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| **January 2020** |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| December 29th  | December 30th  |  December 31st  | 1st  | 2 | 3  | 4 |
| 5 | 6Teacher PD Day  | 7Teacher Work Day  | 8First Day Of New Semester With Students | 9 | 10 | 11 |
| 12 | 13After SchoolWeight-lifting4pm-5:30pm\*Non-Class Students | 14After SchoolWeight-lifting4pm-5:30pm\*Non-Class Students | 15 | 1619/20 Football Awards9th JV & Varsity NHS Auditorium 7:00 PM  | 17 NCAA DI Contact PeriodJan 17- Feb. 1st NCAA Div. I Contact Period begins  | 18 NCAA DI Contact Period |
| 19 NCAA DI Contact Period | 20 NCAA DI Contact PeriodSchool Closed(No Weights) | 21 NCAA DI Contact PeriodAfter SchoolWeight-lifting4pm-5:30pm\*Non-Class Students | 22 NCAA DI Contact PeriodState Strength Coach Meeting at USC | 23 NCAA DI Contact PeriodAfter SchoolWeight-lifting4pm-5:30pm\*Non-Class Students | 24 NCAA DI Contact Period | 25 NCAA DI Contact Period |
| 26 NCAA DI Contact Period | 27 NCAA DI Contact PeriodAfter SchoolWeight-lifting4pm-5:30pm\*Non-Class Students | 28 NCAA DI Contact PeriodAfter SchoolWeight-lifting4pm-5:30pm\*Non-Class Students | 29 NCAA DI Contact Period | 30 NCAA DI Contact PeriodAfter SchoolWeight-lifting4pm-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 PeriodAfter SchoolWeight-lifting4pm-5:30pm\*Non-Class Students | Jan 28 NCAA DI Contact PeriodAfter SchoolWeight-lifting4pm-5:30pm\*Non-Class Students | Jan 29 NCAA DI Contact Period | Jan 30 NCAA DI Contact PeriodAfter SchoolWeight-lifting4pm-5:30pm\*Non-Class Students | Jan 31 NCAA DI Contact Period | 1st Jan 17- Feb. 1st NCAA Div. I Contact Period Ends  |
| 2 | 3After SchoolWeight-lifting4pm-5:30pm\*Non-Class Students | 4After SchoolWeight-lifting4pm-5:30pm\*Non-Class Students | 5 | 6After SchoolWeight-lifting4pm-5:30pm\*Non-Class Students | 7 | 8 |
| 9 | 10After SchoolWeight-lifting4pm-5:30pm\*Non-Class Students | 11After SchoolWeight-lifting4pm-5:30pm\*Non-Class Students | 12Progress Reports3rd 9 Weeks  | 13After SchoolWeight-lifting4pm-5:30pm\*Non-Class Students | 14 | 15Region Strength Meet @ NHS9am  |
| 16 | 17 School Closed No Weight Room  | 18After SchoolWeight-lifting4pm-5:30pm\*Non-Class Students | 19 | 20After SchoolWeight-lifting4pm-5:30pm\*Non-Class Students | 21 SCFCA Football Clinic Myrtle Beach | 22 SCFCA Football Clinic Myrtle Beach |
| 23 SCFCA Football Clinic Myrtle Beach | 24After SchoolWeight-lifting4pm-5:30pm\*Non-Class Students | 25After SchoolWeight-lifting4pm-5:30pm\*Non-Class Students | 26SpringParent MeetingNHS Auditorium 6:30 PM | 27After SchoolWeight-lifting4pm-5:30pm\*Non-Class Students | 28 | 29 Leap Year |
| **March 2020** |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 1st  | 2 After SchoolWeight-lifting4pm-5:30pm\*Non-Class Students | 3 After SchoolWeight-lifting4pm-5:30pm\*Non-Class Students | 4 | 5 After SchoolWeight-lifting4pm-5:30pm\*Non-Class Students | 6 | 7 |
| 8 | 9 After SchoolWeight-lifting4pm-5:30pm\*Non-Class Students | 10 After SchoolWeight-lifting4pm-5:30pm\*Non-Class Students | 11 | 12 After SchoolWeight-lifting4pm-5:30pm\*Non-Class StudentsEnd of 3rd 9 Weeks | 13 School ClosedGlazier Coaches’ ClinicCharlotte NC | 14Glazier Coaches ClinicCharlotte NC  |
| 15 Glazier Coaches’ ClinicCharlotte NC | 16 After SchoolWeight-lifting4pm-5:30pm\*Non-Class Students | 17 After SchoolWeight-lifting4pm-5:30pm\*Non-Class Students | 18 | 19 After SchoolWeight-lifting4pm-5:30pm\*Non-Class Students | 20 | 21 |
| 22 | 23 After SchoolWeight-lifting4pm-5:30pm\*Non-Class Students | 24 After SchoolWeight-lifting4pm-5:30pm\*Non-Class Students | 25 | 26 After SchoolWeight-lifting4pm-5:30pm\*Non-Class StudentsClemson Coaches’ Clinic | 27Clemson Coaches’ Clinic | 28 |
| 29 | 30 After SchoolWeight-lifting4pm-5:30pm\*Non-Class Students | 31 After SchoolWeight-lifting4pm-5:30pm\*Non-Class Students | April1st PhysicalsAll Athletic Physicals obtained on or after this date will be good for the entirety of 20/21 school year | April 2 After SchoolWeight-lifting4pm-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 SchoolWeight-lifting4pm-5:30pm\*Non-Class Students | March 31 After SchoolWeight-lifting4pm-5:30pm\*Non-Class Students | 1st PhysicalsAll Athletic Physicals obtained on or after this date will be good for the entirety of 20/21 school year | 2 After SchoolWeight-lifting4pm-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 SchoolWeight-lifting4pm-5:30pm\*Non-Class Students | 15April 15 – May 30NCAA Div. I Evaluation Period Begins  | 16 After SchoolWeight-lifting4pm-5:30pm\*Non-Class StudentsNCAA Div. I Evaluation Period  | 17 NCAA Div. I Evaluation Period  | 18 NCAA Div. I Evaluation Period Begins |
| 19 | 20 After SchoolWeight-lifting4pm-5:30pm\*Non-Class StudentsNCAA Div. I Evaluation Period  | 21 After SchoolWeight-lifting4pm-5:30pm\*Non-Class StudentsNCAA Div. I Evaluation Period  | 22Progress ReportNCAA Div. I Evaluation Period  | 23 After SchoolWeight-lifting4pm-5:30pm\*Non-Class StudentsNCAA Div. I Evaluation Period  | 24 NCAA Div. I Evaluation Period  | 25 NCAA Div. I Evaluation Period  |
| 26 | 27 NCAA Div. I Evaluation Period After SchoolWeight-lifting4pm-5:30pm\*Non-Class Students | 28 NCAA Div. I Evaluation PeriodAfter SchoolWeight-lifting4pm-5:30pm\*Non-Class Students | 29 NCAA Div. I Evaluation Period | 30 NCAA Div. I Evaluation PeriodAfter SchoolWeight-lifting4pm-5:30pm\*Non-Class Students | 1 May NCAA Div. I Evaluation PeriodSpring FootballEquipment Issue | 2 MayNCAA 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 SchoolWeight-lifting4pm-5:30pm\*Non-Class Students |  28 April NCAA Div. I Evaluation PeriodAfter SchoolWeight-lifting4pm-5:30pm\*Non-Class Students | April 29 NCAA Div. I Evaluation Period | April 30 Spring FootballEquipment Issue NCAA Div. I Evaluation Period  | 1 NCAA Div. I Evaluation PeriodSpring FootballEquipment Issue | 2 NCAA Div. I Evaluation Period |
| 3 NCAA Div. I Evaluation Period | 4 Helmet (1)**Varsity / JV Practice**4pm- 6:00 pm6- 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 pm6- 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 pm6- 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 pm6- 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 pm6- 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 pm6- 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 pm6- 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 pm6- 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 pm6- 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 PeriodAfter SchoolWeight-lifting4pm-5:30pm\*Non-Class Students | **27** NCAA Div. I Evaluation Period | **May 28**After SchoolWeight-lifting4pm-5:30pm\*Non-Class StudentsNCAA Div. I Evaluation Period | **May 29****School Closed****(No Weightlifting)**Possible Make-Up DayNCAA Div. I Evaluation Period | May 30NCAA Div. I Evaluation Period Ends  |