



Rome Free Academy

(B) 7/8TH Wrestling

Coaches:

- Ty Knamm
- Norm Gagnon

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 29, 2022	Tue	Practice	N/A	2:15 PM	4:00 PM	Strough Middle School Small Gymnasium			
Nov 30, 2022	Wed	Practice	N/A	2:15 PM	4:00 PM	Strough Middle School Small Gymnasium			
Dec 1, 2022	Thu	Practice	N/A	2:15 PM	4:00 PM	Strough Middle School Small Gymnasium			
Dec 2, 2022	Fri	Practice	N/A	2:15 PM	4:00 PM	Strough Middle School Small Gymnasium			
Dec 5, 2022	Mon	Practice	N/A	2:15 PM	4:00 PM	Strough Middle School Small Gymnasium			
Dec 6, 2022	Tue	Practice	N/A	2:15 PM	4:00 PM	Strough Middle School Small Gymnasium			
Dec 7, 2022	Wed	Practice	N/A	2:15 PM	4:00 PM	Strough Middle School Small Gymnasium			
CANCELLED Dec 7, 2022	Wed	Regular Season	New Hartford @ Holland Patent	4:15 PM		HPE Gym			L
Dec 8, 2022	Thu	Practice	N/A	2:15 PM	4:00 PM	Strough Middle School Small Gymnasium			
Dec 9, 2022	Fri	Practice	N/A	2:15 PM	4:00 PM	Strough Middle School Small Gymnasium			
Dec 12, 2022	Mon	Practice	N/A	2:15 PM	4:00 PM	Strough Middle School Small Gymnasium			
Dec 13, 2022	Tue	Practice	N/A	2:15 PM	4:00 PM	Strough Middle School Small Gymnasium			

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Dec 14, 2022	Wed	Regular Season	Whitesboro @ Camden	4:00 PM		Camden High School Main Gym	Bus/Driver: First Student	Departure Point: Strough - Back Departure Time: 2:30 PM	L
Dec 15, 2022	Thu	Practice	N/A	2:15 PM	4:00 PM	Strough Middle School Small Gymnasium			
CANCELLED Dec 16, 2022	Fri	Practice	N/A	2:15 PM	4:00 PM	Strough Middle School Small Gymnasium			
Dec 19, 2022	Mon	Practice	N/A	2:15 PM	4:00 PM	Strough Middle School Small Gymnasium			
Dec 20, 2022	Tue	Practice	N/A	2:15 PM	4:00 PM	Strough Middle School Small Gymnasium			
Dec 21, 2022	Wed	Regular Season	Canastota @ Vernon-Verona-Sherrill	4:00 PM		VVS Main Gym (The Pit)	Bus/Driver: First Student - Steve P. 315-630-0372	Departure Point: Strough Middle School Departure Time: 2:30 PM	L
Dec 22, 2022	Thu	Practice	N/A	2:15 PM	4:00 PM	Strough Middle School Small Gymnasium			
Jan 3, 2023	Tue	Practice	N/A	2:15 PM	4:00 PM	Strough Middle School Small Gymnasium			
Jan 4, 2023	Wed	Regular Season	Whitesboro @ New Hartford	4:00 PM		Perry JH Cafeteria	Bus/Driver: First Student - Shane M. 315-292-3620	Departure Point: Strough - Back Departure Time: 2:30 PM	L
Jan 5, 2023	Thu	Practice	N/A	2:15 PM	4:00 PM	Strough Middle School Small Gymnasium			
Jan 6, 2023	Fri	Practice	N/A	2:15 PM	4:00 PM	Strough Middle School Small Gymnasium			
Jan 9, 2023	Mon	Practice	N/A	2:15 PM	4:00 PM	Strough Middle School Small Gymnasium			
Jan 10, 2023	Tue	Practice	N/A	2:15 PM	4:00 PM	Strough Middle School Small Gymnasium			

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Jan 11, 2023	Wed	Practice	N/A	2:15 PM	4:00 PM	Strough Middle School Small Gymnasium			
Jan 11, 2023	Wed	Regular Season	Vernon-Verona-Sherrill, New Hartford @ Camden	4:15 PM		Camden High School Main Gym	Bus/Driver: First Student	Departure Point: Strough - Back Departure Time: 2:30 PM	L
Jan 12, 2023	Thu	Practice	N/A	2:15 PM	4:00 PM	Strough Middle School Small Gymnasium			
Jan 13, 2023	Fri	Practice	N/A	2:15 PM	4:00 PM	Strough Middle School Small Gymnasium			
Jan 14, 2023	Sat	Regular Season (TVL League Championship Meet)	Whitesboro, Vernon-Verona-Sherrill, Camden, New Hartford, Holland Patent	10:00 AM	12:30 PM	Buddy Evans Gym (Strough MS)			L
Jan 17, 2023	Tue	Practice	N/A	2:15 PM	4:00 PM	Strough Middle School Small Gymnasium			
Jan 18, 2023	Wed	Regular Season	Holland Patent, Whitesboro @ Vernon-Verona-Sherrill	4:00 PM		VVS Main Gym (The Pit)	Bus/Driver: First Student	Departure Point: Strough - Back Departure Time: 2:30 PM	L
POSTPONED Jan 19, 2023	Thu	Practice	N/A	2:15 PM	4:00 PM	Strough Middle School Small Gymnasium			
Jan 20, 2023	Fri	Practice	N/A	2:15 PM	4:00 PM	Strough Middle School Small Gymnasium			
Jan 23, 2023	Mon	Practice	N/A	2:15 PM	4:00 PM	Strough Middle School Small Gymnasium			
Jan 24, 2023	Tue	Practice	N/A	2:15 PM	4:00 PM	Strough Middle School Small Gymnasium			
Feb 1, 2023	Wed	Regular Season	Camden @ Holland Patent	4:15 PM		HPE Gym	Bus/Driver: First Student - Steve 315-240-8526	Departure Point: Strough - Back Departure Time: 2:30 PM	L

Date: 2024-07-12

