**2018 Spring, Summer, and Fall Calendar for Team 90**

* **Equipment Distribution for returning players, Tuesday, 5/8 - Thursday, 5/10** 
  + Players will receive equipment in the order of their **Gold C.A.P.S.** score. The scoring system is weighted in favor of guys who have been around the longest, but we will have some sophomores and juniors who get their equipment ahead of seniors.
  + **C = Commitment** = Points awarded for each sports season completed at BHS
  + **A = Academics** = Points awarded for cumulative GPA and As made on most recent report card.
  + **P = Power** = Points awarded for 4 lift total and beast quotient.
  + **S = Service** = Points awarded for community service hours completed.
* **Spring Athletic Physicals, Thursday, 5/10,** **6:00-8:00 PM in Holliday Gym**
  + $15
  + If your son gets a physical on 5/10, it will cover him for all three sports seasons of the 2018-2019 school year.
* **Spring Practice, Monday, 5/14 - Thursday, 5/24, 3:00-4:30 each day** (no 8th graders allowed)
* **Spring Parents Meeting, 5/16, 6 pm Holliday Gym** 
  + This meeting is for all parents and guardians of both returning and new players.
  + New players are also encouraged to attend this meeting.
* **Weight Room Sessions for rising 9th graders**
  + **Monday, 5/21 - Thursday, 5/24**
  + 5-6pm
  + Football weight room, next to the auto shop
* **Exams and Dead Period, Friday, 5/25 - Friday, 6/8**
* **Professional Speed Clinic and Weight Room Renovation Day - Saturday, 6/9**
  + Speed Clinic via the Strength Feed, 9 a.m. - 12 p.m.
  + Pizza and weight room renovation, 12 p.m. - 3 p.m.
* **First Day of Summer Workouts = Monday, 6/11\*** 
  + Workouts are **Monday, Tuesday, and Thursday** the **weeks of 6/11, 6/18, 6/25, 7/9, and 7/23.**
  + 2 workouts a day
  + Players choose one to attend.
  + **A.M. Workout = 7-9 a.m.**
  + **P.M. Workout = 5-7 p.m.**
  + **\*There is no morning workout on Monday, 6/11** because it is a teacher workday, so everyone will need to come to the 5 p.m. workout that day.
* **First Wednesday evening installation practice, 6/13**.
  + There are no strength and conditioning workouts on Wednesdays.
  + Instead, there are **evening installation practices from 4-7 on 6/13, 6/20, 6/27, 7/11, and 7/25**.
  + 4-5 in the gym - walkthrough
  + 5-7 on the field - practice
* **Fastbreak Football Camp – 6/25-6/29**. Open to rising 4th-8th grade boys and girls. Upperclassmen will be eligible to work the camp and earn community service. $50 discount for siblings of Broughton football players. Financial assistance is available. Visit the camp website for more information and to register: [www.fastbreakfootballcamp.com](http://www.fastbreakfootballcamp.com)
* **NCHSAA Mandated Dead Weeks**
  + No practices or workouts are allowed during dead weeks.
  + Dead weeks are a great time to plan family vacations, driver’s ed, camps, etc. if you have the flexibility to do so.
  + **Monday, 7/2 - Sunday, 7/8**
  + **Monday, 7/16 - Sunday, 7/22**
* **7 v 7 Tournaments for Varsity Players Only**
  + **Thursday, 6/14** @ UNC
  + **Friday, 6/15** @ NCSU
* **Team Camp at Mt. Olive = Thursday, 7/12 - Saturday, 7/14**
  + Team camp this year will only be for **varsity candidates**.
  + All juniors and seniors are invited.
  + Only a few sophomores will be invited. We will make that determination after spring practice.
  + No freshmen will be invited.
* **Family Group Cookout = Wednesday, 6/27**
  + After the installation practice - installation practice will end early - more details to follow
  + We will need families to volunteer to host these cookouts.
* **End of Summer Workout Celebration, Thursday, 7/26**
  + The Launching Pad
  + All players are invited.
  + The football program will pay the admission price for players who miss 2 or fewer summer workouts and practices. (Missing 1 workout or practice to attend a football prospect camp does not count against you.)
  + More details to follow
* **First Day of Training Camp = Monday, 7/30**

**August Practice Schedule**

**Week 1 - Training Camp**

**Monday, 7/30 - Friday, 8/3**

* Practice, Lunch, and Meetings, 7:30 a.m. - 1:30 p.m.

**Saturday, 8/4**

* Practice - 8:00 a.m. -11:00 a.m.
* **Family Picnic** - 12-2

**Week 2 - Modified Training Camp**

**Monday, 8/6 - Saturday, 8/11**

* **Morning Lifting Schedule**
  + Monday: Varsity Offense, 7-8, Varsity Defense, 8-9
  + Tuesday: JV Offense, 7-8, JV Defense, 8-9
  + Wednesday: Varsity Defense, 7-8, Varsity Offense, 8-9
  + Thursday: JV Defense, 7-8, JV Offense, 8-9
  + Friday: Varsity Offense, 7-8, Varsity Defense, 8-9
* **Afternoon Practice Schedule**
  + 4 p.m. - 7 p.m. every day, Monday - Friday
* **Saturday Schedule (8/11)**
  + Varsity Scrimmage @ South Garner, 2-4 (Players will arrive @ Broughton at noon and return by 5.)
  + JV Practice, 9-11

**Week 3**

**Monday, 8/13 - Saturday, 8/18 (games begin, but school is still out)**

**Varsity Schedule**

* Monday - Thursday, 4-7
  + Lift and Walk/Through, 4-5
  + Practice, 5-7
* Friday - @ Apex, 7 p.m.
* Saturday
  + Morning Meeting, 9 a.m. - 11 a.m.
  + Optional Lift, 11 a.m. - 12:30 p.m.

**JV Schedule**

* Monday - Thursday, 4-7
  + Practice, 4-6
  + Lift, 6-7
* Friday and Saturday - Off
  + Optional Saturday lift from 11 - 12:30.

**Week 4 - Monday, 8/20 - Saturday, 8/25 (games begin, but school is still out)**

**Varsity Schedule**

* Monday - Thursday, 4-7
  + Lift and Walk/Through, 4-5
  + Practice, 5-7
* Friday - @ Athens Drive, 7 p.m.
* Saturday
  + Morning Meeting, 9 a.m. - 11 a.m.
  + Optional Lift, 11 a.m. - 12:30 p.m.

**JV Schedule**

* Monday - Wednesday, 4-7
  + Practice, 4-6
  + Lift, 6-7
* Thursday - Athens Drive, 6:30 p.m.
* Friday and Saturday - Off
  + Optional Lift, 11 a.m. - 12:30 p.m.

**School Year Schedule**

**Week 1, Monday, 8/27 - Thursday, 8/30**

**Varsity Schedule**

* **Monday**
  + Family Group Time, 2:35-3:00
  + Study Hall, 3:00-4:00
  + Practice, 4:30-6:00 (helmets)
* **Tuesday**
  + Practice, 3:00-5:00 (full pads)
* **Wednesday**
  + Practice, 3:00-5:00 (uppers)
* **Thursday**
  + @ Cary, 7:00 p.m.
* **Friday - Sunday, OFF**

**JV Schedule**

* **Monday**
  + Family Group Time, 2:35-3:00
  + Practice, 3:30-5:30
* **Tuesday**
  + Study Hall, 2:35-3:35
  + Practice, 4:00-6:00
* **Wednesday**
  + Cary, 6:30
* **Thursday - Sunday, OFF**

**Week 2, Monday, 9/3 - Saturday, 9/8**

* **Varsity Schedule**
* **Monday - WE WILL PRACTICE ON LABOR DAY**
  + Meetings, 1:00 - 2:30
  + Family Group Time, 2:35-3:00
  + Study Hall, 3:00-4:00
  + Practice, 4:30-6:00 (helmets)
* **Tuesday**
  + Practice, 3:00-5:00 (full pads)
* **Wednesday**
  + Practice, 3:00-5:00 (uppers)
* **Thursday**
  + Practice, 3:00-4:30 (helmets)
* **Friday**
  + Team Meal, 2:45-3:45
  + Game, 7:00
* **Saturday**
  + Morning Meeting, 9 a.m. - 11 a.m.
  + Optional Lift, 11 a.m. - 12:30 p.m.

**JV Schedule**

* **Monday - WE WILL PRACTICE ON LABOR DAY**
  + Family Group Time, 2:35-3:00
  + Practice, 3:30-5:30
* **Tuesday**
  + Study Hall, 2:35-3:35
  + Practice, 4:00-6:00
* **Wednesday**
  + Practice, 3:00-5:00
* **Thursday**
  + Team Meal, 2:45-4:45
  + Game, 6:30

**Normal Schedule (9/10 - End of Season)**

**Varsity Schedule**

* **Monday** 
  + Family Group Time, 2:35-3:00
  + Study Hall, 3:00-4:00
  + Practice, 4:30-6:00 (helmets)
* **Tuesday**
  + Practice, 3:00-5:00 (full pads)
* **Wednesday**
  + Practice, 3:00-5:00 (uppers)
* **Thursday**
  + Practice, 3:00-4:30 (helmets)
* **Friday**
  + Team Meal, 2:45-3:45
  + Game, 7:00
* **Saturday**
  + Morning Meeting, 9 a.m. - 11 a.m.
  + Optional Lift, 11 a.m. - 12:30 p.m

**JV Schedule**

* **Monday**
  + Family Group Time, 2:35-3:00
  + Practice, 3:30-5:30
* **Tuesday**
  + Study Hall, 2:35-3:35
  + Practice, 4:00-6:00
* **Wednesday**
  + Practice, 3:00-5:00
* **Thursday**
  + Team Meal, 2:45-4:45
  + Game, 6:30

**Calendar Notes**

* Our Bye Week is the week of Monday, 9/17. We will not practice on Friday, 9/21.
* We will practice and have a Halloween Costume Contest (families invited) on Wednesday, 10/31, which is a teacher workday.