

**Note: 1. Blue Ridge Physical Day, 7 on 7's, and Lineman Camps will be added at a later date.
 2. Please note dates of dead weeks and plan vacation vacations accordingly

March 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Normal 1 st Block Workouts	5 Lift 7-8am Breakfast Practice 8:30-9:45	6 Normal 1 st Block Workouts	7 Lift 7-8am Breakfast Practice 8:30-9:45	8 Yoga 8:20-9:00 Fun/Compete 9:00-9:45	9
10	11 Normal 1 st Block Workouts	12 Lift 7-8am Breakfast Practice 8:30-9:45	13 Normal 1 st Block Workouts	14 Lift 7-8am Breakfast Practice 8:30-9:45	15 Yoga 8:20-9:00 Fun/Compete 9:00-9:45	16
17	18 Normal 1 st Block Workouts	19 Lift 7-8am Breakfast Practice 8:30-9:45	20 Normal 1 st Block Workouts	21 Lift 7-8am Breakfast Practice 8:30-9:45	22 Yoga 8:20-9:00 Fun/Compete 9:00-9:45	23
24	25 Normal 1 st Block Workouts	26 Lift 7-8am Breakfast Practice 8:30-9:45	27 Normal 1 st Block Workouts	28 Lift 7-8am Breakfast Practice 8:30-9:45	29 Yoga 8:20-9:00 Fun/Compete 9:00-9:45	30
31						

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April 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Normal 1 st Block Workouts	2 Lift 7-8am Breakfast Practice 8:30- 9:45	3 Normal 1 st Block Workouts	4 Lift 7-8am Breakfast Practice 8:30- 9:45	5 Yoga 8:20-9:00 Fun/Compete 9:00-9:45	6
7	8 Normal 1 st Block Workouts	9 Lift 7-8am Breakfast Practice 8:30- 9:45	10 Normal 1 st Block Workouts	11 Lift 7-8am Breakfast Practice 8:30- 9:45	12 Yoga 8:20-9:00 Fun/Compete 9:00-9:45	13
14	15 SPRING BREAK!!!	16 SPRING BREAK!!!	17 SPRING BREAK!!!	18 SPRING BREAK!!!	19 SPRING BREAK!!!	20
21	22 Teach Work Day. No school for students	23 Lift 7-8am Breakfast Practice 8:30- 9:45	24 Normal 1 st Block Workouts	25 Lift 7-8am Breakfast Practice 8:30- 9:45	26 Yoga 8:20-9:00 Fun/Compete 9:00-9:45	27
28	29 Normal 1 st Block Workouts	30 Lift 7-8am Breakfast Practice 8:30- 9:45				

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May 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 1 st Day of Spring Practice 4-6pm Helmets only *Fundraiser Card Kickoff	2 Spring Practice 4-6pm Helmets only	3 EVERYONE OFF!	4
5	6 Spring Practice 4-6pm Helmets only	7 Spring Practice 4-6pm Helmets only	8 Spring Practice 4-6pm Full Pads	9 Spring Practice 4-6pm Full Pads	10 EVERYONE OFF!	11
12	13 Spring Practice 4-6pm Full Pads	14 Spring Practice 4-6pm Full Pads	15 Spring Practice 4-6pm Helmets Only	16 Spring Practice 4-6pm Full Pads	17 EVERYONE OFF!	18
19	20 Spring Practice 4-6pm Full Pads	21 Spring Practice 4-6pm Helmets only	22 Spring Practice 4-6pm Full Pads	23 Spring Practice 4-6pm Helmets only	24 EVERYONE OFF!	25
26	27 Memorial Day! EVERYONE OFF!	28 Spring Practice 4-6pm Full Pads	29 Spring Practice 4-6pm Full Pads	30 Spring Game at Westside Stadium @5pm *Please help with Donations of Snacks for 7 on 7 & Summer Camps	31	

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June 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 **Academic Focus Finish Strong!!	4 **Academic Focus Finish Strong!!	5 **Academic Focus Finish Strong!!	6 *Academic Focus Finish Strong!! Graduation and Last Day of School for Students	7 Everyone Off! Teacher Work Day	8
9	10 *Summer Workouts Begin -Breakfast 7am -3 Station Workout 7:30-9:30 -Practice 9:30-11	11 -Breakfast 7am -3 Station Workout 7:30-9:30 -Practice 9:30-11	12 -Breakfast 7am -3 Station Workout 7:30-9:30 -Practice 9:30-11	13 *USC 7 on 7 and Lineman Camp. Buses Leave @5:30am *Weight Room Closed*	14	15
16	17 -Breakfast 7am -3 Station Workout 7:30-9:30 -Practice 9:30-11	18 7v7 @ Northwestern Bus Leaves @ 5:45 -Breakfast 7am -3 Station Workout 7:30-9:30 -Practice 9:30-11	19 -Breakfast 7am -3 Station Workout 7:30-9:30 -Practice 9:30-11	20 -Breakfast 7am -3 Station Workout 7:30-9:30 -Practice 9:30-11	21	22
23	24 -Breakfast 7am -3 Station Workout 7:30-9:30 -Practice 9:30-11	25 -Breakfast 7am -3 Station Workout 7:30-9:30 -Practice 9:30-11	26 -Breakfast 7am -3 Station Workout 7:30-9:30 -Practice 9:30-11	27 C-Team 7v7 @ Westside Stadium -Breakfast 7am -3 Station Workout 7:30-9:30 -Practice 9:30-11	28 Varsity 7v7 @ Westside Stadium	29

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July 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Dead Week Everyone Off!	2 Dead Week Everyone Off!	3 Dead Week Everyone Off!	4 Dead Week Everyone Off! **4th of July**	5 Dead Week Everyone Off!	6
7	8 -Breakfast 7am -3 Station Workout 7:30-9:30 -Practice 9:30-11	9 -Breakfast 7am -3 Station Workout 7:30-9:30 -Practice 9:30-11	10 -Breakfast 7am -3 Station Workout 7:30-9:30 -Practice 9:30-11	11 -Breakfast 7am -3 Station Workout 7:30-9:30 -Practice 9:30-11	12	13
14	15 -Breakfast 7am -3 Station Workout 7:30-9:30 -Practice 9:30-11	16 -Breakfast 7am -3 Station Workout 7:30-9:30 -Practice 9:30-11	17 -Breakfast 7am -3 Station Workout 7:30-9:30 -Practice 9:30-11	18 -Breakfast 7am -3 Station Workout 7:30-9:30 -Practice 9:30-11	19	20
21	22 -Breakfast 7am -3 Station Workout 7:30-9:30 -Practice 9:30-11	23 -Breakfast 7am -3 Station Workout 7:30-9:30 -Practice 9:30-11	24 -Breakfast 7am -3 Station Workout 7:30-9:30 -Practice 9:30-11	25 -Breakfast 7am -3 Station Workout 7:30-9:30 -Practice 9:30-11	26	27
28	29 Dead Week Everyone Off!	30 Dead Week Everyone Off!	31 Dead Week Everyone Off!			

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August 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Dead Week Everyone Off!	2 *First Day of Fall Camp!!!!	3
4	5 7am Breakfast 7:30am Practice	6 7am Breakfast 7:30am Practice	7 7am Breakfast 7:30am Practice	8 3 Way Scrimmage vs. Crescent and Eastside @ Westside Stadium 6pm	9 7am Breakfast 7:30am Practice	10
11	12 First Day Back for Teachers Lift 2:00 Practice 3:30	13 Lift 2:00 Practice 3:30	14 Lift 2:00 Practice 3:30	15 JV Jamboree @ TLH (play time TBD) *Varsity Off	16 Anderson County Jamboree @ TLH (playing time TBD)	17
18	19 First Day of School for Students	20	21	22	23 Game type Scrimmage @ Hillcrest HS 6pm (9 th , JV, and Varsity)	24
25	26	27	28	29 C-Team and JV vs. Boiling Springs @ Home 5:30pm	30 Varsity Week 1 @ Boiling Springs	31