@ New Hartford	4:30 PM		Perry JH Gym	Bus/Driver: RCSD- Justin (315)335-9844	Departure Point: Strough- Back Departure Time: 3:30 PM	L
Dec 19, 2023	Tue	Practice (Practice)	N/A	4:00 PM	5:30 PM	Stadium Support Facility Gym B			
Dec 20, 2023	Wed	Regular Season 1-4 L	@ Vernon-Verona-Sherrill	4:30 PM		VVS MS Gym	Bus/Driver: RCSD- Chris W (315)240-7035	Departure Point: Strough- Back Departure Time: 3:30 PM	L
Dec 21, 2023	Thu	Practice (Practice)	N/A	2:30 PM	4:00 PM	Strough MS			
Jan 2, 2024	Tue	Practice (Practice)	N/A	2:30 PM	4:00 PM	Strough MS			
Jan 3, 2024	Wed	Regular Season	Camden	4:30 PM		Buddy Evans Gym (Strough MS)			L
Jan 4, 2024	Thu	Practice (Practice)	N/A	2:30 PM	4:00 PM	Strough MS			
Jan 5, 2024	Fri	Practice (Practice)	N/A	2:30 PM	4:00 PM	Strough MS			
Jan 6, 2024	Sat	Regular Season 0-5 L	Whitesboro (Blue)	9:30 AM		Buddy Evans Gym (Strough MS)			L
Jan 8, 2024	Mon	Practice (Practice)	N/A	3:30 PM	5:30 PM	Strough MS			
CANCELLED Jan 8, 2024	Mon	Regular Season	Rome Free Academy (Black)	4:30 PM		Buddy Evans Gym (Strough MS)			L
CANCELLED Jan 9, 2024	Tue	Practice (Practice)	N/A	2:30 PM	4:15 PM	Strough MS			

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Jan 10, 2024	Wed	Regular Season	@ Oneida	6:30 PM		57 Gym	Bus/Driver: RCSD- Trent (714)471-5955	Departure Point: Strough- Back Departure Time: 5:30 PM	L
Jan 11, 2024	Thu	Practice (Practice)	N/A	2:30 PM	4:30 PM	Strough M S			
Jan 12, 2024	Fri	Practice (Practice)	N/A	2:30 PM	4:00 PM	Strough M S			
CANCELLED Jan 15, 2024	Mon	Practice (Practice)	N/A	4:00 PM	5:30 PM	Stadium Support Facility Gym B			
Jan 16, 2024	Tue	Practice (Practice)	N/A	3:30 PM	5:30 PM	Strough M S			
Jan 17, 2024	Wed	Practice (Practice)	N/A	2:30 PM	4:00 PM	Strough M S			
Jan 18, 2024	Thu	Practice (Practice)	N/A	3:30 PM	5:30 PM	Strough M S			
Jan 19, 2024	Fri	Practice (Practice)	N/A	2:30 PM	4:00 PM	Strough M S			
Jan 20, 2024	Sat	Practice (Practice)	N/A	TBD		Strough M S			
Jan 22, 2024	Mon	Regular Season	@ Central Valley Academy (White)	4:30 PM		CVA Small Gym	Bus/Driver: First Student - Steve F. Bus 9179 p# 315-240-8526	Departure Point: Strough- Back Departure Time: 3:30 PM	L
Jan 23, 2024	Tue	Practice (Practice)	N/A	4:30 PM	6:00 PM	Stadium Support Facility Gym B			
Jan 25, 2024	Thu	Practice (Practice)	N/A	4:00 PM	5:30 PM	Stadium Support Facility Gym B			
Jan 26, 2024	Fri	Practice (Practice)	N/A	4:00 PM	5:30 PM	Stadium Support Facility Gym B			
Jan 27, 2024	Sat	Practice (Practice with Varsity Girls)	N/A	11:00 AM	1:00 PM	Strough M S			
Jan 29, 2024	Mon	Practice (Practice)	N/A	2:30 PM	4:00 PM	Strough M S			
Jan 30, 2024	Tue	Practice (Practice)	N/A	2:30 PM	4:00 PM	Strough M S			
Jan 31, 2024	Wed	Practice (Practice)	N/A	3:30 PM	5:30 PM	Stadium Support Facility Gym B			
CANCELLED Jan 31, 2024	Wed	Regular Season	@ Vernon-Verona-Sherrill (Volleyball Girls 7/8 2)	6:00 PM		VVS MS Gym			L
Feb 1, 2024	Thu	Practice (Practice with Black Team (Glow theme))	N/A	2:30 PM	4:30 PM	Strough M S			
Feb 2, 2024	Fri	Practice (Practice)	N/A	2:30 PM	4:00 PM	Strough M S			

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Feb 3, 2024	Sat	Practice (Practice)	N/A	1:00 PM	3:00 PM	Strough M S			
Feb 5, 2024	Mon	Regular Season	@ Holland Patent	4:30 PM		GWF Gym	Bus/Driver: RCSD- Out Justin (315)335-9844/ Return Trent (714)471-5955	Departure Point: Strough- Back Departure Time: 3:30 PM	L
Feb 6, 2024	Tue	Regular Season 0-5 L	Utica Proctor (JFK)	6:00 PM		Buddy Evans Gym (Strough MS)			L
Feb 15, 2024	Thu	Practice (Banquet (Orange and Black Team))	N/A	3:30 PM	5:30 PM	Stadium Support Facility Gym B			

Date: 2024-07-12