

June						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6/1/26	6/2/26	6/3/26	6/4/26	6/5/26	6/6/26
		Practice @BT 9:00-10:15 AM 10:15-11:00 Weight Room	Practice @BT 9:00-10:15 AM 10:15-11:00 Weight Room	Practice @BT 9:00-10:15 AM 10:15-11:00 Weight Room		
6/7/26	6/8/26	6/9/26	6/10/26	6/11/26	6/12/26	6/13/26
		Practice @BT 9:00-10:15 AM 10:15-11:00 Weight Room	Practice @ <u>Lassiter</u> 6:30-8:00 PM	Practice @BT 9:00-10:15 AM 10:15-11:00 Weight Room		
6/14/26	6/15/26	6/16/26	6/17/26	6/18/26	6/19/26	6/20/26
		Practice @BT 9:00-10:15 AM 10:15-11:00 Weight Room	Practice @ <u>Lassiter</u> 6:30-8:00 PM	Practice @BT 9:00-10:15 AM 10:15-11:00 Weight Room		
6/21/26	6/22/26	6/23/26	6/24/26	6/25/26	6/26/26	6/27/26
UNC Team Camp				Practice @ <u>Lassiter</u> 6:30-8:00 PM (for those who could not go to camp)		
6/28/26	6/29/26	6/30/26				
	Dead Week					
July						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			7/1/26	7/2/26	7/3/26	7/4/26
	Dead Week					

7/5/26	7/6/26	7/7/26	7/8/26	7/9/26	7/10/26	7/11/26
	Jr. Titan Camp 9-12					
7/12/26	7/13/26	7/14/26	7/15/26	7/16/26	7/17/26	7/18/26
		Practice @BT 9:00-10:15 AM 10:15-11:00 Weight Room		Practice @BT 9:00-10:15 AM 10:15-11:00 Weight Room		
7/19/26	7/20/26	7/21/26	7/22/26	7/23/26	7/24/26	7/25/26
		Practice @BT 9:00-10:15 AM 10:15-11:00 Weight Room		Practice @BT 9:00-10:15 AM 10:15-11:00 Weight Room		
7/26/26	7/27/26	7/28/26	7/29/26	7/30/26	7/31/26	
		Practice @BT 9:00-10:15 AM 10:15-11:00 Weight Room		Work out on own		
August						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						8/1/26
8/2/26	8/3/26	8/4/26	8/5/26	8/6/26	8/7/26	8/8/26
		Workouts on your own				
8/9/26	8/10/26	8/11/26	8/12/26	8/13/26	8/14/26	8/15/26
	Weight Lifting 3:30-4:30	Weight Lifting 3:30-4:30		Weight Lifting 3:30-4:30		
8/16/26	8/17/26	8/18/26	8/19/26	8/20/26	8/21/26	8/22/26

	Weight Lifting 3:30-4:30	Weight Lifting 3:30-4:30		Weight Lifting 3:30-4:30		
8/23/26	8/24/26	8/25/26	8/26/26	8/27/26	8/28/26	8/29/26
	Weight Lifting 3:30-4:30	Weight Lifting 3:30-4:30		Weight Lifting 3:30-4:30		
8/30/26	8/31/26					
September						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9/1/26	9/2/26	9/3/26	9/4/26	9/5/26
		Workouts on your own				
9/6/26	9/7/26	9/8/26	9/9/26	9/10/26	9/11/26	9/12/26
	Labor Day OFF	Weight Lifting 3:30-4:30		Weight Lifting 3:30-4:30		
9/13/26	9/14/26	9/15/26	9/16/26	9/17/26	9/18/26	9/19/26
	Weight Lifting 3:30-4:30	Weight Lifting 3:30-4:30		Weight Lifting 3:30-4:30		Savage Race
9/20/26	9/21/26	9/22/26	9/23/26	9/24/26	9/25/26	9/26/26
	Weight Lifting 3:30-4:30	Weight Lifting 3:30-4:30		Weight Lifting 3:30-4:30		
9/27/26	9/28/26	9/29/26	9/30/26			

	Weight Lifting 3:30-4:30	Weight Lifting 3:30-4:30				
October						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				10/1/26	10/2/26	10/3/26
				Weight Lifting 3:30-4:30	OFF	GHSA Weight Assessment \$10.00 Cash @ TBD
10/4/26	10/5/26	10/6/26	10/7/26	10/8/26	10/9/26	10/10/26
	*Voluntary Conditioning 3:30-4:30	*Voluntary Conditioning 3:30-4:30	*Voluntary Conditioning 3:30-4:30	*Voluntary Conditioning 3:30-4:30	OFF	GHSA Weight Assessment \$10.00 Cash @ TBD
10/11/26	10/12/26	10/13/26	10/14/26	10/15/26	10/16/26	10/17/26
	*Voluntary Conditioning 3:30-4:30	*Voluntary Conditioning 3:30-4:30	*Voluntary Conditioning 3:30-4:30	*Voluntary Conditioning 3:30-4:30	OFF	GHSA Weight Assessment \$10.00 Cash @ TBD
10/18/26	10/19/26	10/20/26	10/21/26	10/22/26	10/23/26	10/24/26
	4:00-6:30pm Starting in Room 614 Practice #1	1:00-3:30 pm Starting in weight room Practice	NO School 1:00-3:30 pm Starting in weight room Practice	NO School 1:00-3:30 pm Starting in weight room Practice	NO School 9:00-11:00 pm Practice	
10/25/26	10/26/26	10/27/26	10/28/26	10/29/26	10/30/26	10/31/26
	4:00-6:30 pm Starting in weight room Practice	4:00-6:30 pm Starting in weight room Practice	4:00-6:00 pm Practice	4:00-6:30 pm Starting in weight room Practice	3:30-5:15 pm Practice	

