

Conestoga Valley Wrestling Mat Club Schedule for 2022-2023

<u>Day</u>	<u>Date</u>	<u>Event</u>	<u>Time</u>	<u>Special Note</u>
Monday	11/28/2022	First Official Practice: Grades 1 - 3	6:00-7:15 PM	
Tuesday	11/29/2022	First Official Practice: Grades 4 - 6	6:00-7:30 PM	
Wednesday	11/30/2022	Practice: Grades 1 - 3	6:00-7:15 PM	
Thursday	12/1/2022	Practice: Grades 4 - 6	6:00-7:30 PM	
Monday	12/5/2022	Practice: Grades 1 - 3 Optional Practice @ LAW: Grades 4 - 6	6:00-7:15 PM 7:00-8:30 PM	
Tuesday	12/6/2022	Practice: Grades 4 - 6	6:00-7:30 PM	
Wednesday	12/7/2022	Practice: Grades 1 - 3	6:00-7:15 PM	
Thursday	12/8/2022	Practice: Grades 4 - 6	6:00-7:30 PM	
Saturday	12/10/2022	Buckskin Breakout Duals (JH) - VOLUNTEER HELP	All Day	Home
Monday	12/12/2022	Practice: Grades 1 - 3 Optional Practice @ LAW: Grades 4 - 6	6:00-7:15 PM 7:00-8:30 PM	
Tuesday	12/13/2022	Practice: Grades 4 - 6	6:00-7:30 PM	
Wednesday	12/14/2022	Practice: Grades 1 - 3	6:00-7:15 PM	
Thursday	12/15/2022	Practice: Grades 4 - 6	6:00-7:30 PM	
Sunday	12/18/2022	Dual Meet Scrimmage (only experienced wrestlers)	TBD	MT
Monday	12/19/2022	Practice: Grades 1 - 3 Optional Practice @ LAW: Grades 4 - 6	6:00-7:15 PM 7:00-8:30 PM	
Tuesday	12/20/2022	Practice: Grades 4 - 6	6:00-7:30 PM	Weigh-ins
Wednesday	12/21/2022	Practice: Grades 1 - 3	6:00-7:15 PM	Weigh-ins
Thursday	12/22/2022	Practice: Grades 4 - 6	6:00-7:30 PM	Tournament Signups Due
		NO PRACTICE WEEK OF 12/26 - 12/30		
Wednesday	12/28/2022	HOLIDAY CLASSIC - VOLUNTEER HELP	All Day	Home
Thursday	12/29/2022	HOLIDAY CLASSIC - VOLUNTEER HELP	All Day	Home
Monday	1/2/2023	NO PRACTICE AT CV - SCHOOL CLOSED		
Tuesday	1/3/2023	Practice: Grades 1 - 3 Practice: Grades 4 - 6	6:00-7:00 PM 7:00-8:30 PM	
Wednesday	1/4/2023	Optional Practice @ LAW: Grades 4 - 6 <i>Varsity Dual Meet: HOME vs. Cedar Crest</i>	7:00-8:30 PM 7:00 PM	
Thursday	1/5/2023	Practice: Grades 1 - 3 Practice: Grades 4 - 6	6:00-7:00 PM 7:00-8:30 PM	
Saturday	1/7/2023	Garden Spot Tournament	TBD	Garden Spot
Sunday	1/8/2023	FVL Tournament #1	TBD	Northern Lebanon
Monday	1/9/2023	Practice: Grades 1 - 3 Optional Practice @ LAW: Grades 4 - 6	6:00-7:15 PM 7:00-8:30 PM	
Tuesday	1/10/2023	Practice: Grades 4 - 6	6:00-7:30 PM	
Wednesday	1/11/2023	<i>Varsity Dual Meet: HOME vs. Hempfield</i>	7:00 PM	
Thursday	1/12/2023	Practice: Grades 1 - 3 Practice: Grades 4 - 6	6:00-7:00 PM 7:00-8:30 PM	
Sunday	1/15/2023	FVL Tournament #2	TBD	HOME
Monday	1/16/2023	NO PRACTICE AT CV - SCHOOL CLOSED Optional Practice at LAW	7:00-8:30 PM	
Tuesday	1/17/2023	NO PRACTICE - SCHOOL CLOSED		
Wednesday	1/18/2023	Optional Practice @ LAW: Grades 4 - 6 <i>Varsity Dual Meet: HOME vs. Manheim Township</i>	7:00-8:30 PM 7:00 PM	
Thursday	1/19/2023	Practice: Grades 1 - 3 Practice: Grades 4 - 6	6:00-7:00 PM 7:00-8:30 PM	
Saturday	1/21/2023	Annville-Cleona Tournament	TBD	Annville Cleona
Sunday	1/22/2023	FVL Tournament #3	TBD	Octorara
Monday	1/23/2023	Practice: Grades 1 - 3 Optional Practice @ LAW: Grades 4 - 6	6:00-7:15 PM 7:00-8:30 PM	
Tuesday	1/24/2023	Practice: Grades 4 - 6	6:00-7:30 PM	
Wednesday	1/25/2023	Practice: Grades 1 - 3	6:00-7:15 PM	
Thursday	1/26/2023	Practice: Grades 4 - 6	6:00-7:30 PM	
Friday	1/27/2023	<i>Varsity @ LL League Tournament</i>	2:00 PM	
Saturday	1/28/2023	<i>Varsity @ LL League Tournament</i>	TBA	

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Sunday	1/29/2023	FVL Tournament #4	TBD	Warwick
Monday	1/30/2023	Practice: Grades 1 - 3 Optional Practice @ LAW: Grades 4 - 6	6:00-7:15 PM 7:00-8:30 PM	
Tuesday	1/31/2023	Practice: Grades 4 - 6	6:00-7:30 PM	
Wednesday	2/1/2023	Practice: Grades 1 - 3	6:00-7:15 PM	
Thursday	2/2/2023	Practice: Grades 4 - 6	6:00-7:30 PM	
Saturday	2/4/2023	<i>Varsity Rally in the Valley Duals</i>	<i>All Day</i>	<i>Home</i>
Sunday	2/5/2023	FVL Regional Qualifier	TBD	HOME
Monday	2/6/2023	Practice: Grades 1 - 3 Optional Practice @ LAW: Grades 4 - 6	6:00-7:15 PM 7:00-8:30 PM	
Tuesday	2/7/2023	Practice: Grades 4 - 6	6:00-7:30 PM	
Wednesday	2/8/2023	<i>Varsity Dual Meet: HOME vs. Muhlenberg</i>	<i>7:00 PM</i>	<i>Senior Night</i>
Thursday	2/9/2023	Practice: Grades 1 - 3 Practice: Grades 4 - 6	6:00-7:00 PM 7:00-8:30 PM	
Saturday	2/11/2023	Manheim Township Tournament	TBD	MT
Saturday	2/11/2023	Keystone State South East Qualifier	TBD	SPOOKY NOOK
Sunday	2/12/2023	Keystone State South East Qualifier	TBD	SPOOKY NOOK
Monday	2/13/2023	Practice: FVL Championship Qualifiers	6:00-7:30 PM	
Tuesday	2/14/2023	NO PRACTICE		
Wednesday	2/15/2023	Practice: FVL Championship Qualifiers	6:00-7:30 PM	
Thursday	2/16/2023	NO PRACTICE		
Saturday	2/18/2023	FVL Championship	TBD	Penn Manor
Saturday	2/25/2023	PJW Area 13 Qualifier	TBD	HOME
Friday	3/17/2023	Keystone State Championships	TBD	IUP
Saturday	3/18/2023	Keystone State Championships	TBD	IUP
Sunday	3/19/2023	Keystone State Championships	TBD	IUP
Saturday	3/25/2023	PJW Youth State Championships	TBD	Pitt
Sunday	3/26/2023	PJW Youth State Championships	TBD	Pitt
	TBD	TEAM BANQUET - High School Cafeteria	TBD	