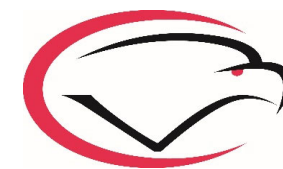


2023 October



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Wrestling 3:45-5:30 PM	4 HS Weight Room 3:15-5 PM	5 Wrestling 3:45-5:30 PM	6	7
08	09	10 Wrestling 3:45-5:30 PM	11 HS Weight Room 3:15-5 PM	12 Wrestling 3:45-5:30 PM	13	14 Mat Town Fall Classic Lock Haven U.
15	16	17 Wrestling 3:45-5:30 PM	18 HS Weight Room 3:15-5 PM	19 Wrestling 3:45-5:30 PM	20	21 Primus Round Robin Robin Mechanicsburg HS
22	23 Drink Water!!	24 Weight Certifications	25 HS Weight Room 3:15-5 PM	26 Wrestling 3:45-5:30 PM	27	28
29	30	31 Wrestling 3:45-5:30 PM	1 HS Weight Room 3:15-5 PM	2 Wrestling 3:45-5:30 PM	3	4

CVHS Girls Wrestling Preseason Training Schedule
updated 9/18/23