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| January | | | |  | | | |
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| Sunday | Monday | Tuesday | Wednesday | | Thursday | Friday | Saturday | |
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| 12 | 13 | 14 | 15 | | 16 | 17 | 18 | |
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| 19 | 20 | 21 | 22 | | 23 | 24 | 25 | |
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| 26 | 27 | 28 | 29 | | 30 | 31 |  | |
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| February | | | |  | | | |
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| 2 | 3 | 4 | 5 | | 6 | 7 | 8 | |
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| March | | | |  | | | |
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| Sunday | Monday | Tuesday | Wednesday | | Thursday | Friday | Saturday | |
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| 9 | 10 | 11 | 12 | | 13 | 14 | 15 | |
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| 16 | 17 | 18 | 19 | | 20 | 21 | 22 | |
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| 23 | 24 | 25 | 26 | | 27 | 28 | 29 | |
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| April | | | |  | | | |
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| Sunday | Monday | Tuesday | Wednesday | | Thursday | Friday | Saturday | |
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|  |  |  |  | |  |  |  | |
| 6 | 7 | 8 | 9 | | 10 | 11 | 12 | |
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| 13 | 14 | 15 | 16 | | 17 | 18 | 19 | |
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| 20 | 21 | 22 | 23 | | 24 | 25 | 26 | |
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| 27 | 28 | 29 | 30 | |  |  |  | |
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| May | | | |  | | | |
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| 4 | 5 | 6 | 7 | | 8 | 9 | 10 | |
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| 11 | 12 | 13 | 14 | | 15 | 16 | 17 | |
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| 18 | 19 | 20 | 21 | | 22 | 23 | 24 | |
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| 25 | 26 | 27 | 28 | | 29 | 30 | 31 | |
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| June | | | |  | | | |
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| Sunday | Monday | Tuesday | Wednesday | | Thursday | Friday | Saturday | |
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| 8 | 9 | 10 | 11 | | 12 | 13 | 14 | |
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| 15 | 16 | 17 | 18 | | 19 | 20 | 21 | |
|  |  |  |  | |  |  |  | |
| 22 | 23 | 24 | 25 | | 26 | 27 | 28 | |
|  | High School Workouts  3:00-5:00 |  | High School Workouts  3:00-5:00 | | High School Workouts 3:00-5:00 |  |  | |
| 29 | 30 |  |  | |  |  |  | |
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| July | | | |  | | | |
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| Sunday | Monday | Tuesday | Wednesday | | Thursday | Friday | Saturday | |
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|  |  |  |  | |  |  |  | |
| 6 | 7 | 8 | 9 | | 10 | 11 | 12 | |
|  |  | High School Workouts 3:00-5:00 |  | | High School Workouts  3:00-5:00 |  |  | |
| 13 | 14 | 15 | 16 | | 17 | 18 | 19 | |
|  |  | Scrimmage @ McMichael |  | | Scrimmage @ CCA vs. Page |  |  | |
| 20 | 21 | 22 | 23 | | 24 | 25 | 26 | |
|  |  |  |  | |  |  |  | |
| 27 | 28 | 29 | 30 | | 31 |  |  | |
|  |  |  | High School Tryouts  9:00-11:00  1:00-3:00 | | High School Tryouts  9:00-11:00  1:00-3:00 |  |  | |
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| August | | | |  | | | |
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| Sunday | Monday | Tuesday | Wednesday | | Thursday | Friday | Saturday | |
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|  |  |  |  | |  | Varsity & JV Practice, lunch & team building  9:00-2:00 |  | |
| 3 | 4 | 5 | 6 | | 7 | 8 | 9 | |
|  | Practice 9:00-11:00 | Practice 9:00-11:00  NW Super Scrimmage  1:00-5:00 | Practice 9:00-11:00  Middle School Camp  1:00-3:00 | | Practice 9:00-11:00  Middle School Camp  1:00-3:00 | Beach Trip – Team Building and Scrimmage  (Varsity only) | Beach Trip  (Varsity only) | |
| 10 | 11 | 12 | 13 | | 14 | 15 | 16 | |
| Beach Trip | Practice 6:00-8:00 PM | Randleman @ CCA | @ McMichael | | Practice | NC vs. SC Tournament in Rock Hill, SC  (Varsity only) | NC vs. SC Tournament in Rock Hill, SC  (Varsity only) | |
| 17 | 18 | 19 | 20 | | 21 | 22 | 23 | |
|  | @ Eno | First Day of School  Practice | NW Guilford @ CCA | | Practice | Practice |  | |
| 24 | 25 | 26 | 27 | | 28 | 29 | 30 | |
|  | @ Northern Guilford | @ TMSA | Practice | | Bethany @ CCA | Practice |  | |
| 31 |  |  |  | |  |  |  | |
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| September | | | |  | | | |
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| Sunday | Monday | Tuesday | Wednesday | | Thursday | Friday | Saturday | |
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|  | Labor Day    Practice 6:00-8:00 PM | @ Millenium | SW Guilford @ CCA | | Phoenix @ CCA | Practice |  | |
| 7 | 8 | 9 | 10 | | 11 | 12 | 13 | |
|  | @ Randleman | Practice | Practice | | @ Piedmont Classic | Practice |  | |
| 14 | 15 | 16 | 17 | | 18 | 19 | 20 | |
|  | Practice | NCLA @ CCA | Practice | | TMSA @ CCA | @ River Mill (JV only)  Varsity OFF |  | |
| 21 | 22 | 23 | 24 | | 25 | 26 | 27 | |
|  | Practice | @ Bethany | Practice | | Revolution @ CCA (JV)  Millenium @ CCA  (varsity) | Practice |  | |
| 28 | 29 | 30 |  | |  |  |  | |
|  | W. Davidson @ CCA | @ Phoenix |  | |  |  |  | |
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| October | | | |  | | | |
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| Sunday | Monday | Tuesday | Wednesday | | Thursday | Friday | Saturday | |
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|  |  |  | @ Bishop | | FALL BREAK | FALL BREAK |  | |
| 5 | 6 | 7 | 8 | | 9 | 10 | 11 | |
|  | Practice | Piedmont @ CCA | Practice | | @ NCLA | Practice |  | |
| 12 | 13 | 14 | 15 | | 16 | 17 | 18 | |
|  | Conference Tournament  Round 1 | Conference Tournament  Round 2 Semifinals | Conference Tournament  Round 3 Championship | | Practice | Practice | NCHSAA State Playoffs  Round 1 | |
| 19 | 20 | 21 | 22 | | 23 | 24 | 25 | |
|  | Practice | NCHSAA State Playoffs  Round 2 | Practice | | NCHSAA State Playoffs  Round 3 | Practice | NCHSAA State Playoffs  Round 4 | |
| 26 | 27 | 28 | 29 | | 30 | 31 |  | |
|  | Practice | NCHSAA State Playoffs  Round 5 Regionals | Practice | | Practice | Practice | NOVEMBER 1  NCHSAA State Championship | |
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| 14 | 15 | 16 | 17 | | 18 | 19 | 20 | |
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| 21 | 22 | 23 | 24 | | 25 | 26 | 27 | |
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