



# Rome Free Academy

## (G) V Skiing (Co Ed)

### Coaches:

- Melissa O'Rourke
- Mark Rushton

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE	LEAGUE
Nov 28, 2022	Mon	Practice (Practice)	N/A	2:45 PM	4:15 PM	RFA	Weight Room		
Nov 28, 2022	Mon	Practice (Practice)	N/A	2:45 PM	4:15 PM	RFA	Weight Room		
Nov 29, 2022	Tue	Practice (Practice)	N/A	2:45 PM	4:15 PM	RFA	Weight Room		
Nov 30, 2022	Wed	Practice (Practice)	N/A	2:45 PM	4:15 PM	RFA	Weight Room		
Dec 1, 2022	Thu	Practice (Practice)	N/A	2:45 PM	4:15 PM	RFA	Weight Room		
Dec 5, 2022	Mon	Practice (Ski Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA	Weight Room		
Dec 6, 2022	Tue	Practice (Ski Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA	Weight Room		
Dec 7, 2022	Wed	Practice (Ski Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA	Weight Room		
Dec 8, 2022	Thu	Practice (Ski Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA	Weight Room		
Dec 12, 2022	Mon	Practice (Ski Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA	Weight Room		
Dec 13, 2022	Tue	Practice (Ski Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA	Weight Room		
Dec 14, 2022	Wed	Practice (Ski Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA	Weight Room		
Dec 15, 2022	Thu	Practice (Ski Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA	Weight Room		
CANCELLED Dec 16, 2022	Fri	Practice (Ski Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA	Weight Room		
Dec 19, 2022	Mon	Practice (Ski Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA	Weight Room		
Dec 20, 2022	Tue	Practice (Ski Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA	Weight Room		
Dec 21, 2022	Wed	Practice	N/A	2:45 PM	4:15 PM	RFA	Weight Room		
Dec 22, 2022	Thu	Practice	N/A	2:45 PM	4:15 PM	RFA	Weight Room		
Dec 29, 2022	Thu	Practice	N/A	4:00 PM	6:00 PM	Woods Valley			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 30, 2022	Fri	Practice	N/A	4:00 PM	6:00 PM	Woods Valley			
Jan 3, 2023	Tue	Practice (Practice)	N/A	2:45 PM	4:15 PM	RFA Weight Room			
Jan 4, 2023	Wed	Practice (Practice @ Woods Valley)	N/A	4:00 PM	6:00 PM	Woods Valley			
Jan 5, 2023	Thu	Practice (Practice @ Woods Valley)	N/A	4:00 PM	6:00 PM	Woods Valley			
Jan 9, 2023	Mon	Practice (Practice)	N/A	2:45 PM	4:15 PM	RFA Weight Room			
Jan 10, 2023	Tue	Practice (Practice)	N/A	2:45 PM	4:15 PM	RFA Weight Room			
POSTPONED Jan 11, 2023	Wed	Regular Season (SL)	TBD	4:30 PM		Woods Valley			L
Jan 12, 2023	Thu	Practice (Practice @ Woods Valley)	N/A	4:00 PM	6:00 PM	Woods Valley			
Jan 17, 2023	Tue	Practice (Practice)	N/A	2:45 PM	4:15 PM	RFA Weight Room			
Jan 18, 2023	Wed	Practice (Practice @ Woods Valley)	N/A	4:00 PM	6:00 PM	Woods Valley			
CANCELLED Jan 19, 2023	Thu	Practice (Practice @ Woods Valley)	N/A	4:00 PM	6:00 PM	Woods Valley			
Jan 24, 2023	Tue	Practice (Practice)	N/A	2:45 PM	4:15 PM	RFA Weight Room			
CANCELLED Jan 25, 2023	Wed	Practice (Practice @ Woods Valley)	N/A	4:00 PM	6:00 PM	Woods Valley			
Jan 26, 2023	Thu	Practice (Practice @ Woods Valley)	N/A	4:00 PM	6:00 PM	Woods Valley			
CANCELLED Jan 28, 2023	Sat	Regular Season (GS)	TBD	10:00 AM		Snow Ridge Ski Resort	<b>Bus/Driver:</b> RCSD-Chris W. (315)240-7035	<b>Departure Point:</b> Stadium Support <b>Departure Date:</b> Jan 21, 2023 <b>Departure Time:</b> 7:45 AM	L
Feb 2, 2023	Thu	Practice (Practice @ Woods Valley)	N/A	4:00 PM	6:00 PM	Woods Valley			
CANCELLED Feb 3, 2023	Fri	Practice (Practice @ Woods Valley)	N/A	4:00 PM	6:00 PM	Woods Valley			
Feb 6, 2023	Mon	Practice	N/A	2:45 PM	4:00 PM	TBD			
Feb 7, 2023	Tue	Practice	N/A	2:45 PM	4:00 PM	TBD			
Feb 8, 2023	Wed	Regular Season (SL @ Woods Valley)	TBD	4:15 PM		Woods Valley			L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 9, 2023	Thu	Practice (Practice @ Woods Valley)	N/A	4:00 PM	6:00 PM	Woods Valley			
Feb 10, 2023	Fri	Practice (Practice @ Woods Valley)	N/A	4:00 PM	6:00 PM	TBD			
Feb 13, 2023	Mon	Practice (Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Weight Room			
Feb 14, 2023	Tue	Practice	N/A	2:45 PM	4:00 PM	TBD			
Feb 14, 2023	Tue	Practice (Practice @ RFA)	N/A	2:45 PM	4:15 PM	RFA Weight Room			
Feb 16, 2023	Thu	Practice (Practice @ Woods Valley)	N/A	4:00 PM	6:30 PM	Woods Valley			
Feb 17, 2023	Fri	Practice (Practice @ Woods Valley)	N/A	4:00 PM	6:30 PM	Woods Valley			
Feb 20, 2023	Mon	Practice (Practice @ Woods Valley)	N/A	4:00 PM	6:00 PM	Woods Valley			
Feb 21, 2023	Tue	Practice (Practice @ Woods Valley)	N/A	4:00 PM	6:00 PM	Woods Valley			
Feb 22, 2023	Wed	Practice (Practice @ Woods Valley)	N/A	4:00 PM	6:00 PM	Woods Valley			
Feb 23, 2023	Thu	Practice (Practice @ Woods Valley)	N/A	4:00 PM	6:00 PM	Woods Valley			
Feb 26, 2023	Sun	Practice (Training @ Bristol Mt.)	N/A	1:00 PM	4:00 PM	TBD			

Date: 2024-08-16