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| **January 2020** | | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| December 29th | December 30th | December 31st | 1st | 2 | 3 | 4 |
| 5 | 6  Teacher PD Day | 7  Teacher Work Day | 8  First Day Of New Semester With Students | 9 | 10 | 11 |
| 12 | 13  After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | 14  After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | 15 | 16  19/20 Football Awards  9th JV & Varsity  NHS Auditorium  7:00 PM | 17 NCAA DI Contact Period  Jan 17- Feb. 1st NCAA Div. I Contact Period begins | 18 NCAA DI Contact Period |
| 19 NCAA DI Contact Period | 20 NCAA DI Contact Period  School Closed  (No Weights) | 21 NCAA DI Contact Period  After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | 22 NCAA DI Contact Period  State Strength Coach Meeting at USC | 23 NCAA DI Contact Period  After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | 24 NCAA DI Contact Period | 25 NCAA DI Contact Period |
| 26 NCAA DI Contact Period | 27 NCAA DI Contact Period  After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | 28 NCAA DI Contact Period  After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | 29 NCAA DI Contact Period | 30 NCAA DI Contact Period  After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | 31 NCAA DI Contact Period | Feb 1st  NCAA DI Contact Period |
| **February 2020** | | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Jan 26 NCAA DI Contact Period | Jan 27 NCAA DI Contact Period  After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | Jan 28 NCAA DI Contact Period  After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | Jan 29 NCAA DI Contact Period | Jan 30 NCAA DI Contact Period  After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | Jan 31 NCAA DI Contact Period | 1st  Jan 17- Feb. 1st NCAA Div. I Contact Period Ends |
| 2 | 3  After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | 4  After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | 5 | 6  After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | 7 | 8 |
| 9 | 10  After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | 11  After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | 12  Progress Reports  3rd 9 Weeks | 13  After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | 14 | 15  Region Strength Meet @ NHS  9am |
| 16 | 17 School Closed  No Weight Room | 18  After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | 19 | 20  After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | 21 SCFCA Football Clinic Myrtle Beach | 22 SCFCA Football Clinic Myrtle Beach |
| 23  SCFCA Football Clinic Myrtle Beach | 24  After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | 25  After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | 26  Spring  Parent Meeting  NHS Auditorium  6:30 PM | 27  After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | 28 | 29 Leap Year |
| **March 2020** | | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 1st | 2 After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | 3 After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | 4 | 5 After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | 6 | 7 |
| 8 | 9 After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | 10 After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | 11 | 12 After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students  End of 3rd 9 Weeks | 13  School Closed  Glazier Coaches’ Clinic  Charlotte NC | 14  Glazier Coaches Clinic  Charlotte NC |
| 15  Glazier Coaches’ Clinic  Charlotte NC | 16 After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | 17 After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | 18 | 19 After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | 20 | 21 |
| 22 | 23 After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | 24 After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | 25 | 26 After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students  Clemson Coaches’ Clinic | 27  Clemson Coaches’ Clinic | 28 |
| 29 | 30 After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | 31 After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | April1st Physicals  All Athletic Physicals obtained on or after this date will be good for the entirety of 20/21 school year | April 2  After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | April 3rd | April 4th |

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| **April 2020** | | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| March 29 | March 30  After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | March 31  After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | 1st Physicals  All Athletic Physicals obtained on or after this date will be good for the entirety of 20/21 school year | 2 After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | 3 | 4 |
| 5 | 6 Spring Break | 7 Spring Break | 8 Spring Break | 9 Spring Break | 10 Spring Break | 11 |
| 12 | 13 Spring Break  (Possible Make-up Day)  No Weights if no school | 14 After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | 15  April 15 – May 30  NCAA Div. I Evaluation Period Begins | 16 After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students  NCAA Div. I Evaluation Period | 17 NCAA Div. I Evaluation Period | 18 NCAA Div. I Evaluation Period Begins |
| 19 | 20 After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students  NCAA Div. I Evaluation Period | 21 After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students  NCAA Div. I Evaluation Period | 22  Progress Report  NCAA Div. I Evaluation Period | 23 After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students  NCAA Div. I Evaluation Period | 24 NCAA Div. I Evaluation Period | 25 NCAA Div. I Evaluation Period |
| 26 | 27 NCAA Div. I Evaluation Period  After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | 28 NCAA Div. I Evaluation Period  After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | 29 NCAA Div. I Evaluation Period | 30 NCAA Div. I Evaluation Period  After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | 1 May  NCAA Div. I Evaluation Period  Spring Football  Equipment Issue | 2 May  NCAA Div. I Evaluation Period |

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| **May 2020** | | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 26 April | 27 April  NCAA Div. I Evaluation Period  After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | 28 April  NCAA Div. I Evaluation Period  After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | April 29  NCAA Div. I Evaluation Period | April 30  Spring Football  Equipment Issue  NCAA Div. I Evaluation Period | 1 NCAA Div. I Evaluation Period  Spring Football  Equipment Issue | 2 NCAA Div. I Evaluation Period |
| 3 NCAA Div. I Evaluation Period | 4 Helmet (1)  **Varsity / JV Practice**  4pm- 6:00 pm  6- 6:30pm meetings  **\*Freshman Practice**  **4:30- 6 PM Shirt / Shorts/Helmets**  NCAA Div. I Evaluation Period | 5 Helmet (2)  **Varsity / JV Practice**  4pm- 6:00 pm  6- 6:30pm meetings  **\*Freshman Practice**  **4:30- 6 PM Shirt / Shorts/Helmets**  NCAA Div. I Evaluation Period | 6 Helmet(3)  **Varsity / JV Practice**  4pm- 6:00 pm  6- 6:30pm meetings  **\*Freshman Practice**  **4:30- 6 PM Shirt / Shorts/Helmets**  NCAA Div. I Evaluation Period | 7 **FULL PADS (1)**  **Varsity / JV Practice**  4pm- 6:00 pm  6- 6:30pm meetings  **\*Freshman Practice**  **4:30- 6 PM Shirt / Shorts/Helmets**  NCAA Div. I Evaluation Period | 8 NCAA Div. I Evaluation Period | 9 NCAA Div. I Evaluation Period |
| 10 NCAA Div. I Evaluation Period | 11 **FULL PADS (2)**  **Varsity / JV Practice**  4pm- 6:00 pm  6- 6:30pm meetings  **\*Freshman Practice**  **4:30- 6 PM Shirt / Shorts/Helmets**  NCAA Div. I Evaluation Period | 12 **FULL PADS (3)**  **Varsity / JV Practice**  4pm- 6:00 pm  6- 6:30pm meetings  **\*Freshman Practice**  **4:30- 6 PM Shirt / Shorts/Helmets**  NCAA Div. I Evaluation Period | 13 **FULL PADS (4)**  **Varsity / JV Practice**  4pm- 6:00 pm  6- 6:30pm meetings  **\*Freshman Practice**  **4:30- 6 PM Shirt / Shorts/Helmets**  NCAA Div. I Evaluation Period | 14 **FULL PADS (5)**  **Varsity / JV Practice**  4pm- 6:00 pm  6- 6:30pm meetings  **\*Freshman Practice**  **4:30- 6 PM Shirt / Shorts/Helmets**  NCAA Div. I Evaluation Period | 15  NCAA Div. I Evaluation Period | 16 NCAA Div. I Evaluation Period |
| 17 NCAA Div. I Evaluation Period | 18  **FULL PADS (6)**  **Varsity / JV Practice**  4pm- 6:00 pm  6- 6:30pm meetings  **\*Freshman Practice**  **4:30- 6 PM Shirt / Shorts/Helmets**  NCAA Div. I Evaluation Period | 19  **SPRING GAME**  **D3 STADIUM**  **5:30 PM**  **Pizza Afterwards**  **Freshman 7 v 7**  **JV/Varsity Game**  NCAA Div. I Evaluation Period | 20 NCAA Div. I Evaluation Period | 21 NCAA Div. I Evaluation Period  **(No Weights After School)** | 22 NCAA Div. I Evaluation Period  **School Closed**  **(No Weightlifting if school closed)**  Possible Make-Up Day | 23 NCAA Div. I Evaluation Period |
| 24 NCAA Div. I Evaluation Period | **25** NCAA Div. I Evaluation Period  **School Closed**  (No Weightlifting) | **26** NCAA Div. I Evaluation Period  After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students | **27** NCAA Div. I Evaluation Period | **May 28**  After School  Weight-lifting  4pm-5:30pm  \*Non-Class Students  NCAA Div. I Evaluation Period | **May 29**  **School Closed**  **(No Weightlifting)**  Possible Make-Up Day  NCAA Div. I Evaluation Period | May 30  NCAA Div. I Evaluation Period Ends |