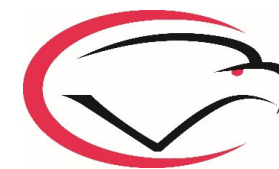


2023 APRIL



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Optional Training 3:30-5:15pm	NO TRAINING	01 Free Camp at Gettysburg HS 9 -3 PM
02 Northern York Freestyle State Qualifier	03 Optional Training 3:30-5:15pm	04 Optional Training 3:30-5:15pm	05 HS Weight Room 3:00-4:30	06 Spring Break NO TRAINING	07 Spring Break NO TRAINING	08 Spring Break NO TRAINING
Spring Break NO TRAINING	10 Spring Break NO TRAINING	11 Optional Training 3:30-5:15pm	12 HS Weight Room 3:00-4:30	13 Optional Training 3:30-5:15pm	14 NO TRAINING	15 Downingtown West Freestyle Qualifier
16 NO TRAINING	17 Optional Training 3:30-5:15pm	18 Optional Training 3:30-5:15pm	19 HS Weight Room 3:00-4:30	20 Optional Training 3:30-5:15pm	21 Virtual School Day NO TRAINING	22 Season Banquet New Kingston Fire Hall 5-7 PM
23 NO TRAINING	24 Optional Training 3:30-5:15pm	25 Optional Training 3:30-5:15pm	26 HS Weight Room 3:00-4:30	27 Optional Training 3:30-5:15pm	28 NO TRAINING	29 Altoona Freestyle Qualifier

**April 2023– CVHS Girls Wrestling
Spring Training Schedule updated 3/31/23**