

# 2016 NCHSAA Football Conditioning Calendar

## August, 2016

## Pre-Season Conditioning Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>August 1</b> 1st Day of Practice <ul style="list-style-type: none"> <li>• Option A or</li> <li>• Option B</li> </ul>	<b>August 2</b> 2nd Day of Practice <ul style="list-style-type: none"> <li>• Option A or</li> <li>• Option B</li> </ul>	<b>August 3</b> 3rd Day of Practice <ul style="list-style-type: none"> <li>• Option A or</li> <li>• Option B</li> </ul>	<b>August 4</b> 4th Day of Practice <ul style="list-style-type: none"> <li>• Option A or</li> <li>• Option B</li> </ul>	<b>August 5</b> 5th Day of Practice <ul style="list-style-type: none"> <li>• Option A or</li> <li>• Option B</li> </ul>	<b>August 6</b> 6th Day of Practice (1st Day of Contact) <ul style="list-style-type: none"> <li>• Option A or</li> <li>• Option B or</li> <li>• Option C</li> </ul>
<b>August 7</b> No Practice Allowed	<b>August 8</b> 7th Day of Practice <ul style="list-style-type: none"> <li>• Option A or</li> <li>• Option B or</li> <li>• Option C</li> </ul>	<b>August 9</b> 8th Day of Practice <ul style="list-style-type: none"> <li>• Option A or</li> <li>• Option B or</li> <li>• Option C</li> </ul>	<b>August 10</b> 9th Day of Practice (1st Scrimmage Date) <ul style="list-style-type: none"> <li>• Option A or</li> <li>• Option B or</li> <li>• Option C</li> </ul>	<b>August 11</b> 10th Day of Practice <ul style="list-style-type: none"> <li>• Option A or</li> <li>• Option B or</li> <li>• Option C</li> </ul>	<b>August 12</b> 11th Day of Practice <ul style="list-style-type: none"> <li>• Option A or</li> <li>• Option B or</li> <li>• Option C</li> </ul>	<b>August 13</b> 12th Day of Practice <ul style="list-style-type: none"> <li>• Option A or</li> <li>• Option B or</li> <li>• Option C</li> </ul>
<b>August 14</b> No Practice Allowed	<b>August 15</b> In-Season Practice <ul style="list-style-type: none"> <li>• Option A Only</li> </ul>	<b>August 16</b> In-Season Practice <ul style="list-style-type: none"> <li>• Option A Only</li> </ul>	<b>August 17</b> In-Season Practice <ul style="list-style-type: none"> <li>• Option A Only</li> </ul>	<b>August 18</b> In-Season Practice <ul style="list-style-type: none"> <li>• Option A Only</li> </ul>	<b>August 19</b> 1st Playing Date	<b>August 20</b> In-Season Practice <ul style="list-style-type: none"> <li>• Option A Only</li> </ul>
<b>August 21</b> No Practice Allowed	<b>August 22</b> In-Season Practice <ul style="list-style-type: none"> <li>• Option A Only</li> </ul>	<b>August 23</b> In-Season Practice <ul style="list-style-type: none"> <li>• Option A Only</li> </ul>	<b>August 24</b> In-Season Practice <ul style="list-style-type: none"> <li>• Option A Only</li> </ul>	<b>August 25</b> In-Season Practice <ul style="list-style-type: none"> <li>• Option A Only</li> </ul>	<b>August 26</b> 2nd Playing Date	<b>August 27</b> In-Season Practice <ul style="list-style-type: none"> <li>• Option A Only</li> </ul>
<b>August 28</b> No Practice Allowed	<b>August 29</b> In-Season Practice <ul style="list-style-type: none"> <li>• Option A Only</li> </ul>	<b>August 30</b> In-Season Practice <ul style="list-style-type: none"> <li>• Option A Only</li> </ul>	<b>August 31</b> In-Season Practice <ul style="list-style-type: none"> <li>• Option A Only</li> </ul>			

\*Option A - One, 3 hour practice (which includes "flex time")

\*Option B - One, 3 hour practice, followed by a MANDATORY 3 hour cool down period, followed by a 1 hour walk-through, or vice-versa (cannot wear protective equipment during walk-through).

\*Option C (Double Practice) - One 3 hour or 2 hour practice, followed by a MANDATORY 3 hour cool down period, followed by a 2 hour or 3 hour practice (Maximum of 5 hours of practice time per 24 hour period). There can never be back-to-back days with an option c practice. You must follow an option C practice with an option A/B practice or an off-day. \*\*\*The 2 hour practice must be **NON-CONTACT ONLY**\*\*\*

\*Day 1&2 - Headgear, T-Shirts, Non-Padded Shorts, Football Shoes

\*Day 3-5 - May add shoulder pads

\*Day 6 - Full football gear