

# Conestoga Valley Wrestling

Conestoga Valley Buckskin Varsity Wrestling				
Schedule for 2022-23				
<u>Day</u>	<u>Date</u>	<u>Event</u>	<u>Time</u>	<u>Special Note</u>
Friday	11/18/2022	<b>First Official Practice</b>	3:00-4:45	
Saturday	11/19/2022	Practice - AM	9:00-11:00 AM	
Sunday	11/20/2022	Day of Rest	All Day	
Monday	11/21/2022	Practice	3:00-4:45	
Tuesday	11/22/2022	Practice	3:00-4:45	
Wednesday	11/23/2022	Practice - AM	9:00-11:00 AM	
Thursday	11/24/2022	<b>HAPPY THANKSGIVING - No Practice</b>	All Day	Independent Training
Friday	11/25/2022	Practice - AM	9:00-11:00 AM	
Saturday	11/26/2022	Multi-Team Scrimmage	9:00-12:00 AM	
Sunday	11/27/2022	Day of Rest	All Day	
Monday	11/28/2022	Practice	3:00-4:45	
Tuesday	11/29/2022	Practice - Ranking Matches	3:00-4:45	
Wednesday	11/30/2022	Practice	3:00-4:45	
Thursday	12/1/2022	Practice	3:00-4:45	MatMen Ceremony
Friday	12/2/2022	<b>Varsity @ Top Hat Tournament</b>	<b>TBD</b>	Select Reserve Entries
Saturday	12/3/2022	<b>Varsity @ Top Hat Tournament</b>	<b>TBD</b>	Select Reserve Entries
Sunday	12/4/2022	Day of Rest	All Day	
Monday	12/5/2022	Practice	3:00-4:45	
Tuesday	12/6/2022	Practice	3:00-4:45	
Wednesday	12/7/2022	Practice	3:00-4:45	
Thursday	12/8/2022	Practice	3:00-4:45	
Friday	12/9/2022	Practice	3:00-4:45	
Saturday	12/10/2022	<b>Central Dauphin JV Tournament</b>	TBD	
Sunday	12/11/2022	Day of Rest	All Day	
Monday	12/12/2022	Practice	3:00-4:45	
Tuesday	12/13/2022	Practice	3:00-4:45	
Wednesday	12/14/2022	<b>Dual Meet vs. Penn Manor (A)</b>	<b>7:00 PM</b>	
Thursday	12/15/2022	Practice	3:00-4:45	
Friday	12/16/2022	<b>Varsity @ Carlisle Tournament; JV Practice</b>	TBD	Select Reserve Entries
Saturday	12/17/2022	<b>Varsity @ Carlisle Tournament</b>	TBD	Select Reserve Entries
Sunday	12/18/2022	Day of Rest	All Day	
Monday	12/19/2022	Practice	3:00-4:45	
Tuesday	12/20/2022	<b>Dual Meet vs. Solanco (A)</b>	<b>7:00 PM</b>	
Wednesday	12/21/2022	Practice	3:00-4:45	
Thursday	12/22/2022	<b>Dual Meet vs. Warwick (A)</b>	<b>7:00 PM</b>	
Friday	12/23/2022	Practice - AM	9:00-11:00 AM	
Saturday	12/24/2022	CHRISTMAS EVE - No Practice	All Day	Independent Training
Sunday	12/25/2022	MERRY CHRISTMAS - No Practice	All Day	Independent Training
Monday	12/26/2022	Practice - AM	9:00-11:00	
Tuesday	12/27/2022	Practice - AM - Gym set up @ 1 PM	9:00-11:00	<b>Afternoon Setup</b>
Wednesday	12/28/2022	<b>HOLIDAY CLASSIC - VARSITY</b>	All Day	Select Reserve Entries
Thursday	12/29/2022	<b>HOLIDAY CLASSIC - VARSITY</b>	All Day	Select Reserve Entries
Friday	12/30/2022	Practice - AM	9:00-11:00	
Saturday	12/31/2022	Practice - AM	9:00-11:00	
Sunday	1/1/2023	No Practice - HAPPY NEW YEAR!	All Day	Independent Training

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Monday	1/2/2023	Practice - AM	9:00-11:00	
Tuesday	1/3/2023	Practice	3:00-4:45	
Wednesday	1/4/2023	<b>Dual Meet vs. Cedar Crest (H)</b>	<b>7:00 PM</b>	
Thursday	1/5/2023	Practice	3:00-4:45	
Friday	1/6/2023	Practice	3:00-4:45	
Saturday	1/7/2023	<b>Hamburg Duals (A)</b>	<b>9:30 AM</b>	
Sunday	1/8/2023	Day of Rest	All Day	
Monday	1/9/2023	Practice	3:00-4:45	
Tuesday	1/10/2023	Practice	3:00-4:45	
Wednesday	1/11/2023	<b>Dual Meet vs. Hempfield (H)</b>	<b>7:00 PM</b>	
Thursday	1/12/2023	Practice	3:00-4:45	
Friday	1/13/2023	Practice	3:00-4:45	Mom's Ceremony
Saturday	1/14/2023	Day of Rest	All Day	
Sunday	1/15/2023	Day of Rest	All Day	
Monday	1/16/2023	Practice - AM	9:00-11:00	
Tuesday	1/17/2023	Practice	3:00-4:45	
Wednesday	1/18/2023	<b>Dual Meet vs. Manheim Township (H)</b>	7:00 PM	
Thursday	1/19/2023	Practice	3:00-4:45	
Friday	1/20/2023	Practice - AM	9:00-11:00	
Saturday	1/21/2023	Day of Rest	All Day	
Sunday	1/22/2023	Day of Rest	All Day	
Monday	1/23/2023	Practice	3:00-4:45	
Tuesday	1/24/2023	Practice	3:00-4:45	
Wednesday	1/25/2023	<b>Dual Meet vs. JP McCaskey (A)</b>	<b>7:00 PM</b>	
Thursday	1/26/2023	Practice	3:00-4:45	
Friday	1/27/2023	<b>Varsity @ LL League Tournament</b>	2:00 PM	
Saturday	1/28/2023	<b>Varsity @ LL League Tournament</b>	TBA	
Sunday	1/29/2023	Day of Rest	All Day	
Monday	1/30/2023	Practice	3:00-4:45	
Tuesday	1/31/2023	Practice OR District III Team Duals	3:00-4:45	
Wednesday	2/1/2023	Practice	3:00-4:45	
Thursday	2/2/2023	Practice OR District III Team Duals	3:00-4:45	
Friday	2/3/2023	Practice	3:00-4:45	
Saturday	2/4/2023	<b>Rally in the Valley Duals (Home)</b>	<b>All Day</b>	
Sunday	2/5/2023	Day of Rest	All Day	
Monday	2/6/2023	Practice	3:00-4:45	
Tuesday	2/7/2023	Practice	3:00-4:45	
Wednesday	2/8/2023	<b>Dual Meet vs. Muhlenberg (H)</b>	<b>7:00 PM</b>	Senior Night
Thursday	2/9/2023	Practice	3:00-4:45	
Friday	2/10/2023	Practice	3:00-4:45	
Saturday	2/11/2023	<b>Reserves @ District III Championships</b>	All Day	Spring Grove
Sunday	2/12/2023	Day of Rest	All Day	
Monday	2/13/2023	Practice	3:00-4:45	
Tuesday	2/14/2023	Practice	3:00-4:45	
Wednesday	2/15/2023	Practice	3:00-4:45	
Thursday	2/16/2023	Practice - Early Dismissal	1:00-2:30	
Friday	2/17/2023	Practice - <b>(Reserves at L-L Trn.)</b>	3:00-4:45	
Saturday	2/18/2023	<b>Varsity @ Dist. III, Section I Tourn.</b>	TBD	<b>Governor Mifflin</b>
Sunday	2/19/2023	Day of Rest	All Day	

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<u>Day</u>	<u>Date</u>	<u>Event</u>	<u>Time</u>	<u>Special Note</u>
Monday	2/20/2023	Practice - District Qualifiers Only	3:00-4:45	
Tuesday	2/21/2023	Practice - District Qualifiers Only	3:00-4:45	
Wednesday	2/22/2023	Practice - District Qualifiers Only	3:00-4:45	
Thursday	2/23/2023	Practice - District Qualifiers Only	3:00-4:45	
Friday	2/24/2023	<b>District III Championships - Qualifiers</b>	All Day	<b>Spring Grove</b>
Saturday	2/25/2023	<b>District III Championships - Qualifiers</b>	All Day	<b>Spring Grove</b>
Sunday	2/26/2023	Day of Rest	All Day	
Monday	2/27/2023	Practice - PIAA Qualifiers Only	3:00-4:45	
Tuesday	2/28/2023	Practice - PIAA Qualifiers Only	3:00-4:45	
Wednesday	3/1/2023	Practice - PIAA Qualifiers Only	3:00-4:45	
Thursday	3/2/2023	Practice - PIAA Qualifiers Only	3:00-4:45	
Friday	3/3/2023	Practice - PIAA Qualifiers Only	3:00-4:45	
Saturday	3/4/2023	Day of Rest	All Day	Independent Training
Sunday	3/5/2023	Day of Rest	All Day	Independent Training
Monday	3/6/2023	Practice - PIAA Qualifiers Only	3:00-4:45	
Tuesday	3/7/2023	Practice - PIAA Qualifiers Only	3:00-4:45	
Wednesday	3/8/2023	Practice at Giant Center - PIAA Qualifiers	5:00 - 7:00	
Thursday	3/9/2023	<b>PIAA State Wrestling Championships</b>	All Day	Giant Center
Friday	3/10/2023	<b>PIAA State Wrestling Championships</b>	All Day	Giant Center
Saturday	3/11/2023	<b>PIAA State Wrestling Championships</b>	All Day	Giant Center
	<b>TBD</b>	<b>TEAM BANQUET - Fireside Tavern</b>		