

June

Date	Activity	Location & Time PM Times
3. Monday/	Lift-speed work/ Practice	Lincolnton Campus- 6-8PM
5. Wed.	Lift and Practice	Denver Campus 6-8PM
6. Thur	Lift/speed work and Practice	Denver Campus 6-8PM
10. Monday/	Lift-speed work/ Practice	Lincolnton Campus- 6-8PM
12. Wed.	Lift and Practice	Lincolnton Campus 6-8pm
13. Thur	Lift/speed work and Practice	Denver Campus 6-8PM
17. Monday/	Lift-speed work/ Practice	Lincolnton Campus- 6-8PM
19. Wed.	Lift and speed work/Practice	Denver campus 6-8PM
20. Thur	Lift/speed work and Practice	Denver Campus 6-8PM
24. Monday/	Lift-speed work/ Practice	Lincolnton Campus- 6-8PM
26. Wed.	Lift and Practice	Lincolnton campus 6-8PM
27. Thur	Lift/speed work and Practice	Denver Campus 6-8PM

July

Week of July 4th Closed/ Lifting at LKN or The Rock will be open

8. Monday/	Lift-speed work/ Practice	Lincolnton Campus- 6-8PM
10. Wed.	Lift and speed work/Practice	Denver campus 6-8PM
11. Thur	Lift/speed work and Practice	Denver Campus /6-8PM
15. Dead week from NCHSAA Lift at LKN & The Rock.....		
22. Monday/	Lift-speed work/ Practice	Lincolnton Campus- 6-8PM

24. Wednesday/ Practice	Lincolnton campus 6-8PM
25. Thur Lift/speed work and skill work	Denver Campus 6-8PM
29. Equipment Handout/ Lift and speed work	6-8PM Denver Campus
31. First Official Day of Practice**	TBA 4-7PM/ HS only

August

Date of Practice	Location and Time
1. Practice Helmet only	TBA 4-8PM HS only
2. Practice Helmet only	TBA 4-8pm HS only
3. Practice Helmet only	TBA 8AM-10:30 HS only
5. Practice Shells- MS Helmets	TBA 4-6pm MS/ HS til 7PM
6. Practice MS/HS Helmets	TBA * 1 st Day of School 4-6PM
7. Practice Shells	TBA 4-6PM MS/ HS
8. Practice Shells	TBA 4-6PM MS/HS
9. Practice Shells	TBA 4-6PM
10. Practice Full Gear/ Game Like Scrimmage	TBA 8AM-10:30 HS only
12. Practice Full Gear	TBA 4-6pm MS/ HS til 7PM
13. Practice Full Gear	TBA 4-6PM
14. Practice Shells	TBA 4-6PM MS/ HS til 7PM
15. Practice Shells	TBA 4-6PM
16 Practice Full Gear/Game like Scrimmage	TBA 4-6PM
17 th Off NO MORE SAT Practice!!	