



# Central Academy 2019 Football Calendar



## April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> Weights 7:45 – 8:30 am	<b>2</b> Weights and Pre-Spring Training 4:00 – 5:30 pm	<b>3</b> Weights 7:45 – 8:30 am	<b>4</b> Weights 3:45 – 4:30 pm	<b>5</b> OFF	<b>6</b>
<b>7</b>	<b>8</b> Weights 7:45 – 8:30 am	<b>9</b> Weights and Pre-Spring Training 4:00 – 5:30 pm	<b>10</b> Weights 7:45 – 8:30 am	<b>11</b> Weights 3:45 – 4:30 pm	<b>12</b> OFF	<b>13</b>
<b>14</b>	<b>15</b> Weights 7:45 – 8:30 am	<b>16</b> Weights and Pre-Spring Training 4:00 – 5:30 pm	<b>17</b> Weights 7:45 – 8:30 am	<b>18</b> OFF	<b>19</b> Spring Break	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
----- Spring Break -----						
<b>28</b>	<b>29</b> Weights 7:45 – 8:30 am	<b>30</b> Weights and Pre-Spring Training 4:00 – 5:30 pm				



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## May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Notes: Lifting Starts at 7:45, arrive early to dress out.</b> <b>Spring Practice: on the field at 4 PM</b>			<b>1</b> Weights 7:45 – 8:30 am	<b>2</b> Weights 3:45 – 4:30 pm	<b>3</b> OFF	<b>4</b>
<b>5</b>	<b>6</b> Weights 7:45 – 8:30 am	<b>7</b> Weights 3:45 – 4:30 pm	<b>8</b> Weights 7:45 – 8:30 am	<b>9</b> Weights 3:45 – 4:30 pm	<b>10</b> OFF	<b>11</b>
<b>12</b>	<b>13</b> Spring Practice 4 pm – 5:30 pm	<b>14</b> Spring Practice 4 pm – 5:30 pm	<b>15</b> Spring Practice 4 pm – 5:30 pm	<b>16</b> Spring Practice 4 pm – 5:30 pm	<b>17</b> OFF	<b>18</b>
<b>19</b>	<b>20</b> Spring Practice 4 pm – 5:30 pm	<b>21</b> Spring Practice 4 pm – 5:30 pm	<b>22</b> Spring Practice 4 pm – 5:30 pm	<b>23</b> OFF	<b>24</b> OFF	<b>25</b>
<b>26</b>	<b>27</b> Memorial Day  No School	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
<div style="border: 1px solid black; padding: 10px; display: inline-block;">           ----- Exam Dead Peroid -----         </div>						



# Central Academy 2019 Football Calendar



## June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6 Last Day of School	7 OFF	8
----- Exam Dead Peroid -----						
9	10 OFF	11 OFF	12 Summer Session 8 – 9:30 am	13 Summer Session 8 – 9:30 am	14 OFF	15
16	17 Summer Session 8 – 9:30 am	18 Summer Session 8 – 9:30 am	19 Summer Session 8 – 9:30 am	20 Summer Session 8 – 9:30 am	21 OFF	22
23	24 Summer Session 8 – 9:30 am	25 Summer Session 8 – 9:30 am	26 Summer Session 8 – 9:30 am	27 Summer Session 8 – 9:30 am	28 OFF	29
30						



# Central Academy 2019 Football Calendar



## July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	----- Dead Week -----					
<b>7</b>	<b>8</b> Summer Session 8 – 9:30 am	<b>9</b> Summer Session 8 – 9:30 am	<b>10</b> Summer Session 8 – 9:30 am	<b>11</b> Summer Session 8 – 9:30 am	<b>12</b> OFF	<b>13</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
	----- Dead Week -----					
<b>21</b>	<b>22</b> Summer Session 8 – 9:30 am	<b>23</b> Summer Session 8 – 9:30 am	<b>24</b> Summer Session 8 – 9:30 am	<b>25</b> Summer Session 8 – 9:30 am	<b>26</b> OFF	<b>27</b>
<b>28</b>	<b>29</b> Summer Session 8 – 9:30 am	<b>30</b> Summer Session 8 – 9:30 am	<b>31</b> Summer Session 8 – 9:30 am			



# Central Academy 2019 Football Calendar



## August 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Notes: On Field at 8 AM, in proper attire. Dates of Scrimmages/Jamborees still TBD.</b>  <b>Practice Schedule during game weeks, does not change, unless noted.</b>				<b>1</b> First Official Practice Day  8 AM – 11 AM  Helmets	<b>2</b> Practice  8 am – 11 am  Helmets	<b>3</b> Practice  8 am – 11 am  Uppers
<b>4</b>	<b>5</b> Practice  8 am – 11 am  Uppers	<b>6</b> Practice  8 am – 11 am  Uppers	<b>7</b> Practice  8 am – 11 am  Full Pads	<b>8</b> Practice  8 am – 11 am  Full Pads	<b>9</b> Practice  8 am – 11 am  Full Pads	<b>10</b> First Scrimmage Date/ Practice  8 am – 11 am  Full Pads
<b>11</b>	<b>12</b> Practice  8 am – 11 am  Full Pads	<b>13</b> Practice  8 am – 11 am  Full Pads	<b>14</b> Practice  8 am – 11 am  Full Pads	<b>15</b> Practice  8 am – 11 am  Full Pads	<b>16</b> TWD Evening Practice / Jamboree / Scrimmage  <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 0 auto;">Annual Kick-Off Cook</div>	<b>17</b> Jamboree / Scrimmage
<b>18</b>	<b>19</b> Week One  Practice 4 – 6:00 PM	<b>20</b> Practice 4 – 6:00 PM	<b>21</b> Practice 4 – 5:30 PM	<b>22</b> vs. West Stanly 6:30 PM	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b> Week Two  First Day of School	<b>27</b>	<b>28</b>	<b>29</b> @ Forest Hills 6:30 PM	<b>30</b>	<b>31</b>



# Central Academy 2019 Football Calendar



## September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>	<b>2</b> Week Three  Labor Day – <b>NORMAL PRACTICE 4 – 6 PM</b>	<b>3</b>	<b>4</b>	<b>5</b>  @ Lake Norman Charter 6:30 PM	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b> Week Four	<b>10</b>	<b>11</b>	<b>12</b> @ Albemarle 6:30 PM	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b> Week Five	<b>17</b>	<b>18</b>	<b>19</b>  vs. Charlotte Country Day 6:30 PM	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b> Week Six	<b>24</b>	<b>25</b>	<b>26</b>  @ Mountain Island Charter 6:30 PM	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b> Week Seven  TWD – <b>NORMAL PRACTICE 4 – 6 PM</b>					



# Central Academy 2019 Football Calendar



## October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b>	<b>2</b>	<b>3</b> @ Charlotte Christian 6:30 PM	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b> Week Eight 4 – 6 PRACTICE	<b>8</b> Early Release NO PRACTICE	<b>9</b> TWD NO PRACTICE	<b>10</b> 4 – 6 PRACTICE	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b> Week Nine	<b>15</b>	<b>16</b>	<b>17</b> vs. Andrew Jackson (SC) 6:30 PM	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b> Week Ten	<b>22</b>	<b>23</b>	<b>24</b> vs Anson 6:30 PM	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b> Week Eleven	<b>29</b> vs. Forest Hills 6:30 PM Senior Night	<b>30</b> Equipment Collection and Locker Clean Out 4 PM	<b>31</b>		