



Central Valley Academy

(G) V Volleyball

Coaches:

- Kevin Wheelock
- Jen Johnson (Hand)
- Frank Spatto

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 20, 2023	Mon	Practice	N/A	5:30 PM	8:30 PM	CVA Small Gym		
Nov 21, 2023	Tue	Practice	N/A	5:30 PM	8:30 PM	CVA Small Gym		
Nov 22, 2023	Wed	Practice	N/A	3:30 PM	5:30 PM	CVA Small Gym		
Nov 24, 2023	Fri	Practice	N/A	TBD	11:00 AM	CVA Small Gym		
Nov 25, 2023	Sat	Scrimmage (6 Team Scrimmage)	Remsen, Little Falls, Adirondack @ Dolgeville	8:30 AM		HS Gym #2	Departure Date: Nov 25, 2023 Departure Time: 7:30 AM	NL
Nov 27, 2023	Mon	Regular Season	Oneida	7:00 PM		CVA Small Gym		L
Nov 28, 2023	Tue	Practice	N/A	5:30 PM	8:30 PM	CVA Small Gym		
Nov 29, 2023	Wed	Practice	N/A	5:30 PM	8:30 PM	CVA Small Gym		
Nov 30, 2023	Thu	Regular Season	@ New Hartford	7:00 PM		New Hartford HS Gym		L
Dec 1, 2023	Fri	Practice	N/A	5:30 PM	8:30 PM	CVA Small Gym		
Dec 2, 2023	Sat	Practice	N/A	9:00 AM	11:00 AM	CVA Small Gym		
Dec 4, 2023	Mon	Regular Season	Camden	7:00 PM		CVA Small Gym	Departure Point: Weber Ave	L
Dec 5, 2023	Tue	Practice	N/A	5:30 PM	8:30 PM	CVA Small Gym		
Dec 6, 2023	Wed	Practice	N/A	5:30 PM	8:30 PM	CVA Small Gym		
Dec 7, 2023	Thu	Regular Season	Vernon-Verona-Sherrill	7:00 PM		CVA Small Gym		L
Dec 8, 2023	Fri	Practice	N/A	5:30 PM	8:30 PM	CVA Small Gym		
Dec 9, 2023	Sat	Practice	N/A	9:00 AM	11:00 AM	CVA Small Gym		
Dec 11, 2023	Mon	Regular Season	Holland Patent	7:00 PM		CVA Small Gym		L
Dec 12, 2023	Tue	Practice	N/A	5:30 PM	8:30 PM	CVA Small Gym		
Dec 13, 2023	Wed	Practice	N/A	5:30 PM	7:00 PM	CVA Small Gym		
Dec 14, 2023	Thu	Regular Season	East Syracuse Minoa	7:00 PM		CVA Small Gym		L
Dec 15, 2023	Fri	Practice	N/A	5:30 PM	8:30 PM	CVA Small Gym		
Dec 16, 2023	Sat	Practice	N/A	9:00 AM	11:00 AM	CVA Small Gym		
Dec 18, 2023	Mon	Practice	N/A	7:00 PM	9:00 PM	CVA Small Gym		
Dec 19, 2023	Tue	Practice	N/A	5:30 PM	8:30 PM	CVA Small Gym		

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Dec 20, 2023	Wed	Practice (jv & varsity)	N/A	7:00 PM	9:00 PM	CVA Small Gym		
Dec 21, 2023	Thu	Regular Season (can either be 12/20 @ Oneida or 12/21)		6:30 PM		Fariel Gym	Departure Point: Weber Ave Departure Date: Dec 20, 2023 Departure Time: 3:30 PM	L
Dec 22, 2023	Fri	Regular Season (Match)	New Hartford	7:00 PM		CVA Small Gym	Departure Point: Weber Ave	L
Dec 27, 2023	Wed	Practice (Girls Varsity and JV Volleyball Practice)	N/A	5:30 PM	8:30 PM	CVA Main Gym		
Dec 28, 2023	Thu	Practice (Girls Varsity and JV Volleyball Practice)	N/A	5:30 PM	8:30 PM	CVA Main Gym		
Dec 29, 2023	Fri	Practice	N/A	5:30 PM	8:30 PM	CVA Small Gym		
Dec 30, 2023	Sat	Practice	N/A	9:00 AM	12:00 PM	CVA Small Gym		
Jan 3, 2024	Wed	Practice	N/A	7:00 PM	9:00 PM	CVA Small Gym		
Jan 4, 2024	Thu	Regular Season 2-3 L	@ Whitesboro	7:00 PM		Whitesboro High School Gym	Departure Point: Weber Ave. Departure Date: Jan 4, 2024 Departure Time: 4:30 PM	L
Jan 5, 2024	Fri	Practice	N/A	5:30 PM	8:30 PM	CVA Small Gym		
Jan 6, 2024	Sat	Practice	N/A	9:00 AM	11:00 AM	CVA Small Gym		
Jan 8, 2024	Mon	Regular Season	Rome Free Academy	7:00 PM		CVA Small Gym		L
Jan 9, 2024	Tue	Practice	N/A	5:30 PM	8:30 PM	CVA Small Gym		
Jan 10, 2024	Wed	Practice	N/A	5:30 PM	8:30 PM	CVA Small Gym		
Jan 11, 2024	Thu	Regular Season	@ Camden	7:00 PM		Camden High School Main Gym	Departure Point: Weber Ave Departure Date: Jan 11, 2024 Departure Time: 4:00 PM	L
Jan 12, 2024	Fri	Practice	N/A	5:30 PM	8:30 PM	CVA Small Gym		
CANCELLED Jan 13, 2024	Sat	Practice	N/A	9:00 AM	11:00 AM	CVA Small Gym		
Jan 13, 2024	Sat	Regular Season (Tournament)	Owen D. Young (ODY/Richfield), Sauquoit Valley @ Frankfort-Schuyler	9:00 AM		FSHS Main Gym	Departure Point: Weber Ave Departure Date: Jan 13, 2024 Departure Time: 9:00 AM	NL
Jan 15, 2024	Mon	Practice	N/A	5:30 PM	8:30 PM	CVA Small Gym		
Jan 16, 2024	Tue	Practice	N/A	7:00 PM	9:00 PM	CVA Small Gym		

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Jan 17, 2024	Wed	Regular Season	@ Rome Free Academy	6:30 PM		Buddy Evans Gym (Strough MS)	Departure Point: Weber Ave. Departure Date: Jan 17, 2024 Departure Time: 3:30 PM	NL
Jan 18, 2024	Thu	Regular Season	@ Vernon-Verona-Sherrill	5:30 PM		VVS MS Gym	Departure Date: Jan 18, 2024 Departure Time: 4:00 PM	L
Jan 19, 2024	Fri	Practice	N/A	5:30 PM	8:30 PM	CVA Small Gym		
Jan 20, 2024	Sat	Regular Season 2-3 L	Whitesboro	10:30 AM		CVA Small Gym	Departure Point: Weber Ave	L
Jan 22, 2024	Mon	Regular Season	@ Holland Patent	7:00 PM		GWF Gym	Departure Point: Weber Ave. Departure Date: Jan 22, 2024 Departure Time: 4:15 PM	L
Jan 23, 2024	Tue	Practice (jv & varsity)	N/A	7:00 PM	9:00 PM	CVA Small Gym		
Jan 24, 2024	Wed	Regular Season	Little Falls	7:00 PM	9:00 PM	CVA Main Gym		L
Jan 25, 2024	Thu	Practice	N/A	5:30 PM	8:30 PM	CVA Small Gym		
Jan 26, 2024	Fri	Practice	N/A	5:30 PM	8:30 PM	CVA Small Gym		
Jan 27, 2024	Sat	Practice	N/A	9:00 AM	11:00 AM	CVA Small Gym		
Jan 29, 2024	Mon	Regular Season	@ Utica Proctor	7:00 PM		PHS Main Gym	Departure Point: Weber Ave. Departure Date: Jan 29, 2024 Departure Time: 4:30 PM	L
Jan 30, 2024	Tue	Practice	N/A	5:30 PM	8:30 PM	CVA Small Gym		
Jan 31, 2024	Wed	Practice	N/A	7:00 PM	9:00 PM	CVA Small Gym		
Feb 1, 2024	Thu	Practice	N/A	5:30 PM	8:30 PM	CVA Small Gym		
Feb 2, 2024	Fri	Practice	N/A	5:30 PM	8:30 PM	CVA Small Gym		
Feb 3, 2024	Sat	Scrimmage (Tournament)	Utica Proctor, Cooperstown, Waterville @ Dolgeville	8:30 AM		HS Gym #2	Departure Point: Weber Ave Departure Time: 7:00 AM	NL
Feb 5, 2024	Mon	Practice (jv & varsity)	N/A	6:00 PM	9:00 PM	CVA Small Gym		
Feb 6, 2024	Tue	Practice (jv & varsity)	N/A	5:30 PM	8:00 PM	CVA Small Gym		
Feb 7, 2024	Wed	Practice (jv & varsity)	N/A	5:30 PM	8:00 PM	CVA Small Gym		
Feb 8, 2024	Thu	Practice (jv & varsity)	N/A	5:30 PM	8:00 PM	CVA Small Gym		
Feb 9, 2024	Fri	Practice (jv & varsity)	N/A	5:00 PM	7:00 PM	CVA Small Gym		
Feb 9, 2024	Fri	Regular Season (Sectional Quarter Final Game)	@ Rome Free Academy	6:00 PM		Buddy Evans Gym (Strough MS)		L

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Date: 2025-12-28