

# June

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
						<b>1</b>
<b>2</b>	<b>3</b> 2 <sup>nd</sup> Period Exam	<b>4</b> 3 <sup>rd</sup> Period Exam	<b>5</b> 4 <sup>th</sup> Period Exam	<b>6</b> Make Up Exams	<b>7</b> Teacher Workday	<b>8</b>
<b>9</b>	<b>10</b> Teacher Workday	<b>11</b> Teacher Workday	<b>12</b> Teacher Workday	<b>13</b> Workouts 8:00 – 10:00 am	<b>14</b> Workouts 8:00 – 10:00 am	<b>15</b>
<b>16</b>	<b>17</b> Workouts 8:00 – 10:00 am	<b>18</b> Workouts 8:00 – 10:00 am	<b>19</b> Workouts 8:00 – 10:00 am	<b>20</b> Workouts 8:00 – 10:00 am	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b> Workouts 8:00 – 10:00 am	<b>25</b> Workouts 8:00 – 10:00 am	<b>26</b> Workouts 8:00 – 10:00 am	<b>27</b> Workouts 8:00 – 10:00 am	<b>28</b>	<b>29</b>
<b>30</b>						

2019

# July

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	<b>1</b> NCHSAA Dead Week No Workouts	<b>2</b> NCHSAA Dead Week No Workouts	<b>3</b> NCHSAA Dead Week No Workouts	<b>4</b> NCHSAA Dead Week No Workouts	<b>5</b> NCHSAA Dead Week No Workouts	<b>6</b>
<b>7</b>	<b>8</b> Workouts 8:00 – 10:00 am	<b>9</b> Workouts 8:00 – 10:00 am	<b>10</b> Workouts 8:00 – 10:00 am	<b>11</b> Workouts 8:00 – 10:00 am	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b> NCHSAA Dead Week No Workouts	<b>16</b> NCHSAA Dead Week No Workouts	<b>17</b> NCHSAA Dead Week No Workouts	<b>18</b> NCHSAA Dead Week No Workouts	<b>19</b> NCHSAA Dead Week No Workouts	<b>20</b>
<b>21</b>	<b>22</b> Workouts 8:00 – 10:00 am	<b>23</b> Workouts 8:00 – 10:00 am	<b>24</b> Workouts 8:00 – 10:00 am	<b>25</b> Workouts 8:00 – 10:00 am	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b> Workouts 8:00 – 10:00 am  <b>Parent Night – 7:00 pm</b>	<b>30</b> Workouts 8:00 – 10:00 am	<b>31</b> <b>Off</b> <b>Get Your</b> <b>Paperwork Done</b>	<b>1 – August</b> Tryouts 8:00 – 11:00 am	<b>2</b> Tryouts 8:00 – 11:00 am	<b>3</b> Tryouts 8:00 – 11:00 am  Cuts if needed

2019

# August

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				<b>1</b> Tryouts 8:00 – 11:00 am	<b>2</b> Tryouts 8:00 – 11:00 am	<b>3</b> Tryouts 8:00 – 11:00 am  Cuts if needed
<b>4</b>	<b>5</b> Practice 8:00 – 11:00 am	<b>6</b> Practice 8:00 – 11:00 am	<b>7</b> Practice 8:00 – 11:00 am	<b>8</b> Practice 8:00 – 11:00 am	<b>9</b> Practice 8:00 – 10:00 am	<b>10</b> <b>CATA Jamboree</b> <b>8:00 am Start</b>
<b>11</b>	<b>12</b> Practice 8:00 – 11:00 am	<b>13</b> Practice 8:00 – 11:00 am	<b>14</b> Practice 8:00 – 11:00 am	<b>15</b> Practice 8:00 – 11:00 am	<b>16</b> Off	<b>17</b> <b>Cougar Kick Off</b> <b>WB Stadium</b> <b>6:00 – 8:00 pm</b>  More Details coming soon...
<b>18</b>	<b>19</b> <b>Home vs. Union</b> <b>Academy 6:00 pm</b>	<b>20</b> Practice 4:00 – 6:00 pm	<b>21</b> <b>AWAY vs. Forbush</b> <b>6:00 pm</b>  We will stop after	<b>22</b> Off	<b>23</b> Practice: TBD	<b>24</b> Off
<b>25</b>	<b>26</b> 1 <sup>st</sup> Day of School  Practice 4:00 – 6:00 pm	<b>27</b> <b>AWAY vs. East</b> <b>Mecklenburg</b> <b>4:30/6:00 pm</b>	<b>28</b> <b>AWAY vs. Lake</b> <b>Norman Charter</b> <b>6:00 pm</b>  We will stop after	<b>29</b> Practice 4:00 – 5:30 pm	<b>30</b> Practice: TBD	<b>31</b> Off

2019

# September

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<b>1</b>	<b>2</b> <b>Holiday</b> <b>Labor Day</b>  <b>No School - Off</b>	<b>3</b> CATA Open House  Practice: 4:00 – 5:30 pm	<b>4</b> <b>HOME vs. Piedmont</b> <b>4:30/6:00 pm</b>	<b>5</b> Practice 4:00 – 5:30 pm	<b>6</b> <b>HOME vs.</b> <b>Parkwood</b> <b>4:00/5:30 pm</b>	<b>7</b> Off
<b>8</b>	<b>9</b> <b>HOME vs. Hickory</b> <b>Ridge 4:30/6:00 pm</b>	<b>10</b> <b>AWAY vs. Butler</b> <b>4:30/6:00 pm</b>	<b>11</b> Practice 4:00 – 5:30 pm	<b>12</b> <b>AWAY vs. Salisbury</b> <b>6:00 pm</b>	<b>13</b> Off	<b>14</b> Off
<b>15</b>	<b>16</b> <b>HOME vs. East</b> <b>Rowan 6:00 pm</b>	<b>17</b> Practice 4:00 – 5:30 pm	<b>18</b> <b>HOME vs.</b> <b>JV Carmel 4:30 pm</b> <b>Var Mount Pleasant</b> <b>6:00 pm</b>	<b>19</b> Off	<b>20</b> <b>HOME vs. Monroe</b> <b>5:30/7:00 pm</b>	<b>21</b> Off
<b>22</b>	<b>23</b> <b>AWAY vs. West</b> <b>Stanly 6:00 pm</b>	<b>24</b> Practice 4:00 – 5:30 pm	<b>25</b> <b>HOME vs. Anson</b> <b>6:00 pm</b>	<b>26</b> Practice 4:00 – 5:30 pm	<b>27</b> Off	<b>28</b> Off
<b>29</b>	<b>30</b> <b>Teacher Workday</b> <b>No School</b>  <b>Off</b>					

2019