



Central Valley Academy

(B) JV Wrestling

Coaches:

- Justin Seifried

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 18, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	CVA Wrestling Room		
Nov 19, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	CVA Wrestling Room		
Nov 20, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	CVA Wrestling Room		
Nov 21, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	CVA Wrestling Room		
Nov 25, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	CVA Wrestling Room		
Nov 26, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	CVA Wrestling Room		
Nov 27, 2024	Wed	Practice	N/A	10:00 AM	12:00 PM	CVA Wrestling Room		
Nov 29, 2024	Fri	Practice	N/A	10:00 AM	12:00 PM	CVA Wrestling Room		
Nov 30, 2024	Sat	Practice	N/A	10:00 AM	12:00 PM	CVA Wrestling Room		
Dec 16, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	CVA Wrestling Room		
Dec 17, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	CVA Wrestling Room		
Dec 19, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	CVA Wrestling Room		
Dec 20, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	CVA Wrestling Room		
Dec 23, 2024	Mon	Practice	N/A	8:00 AM	10:00 AM	CVA Wrestling Room		
Dec 26, 2024	Thu	Practice	N/A	8:00 AM	10:00 AM	CVA Wrestling Room		
Dec 30, 2024	Mon	Practice	N/A	8:00 AM	10:00 AM	CVA Wrestling Room		
Jan 2, 2025	Thu	Practice	N/A	10:00 AM	12:00 PM	CVA Wrestling Room		
Jan 6, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	CVA Wrestling Room		
Jan 7, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	CVA Wrestling Room		
Jan 9, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	CVA Wrestling Room		
Jan 10, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	CVA Wrestling Room		
Jan 13, 2025	Mon	Practice	N/A	3:00 PM	5:30 PM	CVA Wrestling Room		
Jan 14, 2025	Tue	Practice	N/A	3:00 PM	5:30 PM	CVA Wrestling Room		
Jan 16, 2025	Thu	Practice	N/A	3:00 PM	5:30 PM	CVA Wrestling Room		
Jan 17, 2025	Fri	Practice	N/A	3:00 PM	5:30 PM	CVA Wrestling Room		
Jan 21, 2025	Tue	Practice	N/A	3:00 PM	5:30 PM	CVA Wrestling Room		
Jan 23, 2025	Thu	Practice	N/A	3:00 PM	5:30 PM	CVA Wrestling Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 24, 2025	Fri	Practice	N/A	3:00 PM	5:30 PM	CVA Wrestling Room		
Jan 27, 2025	Mon	Practice	N/A	3:00 PM	5:30 PM	CVA Wrestling Room		
Jan 28, 2025	Tue	Practice	N/A	3:00 PM	5:30 PM	CVA Wrestling Room		
Jan 29, 2025	Wed	Regular Season	Whitesboro	6:00 PM		CVA Main Gym		L
Jan 30, 2025	Thu	Practice	N/A	3:00 PM	5:30 PM	CVA Wrestling Room		
Jan 31, 2025	Fri	Practice	N/A	3:00 PM	5:30 PM	CVA Wrestling Room		
Feb 3, 2025	Mon	Practice	N/A	3:00 PM	5:30 PM	CVA Wrestling Room		
Feb 4, 2025	Tue	Practice	N/A	3:00 PM	5:30 PM	CVA Wrestling Room		
Feb 5, 2025	Wed	Practice	N/A	3:00 PM	5:30 PM	CVA Wrestling Room		
Feb 7, 2025	Fri	Practice	N/A	3:00 PM	5:30 PM	CVA Wrestling Room		
Feb 10, 2025	Mon	Practice	N/A	3:00 PM	5:30 PM	CVA Wrestling Room		
Feb 11, 2025	Tue	Practice	N/A	3:00 PM	5:30 PM	CVA Wrestling Room		
Feb 12, 2025	Wed	Practice	N/A	3:00 PM	5:30 PM	CVA Wrestling Room		
Feb 13, 2025	Thu	Practice	N/A	3:00 PM	5:30 PM	CVA Wrestling Room		
Feb 14, 2025	Fri	Practice	N/A	3:00 PM	5:30 PM	CVA Wrestling Room		

Date: 2025-12-06