



Central Valley Academy

(B) JV Wrestling

Coaches:

- Justin Seifried

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 17, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	CVA Wrestling Room		
Nov 18, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	CVA Wrestling Room		
Nov 19, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	CVA Wrestling Room		
Nov 20, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	CVA Wrestling Room		
Nov 21, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	CVA Wrestling Room		
Nov 22, 2025	Sat	Practice	N/A	10:00 AM	12:00 PM	CVA Wrestling Room		
Nov 24, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	CVA Wrestling Room		
Nov 25, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	CVA Wrestling Room		
Nov 26, 2025	Wed	Practice	N/A	10:00 AM	12:00 PM	CVA Wrestling Room		
Nov 28, 2025	Fri	Practice	N/A	10:00 AM	12:00 PM	CVA Wrestling Room		
POSTPONED Nov 29, 2025	Sat	Scrimmage (weight ins at CVA)	@ Vernon-Verona-Sherrill	9:30 AM		VVS Main Gym (The Pit)	Departure Date: Nov 29, 2025 Departure Time: 7:00 AM	NL
Dec 1, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	CVA Wrestling Room		
CANCELLED Dec 2, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	CVA Wrestling Room		
Dec 4, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	CVA Wrestling Room		
Dec 5, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	CVA Wrestling Room		
Dec 8, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	CVA Wrestling Room		
Dec 9, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	CVA Wrestling Room		
Dec 10, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	CVA Wrestling Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 11, 2025	Thu	Regular Season	@ Whitesboro	6:00 PM		Whitesboro High School	Departure Point: Weber Ave Departure Date: Dec 11, 2025 Departure Time: 4:15 PM	L
Dec 12, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	CVA Wrestling Room		
Feb 1, 2026	Sun	Regular Season	Cooperstown (Cooperstown/Milford), Fayetteville-Manlius, Cazenovia, New Hartford, Phoenix, Liverpool, Holland Patent, Vernon-Verona-Sherrill, Homer, Central Square, Cicero-North Syracuse, Little Falls, West Genesee, TBD @ Sherburne-Earlville	8:30 AM		Kevin Vibbard Court		NL

Date: 2025-12-10