

CAPITAL VALLEY CONFERENCE

GIRLS VOLLEYBALL SCHEDULE

2024-25

GAME TIME: 4:30

Last Revised: FEBRUARY 27, 2024

MON, SEPT 9

RA at VDL
Ind at CBS
Pondo at Wood
BV BYE

WED, SEPT 11

VDL at CBS
BV at Pondo
Wood at RA
Ind BYE

MON, SEPT, 16

RA at BV
VDL at Ind
CBS at Wood
Pondo BYE

WED, SEPT 18

CBS at Pondo
Ind at BV
Wood at VDL
RA BYE

MON, SEPT 23

BV at CBS
Pondo at RA
Wood at Ind
VDL Bye

WED, SEPT 25

RA at Ind
Pondo at VDL
BV at Wood
CBS BYE

MON, SEPT 30

VDL at BV
Ind at Pondo
CBS at RA
Wood Bye

WED, OCT 2

VDL at RA
CBS at Ind
Wood at Pondo
BV BYE

MON, OCT 7

CBS at VDL
Pondo at BV
RA at Wood
Ind BYE

WED, OCT 9

BV at RA
Ind at VDL
Wood at CBS
Pondo BYE

MON, OCT 14

Pondo at CBS
BV at Ind
VDL at Wood
RA BYE

WED, OCT 16

CBS at BV
RA at Pondo
Ind at Wood
VDL Bye

MON, OCT 21

Ind at RA
VDL at Pondo
Wood at BV
CBS BYE

WED, OCT 23

BV at VDL
Pondo at Ind
RA at CBS
Wood Bye

IMPORTANT DATES

NO CONTACT DEAD PERIODS

Fall: July 1 – Jul 14
Winter: July 1 – Jul 14
Spring: July 1 – Jul 14

FIRS! 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 Sept 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