



# 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 17, 2025	Mon	Practice (jr varsity and varsity)	N/A	6:00 PM	9:00 PM	CVA Small Gym		
Nov 18, 2025	Tue	Practice (jr varsity and varsity)	N/A	6:00 PM	9:00 PM	CVA Small Gym		
Nov 19, 2025	Wed	Practice (jr varsity and varsity)	N/A	6:00 PM	9:00 PM	CVA Small Gym		
Nov 20, 2025	Thu	Practice (jr varsity and varsity)	N/A	6:00 PM	9:00 PM	CVA Small Gym		
Nov 21, 2025	Fri	Practice (jr varsity and varsity)	N/A	7:00 PM	9:00 PM	CVA Small Gym		
Nov 24, 2025	Mon	Practice (jr varsity and varsity)	N/A	6:00 PM	9:00 PM	CVA Small Gym		
Nov 25, 2025	Tue	Practice (jr varsity and varsity)	N/A	6:00 PM	9:00 PM	CVA Small Gym		
Nov 26, 2025	Wed	Practice (Girls varsity volleyball practice)	N/A	3:00 PM	5:00 PM	CVA Small Gym		
Nov 26, 2025	Wed	Practice	N/A	3:00 PM	6:00 PM	CVA Small Gym		
Nov 28, 2025	Fri	Practice	N/A	2:00 PM	4:30 PM	CVA Small Gym		
Nov 28, 2025	Fri	Practice (Girls varsity volleyball practice)	N/A	2:00 PM	3:30 PM	CVA Small Gym		
Nov 29, 2025	Sat	Scrimmage (6 Team Scrimmage)	Remsen, Adirondack, Little Falls @ Dolgeville	8:30 AM	2:00 PM	HS Gym #2	<b>Departure Point:</b> Weber Ave <b>Departure Date:</b> Nov 29, 2025 <b>Departure Time:</b> 7:30 AM	NL
Dec 1, 2025	Mon	Regular Season	@ Utica Proctor	7:00 PM		PHS Main Gym	<b>Departure Point:</b> Weber Ave. <b>Departure Date:</b> Dec 1, 2025 <b>Departure Time:</b> 4:30 PM	L
CANCELLED Dec 2, 2025	Tue	Practice (jr varsity and varsity)	N/A	6:00 PM	9:00 PM	CVA Small Gym		
Dec 3, 2025	Wed	Regular Season	New Hartford	7:00 PM		CVA Small Gym		L
Dec 4, 2025	Thu	Practice (jr varsity and varsity)	N/A	6:00 PM	9:00 PM	CVA Small Gym		
Dec 5, 2025	Fri	Practice (jr varsity and varsity)	N/A	6:00 PM	9:00 PM	CVA Small Gym		
Dec 8, 2025	Mon	Regular Season	Oneida	7:00 PM		CVA Small Gym		L
Dec 9, 2025	Tue	Practice (jr varsity and varsity)	N/A	6:00 PM	9:00 PM	CVA Small Gym		
Dec 10, 2025	Wed	Regular Season	Little Falls	7:00 PM		CVA Small Gym		NL
Dec 11, 2025	Thu	Regular Season	@ New Hartford	7:00 PM		New Hartford HS Gym	<b>Departure Point:</b> Weber Ave <b>Departure Date:</b> Dec 11, 2025 <b>Departure Time:</b> 4:15 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 12, 2025	Fri	Practice (jr varsity and varsity)	N/A	6:00 PM	9:00 PM	CVA Small Gym		
Dec 15, 2025	Mon	Regular Season	Camden	7:00 PM		CVA Small Gym		L
Dec 16, 2025	Tue	Practice (jr varsity and varsity)	N/A	6:00 PM	9:00 PM	CVA Small Gym		
Dec 17, 2025	Wed	Practice (jr varsity and varsity)	N/A	6:00 PM	9:00 PM	CVA Small Gym		
Dec 18, 2025	Thu	Regular Season	Vernon-Verona-Sherrill	7:00 PM		CVA Small Gym		L
Dec 19, 2025	Fri	Regular Season	Beaver River	7:00 PM		TBD		NL
Dec 20, 2025	Sat	Scrimmage (Cooperstown Scrimmage/Tournament)	Morrisville-Eaton, Stockbridge Valley, Utica Proctor, Owen D. Young (ODY/Richfield) @ Cooperstown	9:00 AM		Bursey Gymnasium		NL
Dec 22, 2025	Mon	Regular Season	@ Rome Free Academy	7:00 PM		Buddy Evans Gym (Strough MS)		NL
Dec 23, 2025	Tue	Practice (jr varsity and varsity)	N/A	6:00 PM	9:00 PM	CVA Small Gym		
Dec 26, 2025	Fri	Practice (jr varsity and varsity)	N/A	6:00 PM	9:00 PM	CVA Small Gym		
Dec 27, 2025	Sat	Regular Season	@ Little Falls	12:30 PM		MS Gym		NL
Dec 30, 2025	Tue	Practice (jr varsity and varsity)	N/A	6:00 PM	9:00 PM	CVA Small Gym		
Jan 2, 2026	Fri	Practice (jr varsity and varsity)	N/A	6:00 PM	9:00 PM	CVA Small Gym		
Jan 5, 2026	Mon	Regular Season	Holland Patent	7:00 PM		CVA Small Gym		L
Jan 6, 2026	Tue	Practice (jr varsity and varsity)	N/A	6:00 PM	9:00 PM	CVA Small Gym		
Jan 7, 2026	Wed	Practice (jr varsity and varsity)	N/A	6:00 PM	9:00 PM	CVA Small Gym		
Jan 8, 2026	Thu	Regular Season	East Syracuse Minoa	7:00 PM		CVA Small Gym		L
Jan 9, 2026	Fri	Practice (jr varsity and varsity)	N/A	6:00 PM	9:00 PM	CVA Small Gym		
Jan 12, 2026	Mon	Practice (jr varsity and varsity)	N/A	6:00 PM	9:00 PM	CVA Small Gym		
Jan 13, 2026	Tue	Practice (jr varsity and varsity)	N/A	6:00 PM	9:00 PM	CVA Small Gym		
Jan 14, 2026	Wed	Practice (jr varsity and varsity)	N/A	6:00 PM	9:00 PM	CVA Small Gym		
Jan 15, 2026	Thu	Regular Season	@ Oneida	6:30 PM		TBD	Departure Point: Weber Ave.	L
Jan 16, 2026	Fri	Practice (jr varsity and varsity)	N/A	6:00 PM	9:00 PM	CVA Small Gym		
Jan 17, 2026	Sat	Regular Season (FS Girls Volleyball Tournament)	Owen D. Young (ODY/Richfield), New York Mills @ Frankfort-Schuyler	9:00 AM		FSHS Main Gym		NL
Jan 17, 2026	Sat	Regular Season	Whitesboro	12:00 PM		CVA Small Gym		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 19, 2026	Mon	Regular Season (Senior Night)	@ Whitesboro	7:00 PM		Whitesboro High School Gym	<b>Departure Point:</b> Weber Ave.	L
Jan 20, 2026	Tue	Practice (jr varsity and varsity)	N/A	6:00 PM	9:00 PM	CVA Small Gym		
Jan 21, 2026	Wed	Practice (jr varsity and varsity)	N/A	6:00 PM	9:00 PM	CVA Small Gym		
Jan 22, 2026	Thu	Regular Season	Rome Free Academy	7:00 PM		CVA Small Gym		L
Jan 23, 2026	Fri	Practice (jr varsity and varsity)	N/A	6:00 PM	9:00 PM	CVA Small Gym		
Jan 24, 2026	Sat	Scrimmage (Finale Tournament)	Waterville, Herkimer, Cooperstown, Little Falls @ Dolgeville	8:30 AM	2:00 PM	HS Gym #2		NL
Jan 26, 2026	Mon	Regular Season	@ Camden	7:00 PM		Camden High School Main Gym		L
Jan 27, 2026	Tue	Practice (jr varsity and varsity)	N/A	6:00 PM	9:00 PM	CVA Small Gym		
Jan 28, 2026	Wed	Practice (jr varsity and varsity)	N/A	6:00 PM	9:00 PM	CVA Small Gym		
Jan 29, 2026	Thu	Regular Season	@ Vernon-Verona-Sherrill	7:00 PM		VVS MS Gym		L
Jan 30, 2026	Fri	Practice (jr varsity and varsity)	N/A	6:00 PM	9:00 PM	CVA Small Gym		
Jan 30, 2026	Fri	Regular Season	@ Holland Patent	7:00 PM		GWF Gym	<b>Departure Point:</b> Weber Ave.	L

Date: 2025-12-06