

CV JH Wrestling 2022-2023

| ~ October 2022 ~ | | | | | | |
|------------------|------------------------|-----------|--|--|--|-----------|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 Early Dismissal | 7 No School Teacher In-service | 8 |
| 9 | 10 No School | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 Talk to Middle Schoolers during lunches | 27 Talk with Jr. High Football Team | 28 End of first marking period HS | 29 |
| 30 | 31 | | | | | |

CV JH Wrestling 2022-2023

~ November 2022 ~

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|---|---|---|--|---|---|
| | | 1 | 2 1st Team Meeting 3:00-3:30 Wrestling Gym Hydration testing for 9-12 graders | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 Hydration Testing at High School All Physical Forms are <u>due</u> to Mrs. Hess Participation Fees Due! H2O Testing 7-8 graders 3:00-4:15 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 2nd Team Meeting 3:00-3:30 Only if missing paperwork, participation fees or need to re-take hydration testing | 17 Intro to Wrestling Practice 3:15-4:15 w/ Coach Hershey (all 7 th graders and first year wrestlers) | 18 Early Dismissal First Day of Practice Practice 1:00-3:00 End of 1 st Trimester (MS) | 19 Marine Corp Combat Fitness Test 8-9 am Parents are invited to join us! Dress for outside workout |
| 20 | 21 NO SCHOOL Teacher In-service Practice 3:15-5:15 | 22 NO SCHOOL Teacher In-service Practice 3:15-5:15 | 23 NO SCHOOL Practice TBD | 24 NO SCHOOL Happy Thanksgiving No Practice Enjoy the Turkey & Trimmings All Day | 25 NO SCHOOL No Practice Active Day of Rest 15-20 min run 50 Push-ups 50 Sit-ups | 26 No Practice Active Day of Rest 15-20 min run 50 Push-ups 50 Sit-ups |
| 27 | 28 Practice 3:15-5:15 | 29 Practice 3:15-5:15 | 30 Practice 3:15-5:15 | <p>Notes: All paperwork is due no later than Wednesday November 16th.</p> <p>*All dates and times are tentative and can be subject to change at coaching staff's discretion.</p> | | |

CV JH Wrestling 2022-2023

~ December 2022 ~

| CV JH Wrestling 2022-2023 | | | | | | |
|---|------------------------------------|--|---|--|--|---|
| ~ December 2022 ~ | | | | | | |
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| Notes: | | | | 1 Practice 3:15-5:15 | 2 Practice 3:15-5:15 | 3 Home Scrimmage 9-11 am Report at 8:00 Stay to clean up mats until 11:30 |
| 4 | 5 Practice 3:15-5:15 | 6 Practice 3:15-5:15 (First Ranking Matches) | 7 Practice 3:15-5:15 | 8 Practice 3:15-5:15 Uniform Presentation @ 4:45 Parents Welcome | 9 Practice 3:15-5:15 Breakout Duals Set-Up Time: 8 pm | 10 Buckskin Breakout Duals Home Wrestlers report to CVHS @ 8 am |
| 11 | 12 Practice 3:15-5:15 | 13 Practice 3:15-5:15 | 14 Dual vs. Penn Manor Away @ High School 5:30 pm Match time | 15 Practice 3:15-5:15 | 16 Practice 3:15-5:15 | 17 Dallastown Dual Tournament Arrive at CVHS at 6:45am (entire team) |
| 18 | 19 Practice 3:15-5:15 | 20 Dual vs. Solanco Away @ High School 5:00 pm Match time | 21 Practice 3:15-5:15 | 22 Early Dismissal Dual vs. Warwick – Away @ High School 5:00 pm Match time | 23 NO SCHOOL Conditioning at Home 20 min run 50 Push-ups 50 Sit-ups | 24 No Practice |
| 25 Merry Christmas Tell Parents You Love Them All Day | 26 No Practice | 27 No Practice | 28 Practice 9-11 am Practice/Tournament Set Up 9-11 am Bring Sneakers | 29 No Practice HC Tournament Fundraiser All Day Time Schedule TBA | 30 No Practice HC Tournament Fundraiser All Day Time Schedule TBA | 31 |
| Notes: We need parent help setting up and tearing down for Duals on Dec. 9th and for Holiday Classic on the 28th, 29th and 30th. The Holiday Classic is our big fundraiser and full participation will be needed for successful completion of the event. | | | | | | |

CV JH Wrestling 2022-2023

~ January 2023 ~

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|--|--|--|--|
| <p>Notes: CV Wrestling is raising money to help support the fight against Cancer. Wed. January 18th during the home match against Manheim Township, we will be collecting money for NHS Mini-thon Fundraiser to support the Four Diamonds.</p> | | | | | | |
| <p>1</p> <p>Happy New Year Celebrate With Family</p> <p>No Practice</p> | <p>2</p> <p>No School Teacher In-service</p> <p>Practice 3:15-5:15</p> | <p>3</p> <p>Practice 3:15-5:15</p> | <p>4</p> <p>Dual vs. Cedar Crest Home 4:30 pm</p> | <p>5</p> <p>Practice 3:15-5:15</p> | <p>6</p> <p>Practice 3:15-5:15</p> | <p>7</p> <p>No Practice Conditioning at Home 20 min run 50 Push-ups 50 Sit-ups</p> |
| <p>8</p> | <p>9</p> <p>Practice 3:15-5:15</p> | <p>10</p> <p>Practice 3:15-5:15</p> | <p>11</p> <p>Dual vs Hempfield Home - 4:30 Headlock Hunger</p> | <p>12</p> <p>Practice 3:15-5:15</p> | <p>13</p> <p>Practice 3:15-5:15 End of 2nd Marking Period HS</p> | <p>14</p> <p>Berks Catholic Tournament Arrive at CVHS at 6:30 am (entire team)</p> |
| <p>15</p> | <p>16</p> <p>No School No Practice Conditioning at Home 20 min run 50 Push-ups 50 Sit-ups</p> | <p>17</p> <p>No School Practice 3:00-5:15 Teacher In-service</p> | <p>18</p> <p>Dual vs. Manheim Township Home – 4:30 pm Crossface Cancer</p> | <p>19</p> <p>Practice 3:15-5:15</p> | <p>20</p> <p>Practice 3:15-5:15</p> | <p>21</p> <p>No Practice Conditioning at Home 20 min run 50 Push-ups 50 Sit-ups</p> |
| <p>22</p> | <p>23</p> <p>Practice 3:15-5:15</p> | <p>24</p> <p>Practice 3:15-5:15</p> | <p>25</p> <p>Dual vs. JP McCaskey Away @ High School 5:30 pm match time</p> | <p>26</p> <p>Practice 3:15-5:15</p> | <p>27</p> <p>Early Dismissal</p> <p>Practice TBA</p> | <p>28</p> <p>Exeter JV Tournament TBD Arrive at CVHS at 6:30 am</p> |
| <p>29</p> | <p>30</p> <p>Practice 3:15-5:15</p> | <p>31</p> | <p>Notes: CV Wrestling is collecting food items to be donated to CVCCS. Please help us Headlock Hunger on Wednesday January 11th by bringing in non-perishable canned goods to our home match against Hempfield.</p> | | | |

CV JH Wrestling 2022-2023

| ~ February 2023 ~ | | | | | | |
|--|--|---|---|---|---|---|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | 1 Dual vs. Manheim Central Home – 4:30 pm | 2 Practice 3:15-5:15 | 3 LL Optimist Tournament Away Etown (Varsity Only) Time: TBA | 4 LL Optimist Tournament Away Etown 8:30 am Depart from HS @ 7am |
| 5 | 6 Practice 3:15-5:15 | 7 Practice 3:15-5:15 | 8 Dual vs. Muhlenberg Home – 4:30 | 9 Practice 3:15-5:15 | 10 Wilson Invitational Away Time: TBA (Varsity Only) | 11 Wilson Invitational Away Time: TBA (Varsity Only) |
| 12 *Clean all school issued equipment Due Tuesday! Keystone State Tournament Regaional Qualifier Spooky Nook | 13 Practice 3:15-4:30 | 14 Practice 3:15-4:30 School equipment turn-in 3-4pm | 15 Practice 3:15-4:30 | 16 Early Dismissal No Practice | 17 No School No Practice | 18 |
| 19 | 20 No School | 21 Practice 3:15-4:30 | 22 Practice 3:15-4:30 | 23 Practice 3:15-4:30 | 24 District III Championships High School ONLY | 25 PJW Area XIII Qualifier Home |
| 26 | 27 | 28 | | PIAA High School State Championships Hershey March 10-12 | | |

CV JH Wrestling 2022-2023

~ March 2023 ~

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|-----------|-----------|-----------|--|--|---|
| | | | 1 | 2 | 3 PJW Jr. High State Championships | 4 PJW Jr. High State Championships |
| 5 PJW Jr. High State Championships | 6 | 7 | 8 | 9 PIAA High School State Championships Hershey | 10 PIAA High School State Championships Hershey | 11 PIAA High School State Championships Hershey |
| 12 | 13 | 14 | 15 | 16 Early Dismissal | 17 No School Keystone State Championships | 18 Keystone State Championships |
| 19 Keystone State Championships | 20 | 21 | 22 | 23 | 24 | 25 PJW Youth State Championships |
| 26 PJW Youth State Championships | 27 | 28 | 29 | 30 | 31 | |