

CAPITAL VALLEY CONFERENCE GIRLS VOLLEYBALL SCHEDULE 2023

TUE, SEPT 5

Bella Vista BYE
River Valley at Antelope
Inderkum at Roseville
Yuba City at Woodcreek

THUR, SEPT 7

River Valley BYE
Bella Vista at Inderkum
Yuba City at Antelope
Woodcreek at Roseville

TUE, SEPT 12

Inderkum BYE
River Valley at Yuba City
Bella Vista at Woodcreek
Antelope at Roseville

THUR, SEPT 14

Yuba City BYE
Woodcreek at Inderkum
Roseville at River Valley
Antelope at Bella Vista

TUE, SEPT 19

Roseville BYE
Antelope at Woodcreek
Bella Vista at Yuba City
Inderkum at River Valley

THUR, SEPT 21

Woodcreek BYE
Roseville at Yuba City
Inderkum at Antelope
River Valley at Bella Vista

TUE, SEPT 26

Antelope BYE
Roseville at Bella Vista
Woodcreek at River Valley
Yuba City at Inderkum

THUR, SEPT 28

Bella Vista BYE
Antelope at River Valley
Roseville at Inderkum
Woodcreek at Yuba City

TUE, OCT 3

River Valley BYE
Inderkum at Bella Vista
Antelope at Yuba City
Roseville at Woodcreek

THUR, OCT 5

Inderkum BYE
Yuba City at River Valley
Woodcreek at Bella Vista
Roseville at Antelope

TUE, OCT 10

Yuba City BYE
Inderkum at Woodcreek
River Valley at Roseville
Bella Vista at Antelope

THUR, OCT 12

Roseville BYE
Woodcreek at Antelope
Yuba City at Bella Vista
River Valley at Inderkum

TUE, OCT 17

Woodcreek BYE
Yuba City at Roseville
Antelope at Inderkum
Bella Vista at River Valley

THUR, OCT 19

Antelope BYE
Bella Vista at Roseville
River Valley at Woodcreek
Inderkum at Yuba City

IMPORTANT DATES

PRESEASON DEAD PERIOD

Fall: July 10, except FB July 3 & WP July 24
Winter: Oct 8
Spring: Jan 15

FIRST PRACTICE

Fall: July 31, except FB Jul 24 &
WP Aug 14
(FB Requires 5 days acclimation practice)
Winter: Oct 30
Spring: Feb 5, except BB & Softball Jan 29

FIRST SCRIMMAGE

Fall: August 11, except WP Aug 18
Winter: Nov 10
Spring: Feb 16

FIRST CONTEST

Fall: August 18, except WP Aug 25
Winter: Nov 17
Spring: Feb 23

NUMBER OF CONTACTS

Unless otherwise stated: 28
Golf & Tennis 24 Swim & Track & CC 14
Wrestling 40 Football 10

LAST CONTEST

Fall: FB & CC Oct 28 G Golf Oct 18
GVB Oct 19 WP Oct 25 G Ten Oct 26
Winter: B & G BB Feb 9 B & G Soc Feb 6
Wrest Jan 24
Spring: Base May 3 B Golf May 1
Soft May 9 Swim Apr 20 Track May 4
B Ten Apr 30 B VB Apr 25

SIT OUT DATE

Fall: FB, WP & CC Sep 22 G Golf
Sept 18 G VB Sept 18 G Ten Sep 22
Winter: B & G BB Dec 30
B & G Soc Dec 29
Wrest Dec 27
Spring: Base, Track & B Golf Mar 30
Soft Apr 2 Swim Mar 23 B Ten Mar 27
B VB Mar 26

APPROVED ATHLETIC DIRECTORS: Feb 27, 2023

APPROVED ATHLETIC BOARD: April 18, 2023

LAST REVISED: Dec. 21, 2022