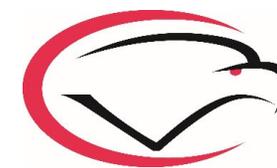


2023 MAY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	01 Optional Training 3:30-5:15pm	02 Optional Training 3:30-5:15pm	03 HS Weight Room 3:00-4:30	04 Optional Training 3:30-5:15pm	05 NO TRAINING	06
07 Northampton Freestyle State Qualifier	08 Optional Training 3:30-5:15pm	09 Optional Training 3:30-5:15pm	10 HS Weight Room 3:00-4:30	11 Optional Training 3:30-5:15pm	12 USAW NE Regional Freestyle Championships Atlantic City, NJ	13 USAW NE Regional Freestyle Championships Atlantic City, NJ
14 NO TRAINING	15 Optional Training 3:30-5:15pm	16 Optional Training 3:30-5:15pm	17 HS Weight Room 3:00-4:30	18 Optional Training 3:30-5:15pm	19 PA USAW Freestyle State Championships Reading, PA	20 PA USAW Freestyle State Championships Reading, PA
21 NO TRAINING	22 Optional Training 3:30-5:15pm	23 Optional Training 3:30-5:15pm	24 HS Weight Room 3:00-4:30	25 Optional Training 3:30-5:15pm	26 NO TRAINING	27 NO TRAINING
28 NO TRAINING	29 Memorial Day NO TRAINING NO SCHOOL	30 Optional Training 3:30-5:15pm	31 HS Weight Room 3:00-4:30	01 Optional Training 3:30-5:15pm	02 NO TRAINING	03 NO TRAINING

MAY– CVHS Girls Wrestling Spring Training Schedule
updated 4/23/23