

March

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1	2 Weight Room 2:45	3 Weight Room 2:45	4	5 Weight Room 2:45	6	7
8	9 Weight Room 2:45	10 Weight Room 2:45	11 Parent's Meeting 6:30	12 Weight Room 2:45	13	14
15	16 Weight Room 2:45	17 Weight Room 2:45	18	19 Weight Room 2:45	20	21
22	23 Weight Room 2:45	24 Weight Room 2:45	25	26 Weight Room 2:45	27	28
29	30 Weight Room 2:45	31 Weight Room 2:45				

2009

April

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			1	2 Weight Room 2:45	3	4
5	6 Spring Break	7 Spring Break	8 Spring Break	9 Spring Break	10 Spring Break	11
12	13 No School	14 Weight Room 2:45	15	16 Weight Room 2:45	17	18
19	20 Weight Room 2:45	21 Weight Room 2:45	22	23 Weight Room 2:45	24	25
26	27 Weight Room 2:45	28 Weight Room 2:45	29	30 Weight Room 2:45		

2009

May

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1	2
3	4 Weight Room 2:45	5 Weight Room 2:45	6	7 Weight Room 2:45	8	9
10	11 Weight Room 2:45	12 Weight Room 2:45	13	14 Weight Room 2:45	15	16
17	18 Weight Room 2:45	19 Weight Room 2:45	20	21 Weight Room 2:45 Physicals 7:00 pm Shoes, Braces 6:00	22	23
24	25 No School	26 Weight Room 2:45	27	28 Testing 2:45	29	30
31						

2009

June

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1	2 Testing 2:45	3	4 Exams	5 Exams	6
7	8 Exams	9 Exams	10 Graduation 5 pm	11 Minicamp 4:00	12 Minicamp 9:00 am	13 ECU 7 on 7*
14	15 Weight Room 8-11	16 Weight Room 8-11	17	18 Weight Room 8-11	19	20
21	22 Weight Room 8-11 PAC Camp	23 Weight Room 8-11 PAC Camp	24 PAC Camp	25 Weight Room 8-11 PAC Camp	26 PAC Camp	27
28	29 Weight Room 8-11	30 Weight Room 8-11				

2009

July

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			1	2 Weight Room 8-11	3	4
5	6 Weight Room 8-11	7 Weight Room 8-11	8	9 Weight Room 8-11	10	11 ?Wake Forest 7 on 7*
12	13 Weight Room 8-11	14 Weight Room 8-11	15 Team Camp	16 Team Camp Weight Room 8-11	17 Team Camp	18
19	20 Coaches Clinic	21 Coaches Clinic	22 Coaches Clinic	23 Coaches Clinic	24 UNC 7 on 7*	25
26	27 Mini-camp 5:00 pm	28 Mini-camp 5:00 pm	29 Mini-camp 5:00 pm	30	31	

2009

August

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
						1 Practice 8:00 am Helmets, t-shrt, shorts Both teams
2	3 Practice Varsity 7:30 am JV 8:30 am	4 Practice Varsity 7:30 am JV 8:30 am	5 Shoulder pads Varsity 7:30 am JV 8:30 am	6 Practice Both teams 8:00 am Parents Meeting 6:30 PM	7 Practice Both teams 8:00 am	8 Practice 8:00 am Both teams Full pads: We Hit!!!
9	10 Practice Both Teams 8:00 am 5:00 pm	11 Practice Both Teams 8:00 am 5:00 pm	12 Scrimmage @ West Johnston (morning) Practice 5:00 pm	13 Practice Both Teams 8:00 am 5:00 pm	14 Practice 8:00 am Pigskin Classic @ Heritage	15
16	17 Practice 4:00	18 Practice 4:00	19 Practice 4:00	20 Practice 4:00	21 Panther Creek 7:00	22
23	24 Practice 4:00	25 Practice 3:30	26 Practice 3:30	27 Practice 2:45 JV vs Green Hope 6:00	28 @ Green Hope 7:30	29
30	31					

2009

September

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 Practice 3:30	2 Practice 2:45 JV vs Apex 6:00	3 @ Apex 7:30	4 Film 2:45	5
6	7 No School Practice 6:00 pm	8 Practice 3:30	9 Practice 3:30	10 Practice 2:45 JV vs Southern Lee 6:00	11 @ Southern Lee 7:30	12
13	14 Practice 2:45	15 Practice 3:30	16 Practice 3:30	17 Practice 2:45 JV @ East Wake	18 East Wake 7:00	19
20	21 Practice 2:45	22 Practice 3:30	23 Practice 3:30	24 Practice 2:45 JV vs Enloe 6:00	25 @ Enloe 7:00	26
27	28 No School Practice 4:00	29 Practice 3:30	30 Practice 3:30			

2009

October

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				1 Practice 2:45 JV @ Broughton 6:00	2 Broughton 7:00	3
4	5 Practice 2:45	6 Practice 3:30	7 Practice 3:30	8 Practice 2:45 JV vs Wakefield 6:00	9 @ Wakefield 7:00	10
11	12 Practice 2:45	13 Practice 3:30	14 Practice 3:30	15 Practice 2:45 JV @ Sanderson 6:00	16 Sanderson 7:00	17
18	19 Practice 2:45	20 Practice 3:30	21 Practice 3:30	22 Practice 2:45 JV vs Millbrook 6:00	23 @ Millbrook 7:00	24
25	26 No practice	27 Practice 3:30	28 Practice 3:30	29 Practice 2:45	30 No School	31

2009

November

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1	2 Practice 2:45	3 Practice 3:30	4 Practice 3:30	5 Practice 2:45 JV @ WF-Rolesville 6:00	6 WF-Rolesville 7:00	7
8	9 Practice 2:45	10 Practice 3:30	11 No School Practice 4:00	12 Practice 2:45	13 First Round Playoffs	14
15	16 Practice 2:45	17 Practice 3:30	18 Practice 3:30	19 Practice 2:45	20 Second Round Playoffs	21
22	23 Practice 2:45	24 Practice 3:00	25 No School Practice 9:00 am	26 No School Practice 8:00 am	27 Third Round Playoffs	28
29	30 Practice 2:45					

2009

December

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 Practice 3:30	2 Practice 3:30	3 Practice 2:45	4 Eastern Finals	5
6	7 Practice 2:45	8 Practice 3:30	9 Practice 3:30	10 Practice 3:30	11 Practice 2:45	12 State Championship
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

2009