

EMBRACE THE GRIND

JAN 2026

CVMS WRESTLING

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5 INFO MEETING 1ST / 2ND LUNCH - ROOM TBA	6	7	8	9 PARENT MEETING 5:15PM - PLAYHOUSE	10
11	12	13 **1ST PRACTICE** CVMS PLAYHOUSE 2:30-4:30	14 **PRACTICE** 2:30-4:30	15 **PRACTICE** 2:30-4:30	16 **NO SCHOOL**	17
18	19 **NO SCHOOL**	20 **NO SCHOOL**	21 **NO SCHOOL** **PRACTICE** 2:30-4:30	22 **PRACTICE** 2:30-4:30	23 **PRACTICE** 2:30-4:30	24
25	26	27 **PRACTICE** 2:30-4:30 **ADVANCED** 4:30-5:30	28 **PRACTICE** 2:30-4:30	29 **PRACTICE** 2:30-4:30 **ADVANCED** 4:30-5:30	30 **PRACTICE** 2:30-4:30	31

PRACTICE LIKE YOU'VE NEVER WON. PERFORM LIKE YOU'VE NEVER LOST.

COME PREPARED FOR EACH PRACTICE WITH A GOOD ATTITUDE, WILLINGNESS TO LEARN, SHORTS, T-SHIRT, RUNNING & WRESTLING SHOES, MOUTH GUARD (MANDATORY FOR BRACES).

COACH D'ART JOHNSON - 775-230-6410
CVMSWRESTLING@YAHOO.COM



EMBRACE THE GRIND

FEB 2026

CVMS WRESTLING

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 EARLY OUT	3 **PRACTICE** 2:30-4:30 **ADVANCED** 4:30-5:30	4 **PRACTICE** 2:30-4:30	5 **PRACTICE** 2:30-4:30 **ADVANCED** 4:30-5:30	6 **PRACTICE** 2:30-4:30	7
8	9 EARLY OUT	10 **PRACTICE** 2:30-4:30 **ADVANCED** 4:30-5:30	11 **PRACTICE** 2:30-4:30	12 **PRACTICE** 2:30-4:30 **ADVANCED** 4:30-5:30	13 **PRACTICE** 2:30-4:30	14
15	16 NO SCHOOL **PRACTICE** 2:30-4:30	17 NO SCHOOL **PRACTICE** 2:30-4:30 **ADVANCED** 4:30-5:30	18 NO SCHOOL **PRACTICE** 2:30-4:30	19 NO SCHOOL **PRACTICE** 2:30-4:30 **ADVANCED** 4:30-5:30	20 NO SCHOOL **MATCH** TIGER FRENZY YERINGTON HIGH BUS LEAVES @12:00PM	21
22	23 **PRACTICE** 2:30-4:30	24 **PRACTICE** 2:30-4:30 **ADVANCED** 4:30-5:30	25 **PRACTICE** 2:30-4:30	26 **PRACTICE** 2:30-4:30 **ADVANCED** 4:30-5:30	27 **MATCH** **TAH NEVA STAMPEDE FALLON** BUSES LEAVE @5:00AM	28

"BEING CHALLENGED IN LIFE IS INEVITABLE, BEING DEFEATED IS OPTIONAL."

-ROGER CRAWFORD

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EMBRACE THE GRIND

MAR 2026

CVMS WRESTLING

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 **PRACTICE** 2:30-4:30 **ADVANCED** 4:30-5:30	3 **MATCH** **MAT MADNESS YERINGTON** BUS LEAVES @1:30PM	4 **MATCH** **CVMS SCRAMBLE** STARTS @3:00PM	5 **PRACTICE** 2:30-4:30	6 **PRACTICE** 2:30-4:30 **ADVANCED** 4:30-5:30	7
8	9 EARLY OUT **PRACTICE** 2:30-4:30	10 **PRACTICE** 2:30-4:30 **ADVANCED** 4:30-5:30	11 **PRACTICE** 2:30-4:30	12 **PRACTICE** 2:30-4:30 **ADVANCED** 4:30-5:30	13 **PRACTICE** 2:30-4:30	14 **MATCH** **EAGLE VALLEY MIDDLE SCHOOL** BUS LEAVES @6:00AM
15	16 EARLY OUT **PRACTICE** 2:30-4:30	17 **MATCH** **TIGER BLITZ YERINGTON** BUS LEAVES @1:30PM	18 **PRACTICE** 2:30-4:30 **ADVANCED** 4:30-5:30	19 **PRACTICE** 2:30-4:30 **ADVANCED** 4:30-5:30	20 NO SCHOOL **PRACTICE** 2:30-4:30	21 **MATCH** **PLAYHOUSE RUMBLE TAH NEVA QUALIFIER** DHS HOSTED BY CVMS BE AT DHS @6:30AM
22	23 **PRACTICE** 2:30-4:30	24 **PRACTICE** 2:30-4:30 **ADVANCED** 4:30-5:30	25 **PRACTICE** 2:30-4:30	26 **PRACTICE** 2:30-4:30 **ADVANCED** 4:30-5:30	27 **PRACTICE** 2:30-4:30	28 **MATCH** **TAH-NEVA CHAMPIONSHIP LOVELOCK** BUSES LEAVE @4:30AM
29	30 **PRACTICE** 2:30-4:30	31 **PRACTICE** 2:30-4:30 **ADVANCED** 4:30-5:30	APRIL 1 **MATCH** HOME TOWN THROWDOWN @ CVMS STARTS 5:00PM	COME PREPARED FOR EACH PRACTICE WITH A GOOD ATTITUDE, WILLINGNESS TO LEARN, SHORTS, T-SHIRT, RUNNING & WRESTLING SHOES, MOUTH GUARD (MANDATORY FOR BRACES). **COACH D'ART JOHNSON 775-230-6410** CVMSWRESTLING@YAHOO.COM		

"ONCE YOU HAVE WRESTLED, EVERYTHING IN LIFE IS EASY." - DAN GABLE

APR 2026

EMBRACE THE GRIND

CVMS WRESTLING

SUN	MON	TUE	WED	THU	FRI	SAT
			1 **MATCH** **HOME TOWN** **THROW DOWN @** **CVMS** YEAR END PARTY			4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

“NOBODY WHO EVER GAVE THEIR BEST EFFORT REGRETTED IT.”

-GEORGE HALAS

COME PREPARED FOR EACH PRACTICE WITH A GOOD ATTITUDE, WILLINGNESS TO LEARN, SHORTS, T-SHIRT, RUNNING & WRESTLING SHOES, MOUTH GUARD (MANDATORY FOR BRACES).

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