

June 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 <i>Graduation</i>	17	18 <i>Summer Workouts 630 -10am Varsity lift 10:15 -11:15 NCSU 7 on 7</i>	19 <i>Summer Workouts 630 -10am JV lift 10:15 -11:15 UNC 7 on 7</i>	20 <i>Summer Workouts 630 -10am Varsity lift 10:15 -11:15</i>	21 <i>ECU 7 on 7</i>
22	23 <i>Summer Workouts 630 -10am Varsity lift 10:15 -11:15</i>	24 <i>Summer Workouts 630 -10am Varsity lift 10:15 -11:15</i>	25 <i>Summer Workouts 630 -10am Varsity lift 10:15 -11:15</i>	26 <i>Summer Workouts 630 -10am Varsity lift 10:15 -11:15 DL 7on 7 Tourney</i>	27 <i>Summer Workouts 630 -10am Varsity lift 10:15 -11:15</i>	28
29	30 <i>Vacation</i>					

July 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>Vacation</i>	2 <i>Vacation</i>	3 <i>Vacation</i>	4 <i>Vacation</i>	5
6	7 <i>Summer Workouts</i> 630 -10am <i>Varsity Lift</i> 10:15 -11:15	8 <i>Campbell Team Camp</i>	9 <i>Campbell Team Camp</i>	10 <i>Campbell Team Camp</i>	11 <i>Rest Day</i>	12
13	14 <i>Summer Workouts</i> 630 -10am <i>Varsity Lift</i> 10:15 -11:15	15 <i>Summer Workouts</i> 630 -10am <i>JV Lift</i> 10:15 -11:15	16 <i>Summer Workouts</i> 630 -10am <i>Varsity Lift</i> 10:15 -11:15	17 <i>Summer Workouts</i> 630 -10am <i>JV Lift</i> 10:15 -11:15	18 <i>Summer Workouts</i> 630 -10am <i>Varsity Lift</i> 10:15 -11:15	19
20	21 <i>Vacation</i>	22 <i>Vacation</i>	23 <i>Vacation</i>	24 <i>Vacation</i>	25 <i>Vacation</i>	26
27	28 <i>Pre-Season Camp</i> 7 - 10am	29 <i>Pre-Season Camp</i> 7 - 10am	30 <i>MANDATORY PRACTICE</i> 6:30—10AM	31		

August 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 MANDATORY PRACTICE 6:30—10AM	2 MANDATORY PRACTICE 6:30—10AM
3	4 MANDATORY PRACTICE 6:30—10AM	5 MANDATORY PRACTICE 6:30—10AM	6 MANDATORY PRACTICE 6:30—10AM	7 MANDATORY PRACTICE 6:30—10AM	8 MANDATORY PRACTICE 6:30—10AM	9 HSOT Jamboree @ WFHS 5PM
10	11 MANDATORY PRACTICE 6:30—10AM	12 Cleveland HS Scrimmage TBA	13 MANDATORY PRACTICE 6:30—10AM	14 MANDATORY PRACTICE 6:30—10AM	15 SER Scrimmage TBA	16 MANDATORY PRACTICE 9-11AM VARSITY ONLY
17	18 MANDATORY PRACTICE JV 2:30 - 4:30 V 2:30 - 5:30	19 MANDATORY PRACTICE JV 2:30 - 4:30 V 2:30 - 5:30	20 MANDATORY PRACTICE JV 2:30 - 3:30 V 2:30 - 5:30	21 JV SOUTHERN DURHAM (H) 6:30PM	22 SOUTHERN DURHAM (A) 7PM	23 MANDATORY PRACTICE 9-11AM VARSITY ONLY
24	25 MANDATORY PRACTICE JV 2:30 - 4:30 V 2:30 - 5:30	26 MANDATORY PRACTICE JV 2:30 - 4:30 V 2:30 - 5:30	27 MANDATORY PRACTICE JV 2:30 - 3:30 V 2:30 - 5:30	28 JV LEESVILLE ROAD (H) 6:30PM	29 LEESVILLE ROAD (A) 7PM	30 MANDATORY PRACTICE 9-11AM VARSITY ONLY