

# CAPITAL VALLEY CONFERENCE

## Meeting Schedule

2024-25

### MEETING SCHEDULE

Tues, Aug 6	Athletic Board	Christian Bros.	5:00
Tues, Aug 6	Fall Sport Dinner	Christian Bros.	6:30
Tues, Oct 1	Athletic Board	Teal Bend	9:00
Wed, Oct 9	Board of Managers	Wine & Roses	10:00
Tues, Oct 22	Athletic Directors	The Villas	9:00
Tues, Oct 29	Winter Sport Dinner	Inderkum	6:30
Tues, Nov 19	Athletic Directors	The Villas	9:00
Tues, Jan 28	Athletic Board	Woodcreek	5:00
Tues, Jan 28	Spring Sport Dinner	Woodcreek	6:30
Wed, Feb 5	Board of Managers	TBA	10:00
Tues, Feb 25	Athletic Directors	Teal Bend	9:00
Tues, Mar 26	Athletic Board	Teal Bend	9:00
Wed, April 2	Board of Managers	TBA	10:00
Tues, May 13	Athletic Director	The Villas	9:00
Wed, June 18	Board of Managers	Zoom Meeting	8:30

**LAST REVISED: April 17, 2024**

### IMPORTANT DATES

#### NO CONTACT DEAD PERIODS

Fall: July 1 – Jul 14

Winter: July 1 – Jul 14

Spring: July 1 – Jul 14

#### FIRST PRACTICE

Fall: Aug 5 – FB Jul 29

(Required 5 days acclimation for football)

Winter: Nov 3

Spring: Feb 9 - Baseball & Softball Feb 2

#### FIRST SCRIMMAGE

Fall: August 15

Winter: Nov 14

Spring: Feb 17

#### FIRST CONTEST

Fall: August 22

Winter: Nov 21

Spring: Feb 27 BB & SB - Feb 17

#### NUMBER OF CONTACTS

28

Golf & Tennis 24 Swim, Track & CC - 14

Wrestling 40 Football 10

#### LAST CONTEST

Fall: FB & CC Nov 1 G Golf - Oct 22

Flag FB, B So, G Ten & G VB - Oct 23

WP Oct 29

Winter: B & G BB - Feb 13 B & G Soc - Feb 10

Wrest - Feb 9

Spring: Base May 1 B Golf Apr 30

Soft May 7 Swim Apr 25 Track May 9

B Ten May 1 B VB Apr 30

#### SIT OUT DATE

Fall: FB, G Golf, -WP & CC Sep 27

G VB Sep 23 G Ten Sep 26

Winter: B & GBB Jan 3 B & G Soc & Wrest Jan 1

Spring: Base Mar B Golf Mar 30 Soft Mar 29

Track Apr 4 Swim Mar 29

B Ten Mar 31 - B VB Mar 31