



Central Valley Academy

(B) V Wrestling

Coaches:

- Bob Bush
- Jeff Mower
- Dave Bello
- Tim Rathbun
- Michael Barse

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 17, 2023	Fri	District (Weight Certifications)	Vernon-Verona-Sherrill	4:00 PM		CVA Wrestling Room			NL
Dec 6, 2023	Wed	Regular Season	Rome Free Academy	6:00 PM		CVA Wrestling Room			L
Dec 9, 2023	Sat	Regular Season (CVA Valley Duals)	Mount Markham	9:00 AM		CVA Wrestling Room			L
Dec 11, 2023	Mon	Practice	N/A	TBD		CVA Wrestling Room			
Dec 12, 2023	Tue	Practice	N/A	TBD		CVA Wrestling Room			
Dec 13, 2023	Wed	Regular Season	@ Whitesboro	6:00 PM	8:00 PM	Whitesboro High School Gym	Class Dismissal: 4:15 PM	Departure Point: Weber Ave Departure Date: Dec 13, 2023	L
Dec 14, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	CVA Wrestling Room			
Dec 15, 2023	Fri	Practice	N/A	TBD		CVA Wrestling Room			
Dec 16, 2023	Sat	Regular Season (Montgomery County Duals @ Amsterdam HS)	@ TBD	TBD		TBD		Departure Date: Dec 16, 2023 Departure Time: 6:15 AM	L
Dec 18, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	CVA Wrestling Room			
Dec 19, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	CVA Wrestling Room			
Dec 20, 2023	Wed	Regular Season	Holland Patent	6:00 PM	8:00 PM	CVA Main Gym			L
Dec 21, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	CVA Wrestling Room			
Dec 22, 2023	Fri	Practice	N/A	10:00 AM	12:00 PM	CVA Wrestling Room			
Dec 26, 2023	Tue	Practice	N/A	10:00 AM	12:00 PM	TBD			
Dec 27, 2023	Wed	Practice	N/A	10:00 AM	12:00 PM	TBD			
Dec 28, 2023	Thu	Regular Season (Mountain Duals)	Hudson Falls, Ballston Spa High School, Saranac @ Johnstown (Fonda/Johnstown)	9:00 AM		Johnstown HS Lower Gymnasium		Departure Point: Weber Ave Departure Date: Dec 28, 2023 Departure Time: 6:15 PM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 29, 2023	Fri	Regular Season (Mountain Duals)	Hudson Falls, Ballston Spa High School, Saranac @ Johnstown (Fonda/Johnstown)	9:00 AM		Johnstown HS Lower Gymnasium		Departure Point: Weber Ave Departure Date: Dec 29, 2023 Departure Time: 6:15 AM	NL
Jan 1, 2024	Mon	Practice	N/A	10:00 AM	12:00 PM	TBD			
Jan 2, 2024	Tue	Practice	N/A	10:00 AM	12:00 PM	CVA Wrestling Room			
Jan 3, 2024	Wed	Regular Season	Vernon-Verona-Sherrill	6:00 PM	8:00 PM	CVA Main Gym			L
Jan 4, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	CVA Wrestling Room			
Jan 5, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	CVA Wrestling Room			
Jan 6, 2024	Sat	Regular Season (LEO J SAMMON MEMORIAL TOURNAMENT)	Holland Patent	7:00 AM		CVA Main Gym			L
Jan 6, 2024	Sat	Regular Season (Leo J. Sammons Tournament)	Johnstown (Fonda/Johnstown)	7:00 AM		CVA Main Gym			NL
Jan 6, 2024	Sat	Regular Season (Leo J. Sammon Jr. Tournament)	Little Falls	9:00 AM		CVA Main Gym			NL
Jan 6, 2024	Sat	Regular Season (Leo J. Sammon Jr. Memorial)	Amsterdam (Amsterdam/Broadalbin-Perth)	9:30 AM		CVA Main Gym			L
Jan 6, 2024	Sat	Regular Season (Leo J. Sammon Wrestling Tournament @ CVA)	Mount Markham	9:30 AM		CVA Main Gym			NL
Jan 8, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	CVA Wrestling Room			
Jan 9, 2024	Tue	Regular Season (SECION III DUAL MEET ROUND 1)	Holland Patent	5:00 PM		CVA Main Gym			L
Jan 11, 2024	Thu	Practice	N/A	3:15 PM	5:30 PM	CVA Wrestling Room			
Jan 13, 2024	Sat	Regular Season (Blue Devil Wrestling Tournament)	Beaver River, Dolgeville, Fulton, Herkimer, Mexico, Morrisville-Eaton (Morrisville-Eaton/Madison), Fabius-Pompey (Southern Hills), East Syracuse Minoa @ Camden	9:00 AM		Camden High School Main Gym		Departure Point: Weber Ave. Departure Date: Jan 13, 2024 Departure Time: 6:30 AM	NL
Jan 16, 2024	Tue	Post-Season (TVL sectionals vs. HP at 5 pm. Winner will wrestle CVA at 6 pm.)	Vernon-Verona-Sherrill	5:00 PM		CVA Wrestling Room			L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 17, 2024	Wed	Regular Season	@ New Hartford	6:00 PM		Bradley Elementary Gym	Departure Point: Weber Ave. Departure Date: Jan 17, 2024 Departure Time: 4:15 PM	L
Jan 18, 2024	Thu	Practice (vars / jr vars)	N/A	3:15 PM	5:30 PM	CVA Wrestling Room		
Jan 19, 2024	Fri	Practice (vars / jr vars)	N/A	3:15 PM	5:30 PM	CVA Wrestling Room		
Jan 22, 2024	Mon	Practice (mod / jv / varsity)	N/A	3:15 PM	5:30 PM	CVA Wrestling Room		
Jan 23, 2024	Tue	Practice (mod / jv / varsity)	N/A	3:15 PM	5:30 PM	CVA Wrestling Room		
Jan 24, 2024	Wed	Regular Season	@ Camden	6:00 PM		Camden High School Main Gym	Departure Point: Weber Ave. Departure Date: Jan 24, 2024 Departure Time: 3:45 PM	L
Jan 25, 2024	Thu	Practice (jv & varsity)	N/A	3:15 PM	5:30 PM	CVA Wrestling Room		
Jan 26, 2024	Fri	Practice	N/A	3:15 PM	5:30 PM	CVA Wrestling Room		
Jan 29, 2024	Mon	Practice (jv/varsity)	N/A	3:15 PM	5:30 PM	CVA Wrestling Room		
Jan 30, 2024	Tue	Practice (jv/varsity)	N/A	3:15 PM	5:30 PM	CVA Wrestling Room		
Jan 31, 2024	Wed	Practice (jv/varsity)	N/A	3:15 PM	5:30 PM	CVA Wrestling Room		
Feb 1, 2024	Thu	Practice (jv/varsity)	N/A	3:15 PM	5:30 PM	CVA Wrestling Room		
Feb 2, 2024	Fri	Practice (jv/varsity)	N/A	3:15 PM	5:30 PM	CVA Wrestling Room		
Feb 3, 2024	Sat	Regular Season (Class B Tournament)	Camden, Chittenango, Cortland, Jordan-Elbridge (Port Byron/Union Springs/Jordan-Elbridge/Cato-Meridian), Marcellus, Mexico, South Jefferson, Vernon-Verona-Sherrill @ Homer	10:00 AM		Homer High School		NL
Feb 5, 2024	Mon	Practice (jv & varsity)	N/A	3:15 PM	5:30 PM	CVA Wrestling Room		
Feb 6, 2024	Tue	Practice (jv & varsity)	N/A	3:15 PM	5:30 PM	CVA Wrestling Room		
Feb 7, 2024	Wed	Practice (jv & varsity)	N/A	3:15 PM	5:30 PM	CVA Wrestling Room		
Feb 8, 2024	Thu	Practice (jv & varsity)	N/A	3:15 PM	5:30 PM	CVA Wrestling Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 9, 2024	Fri	Practice (jv & varsity)	N/A	3:15 PM	5:30 PM	CVA Wrestling Room			
Feb 12, 2024	Mon	Practice	N/A	3:15 PM	5:30 PM	CVA Wrestling Room			
Feb 13, 2024	Tue	Practice	N/A	3:15 PM	5:30 PM	CVA Wrestling Room			
Feb 14, 2024	Wed	Practice	N/A	3:15 PM	5:30 PM	CVA Wrestling Room			
Feb 15, 2024	Thu	Practice	N/A	3:15 PM	5:30 PM	CVA Wrestling Room			
Feb 16, 2024	Fri	Practice	N/A	3:15 PM	5:30 PM	CVA Wrestling Room			

Date: 2024-04-29