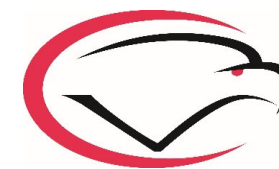


2024 APRIL



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 NO TRAINING	01 Strength Training HS Fitness Center 3:15-5:00pm	02 Freestyle Training 3:45-5:30pm	03 Strength Training HS Fitness Center 3:15-5:00pm	04 Freestyle Training 3:45-5:30pm	05 NO TRAINING	06 Messiah Freestyle State Qualifier
07 NO TRAINING	08 Strength Training HS Fitness Center 3:15-5:00pm	09 Freestyle Training 3:45-5:30pm	10 In-Service No School Strength Training HS Fitness Center 3:15-5:00pm	11 Freestyle Training 3:45-5:30pm	12 NO TRAINING	13 Downingtown West Freestyle Qualifier Girls Club Duals
14 NO TRAINING	15 Strength Training HS Fitness Center 3:15-5:00pm	16 Freestyle Training 3:45-5:30pm	17 Strength Training HS Fitness Center 3:15-5:00pm	18 Freestyle Training 3:45-5:30pm	19 NO TRAINING	20 NO TRAINING
21 Emmaus Freestyle Qualifier (No Coach S.)	22 Strength Training HS Fitness Center 3:15-5:00pm	CV9 Virtual Day 23 Freestyle Training 3:45-5:30pm	24 Strength Training HS Fitness Center 3:15-5:00pm	25 Freestyle Training 3:45-5:30pm	26 NO TRAINING	27 NO TRAINING
28 Season Banquet New Kingston Fire Hall 5-7PM	29 Strength Training HS Fitness Center 3:15-5:00pm	30 Freestyle Training 3:45-5:30pm	01 Strength Training HS Fitness Center 3:15-5:00pm	02 Freestyle Training 3:45-5:30pm	03 NO TRAINING	04

April 2024– CVHS Girls Wrestling Spring Training Schedule updated 3/28/24