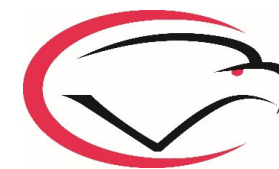


# 2023 JUNE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	29 <b>Memorial Day NO TRAINING</b>	30 <b>Optional Training 3:30-5:15pm</b>	31 <b>HS Weight Room 3:00-4:30</b>	01 <b>Optional Training 3:30-5:15pm</b>	02 <b>NO TRAINING</b>	03 <b>NO TRAINING</b>
04 <b>NO TRAINING</b>	05 <b>Optional Training 3:30-5:15pm</b>	06 <b>Optional Training 3:30-5:15pm</b>	07 <b>HS Weight Room 3:00-4:30</b>	08 <b>Optional Training 3:30-5:15pm</b>	09 <b>NO TRAINING</b>	10 <b>NO TRAINING</b>
11 <b>NO TRAINING</b>	12 <b>Wrestling 6-8 pm</b>	13 <b>HS Weight Room 7:30-9 AM</b>	14 <b>Wrestling 6-8 pm</b>	15 <b>HS Weight Room 7:30-9 AM</b>	16 <b>NO TRAINING</b>	17 <b>NO TRAINING</b>
18 <b>NO TRAINING</b>	19 <b>Wrestling 6-8 pm</b>	20 <b>HS Weight Room 7:30-9 AM</b>	21 <b>Wrestling 6-8 pm</b>	22 <b>HS Weight Room 7:30-9 AM</b>	23 <b>NO TRAINING</b>	24 <b>NO TRAINING</b>
25 <b>NO TRAINING</b>	26 <b>Wrestling 6-8 pm</b>	27 <b>HS Weight Room 7:30-9 AM</b>	28 <b>Wrestling 6-8 pm</b>	29 <b>HS Weight Room 7:30-9 AM</b>	30 <b>NO TRAINING</b>	1

**JUNE– CVHS Girls Wrestling Spring / Summer  
Training Schedule updated 5/15/23**