



# 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 | LEAGUE / NON-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><br>RCSD-Chris W. (315)240-7035 | <b>Departure Point:</b><br>Stadium Support<br><b>Departure Date:</b><br>Jan 21, 2023<br><b>Departure Time:</b><br>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                   |

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|--------------|----------|---------------------------------------|-----------|------------|----------|-----------------|-----------|----------------|---------------------|
| Feb 9, 2023  | Thu      | Practice<br>(Practice @ Woods Valley) | N/A       | 4:00 PM    | 6:00 PM  | Woods Valley    |           |                |                     |
| Feb 10, 2023 | Fri      | Practice<br>(Practice @ Woods Valley) | N/A       | 4:00 PM    | 6:00 PM  | TBD             |           |                |                     |
| Feb 13, 2023 | Mon      | Practice<br>(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<br>(Practice @ RFA)          | N/A       | 2:45 PM    | 4:15 PM  | RFA Weight Room |           |                |                     |
| Feb 16, 2023 | Thu      | Practice<br>(Practice @ Woods Valley) | N/A       | 4:00 PM    | 6:30 PM  | Woods Valley    |           |                |                     |
| Feb 17, 2023 | Fri      | Practice<br>(Practice @ Woods Valley) | N/A       | 4:00 PM    | 6:30 PM  | Woods Valley    |           |                |                     |
| Feb 20, 2023 | Mon      | Practice<br>(Practice @ Woods Valley) | N/A       | 4:00 PM    | 6:00 PM  | Woods Valley    |           |                |                     |
| Feb 21, 2023 | Tue      | Practice<br>(Practice @ Woods Valley) | N/A       | 4:00 PM    | 6:00 PM  | Woods Valley    |           |                |                     |
| Feb 22, 2023 | Wed      | Practice<br>(Practice @ Woods Valley) | N/A       | 4:00 PM    | 6:00 PM  | Woods Valley    |           |                |                     |
| Feb 23, 2023 | Thu      | Practice<br>(Practice @ Woods Valley) | N/A       | 4:00 PM    | 6:00 PM  | Woods Valley    |           |                |                     |
| Feb 26, 2023 | Sun      | Practice<br>(Training @ Bristol Mt.)  | N/A       | 1:00 PM    | 4:00 PM  | TBD             |           |                |                     |

Date: 2024-09-18