## 2021 NCHSAA Football Conditioning Calendar

### August, 2021

#### Pre-Season Conditioning Calendar

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 1</td>
<td>August 2</td>
<td>August 3</td>
<td>August 4</td>
<td>August 5</td>
<td>August 6</td>
<td>August 7</td>
</tr>
</tbody>
</table>
| **1st Day of Practice**
  * Option A or Option B | **2nd Day of Practice**
  * Option A or Option B | **3rd Day of Practice**
  * Option A or Option B | **4th Day of Practice**
  * Option A or Option B | **5th Day of Practice**
  * Option A or Option B | **6th Day of Practice (1st Day of Contact)**
  * Option A or Option B or Option C |
| August 8 | August 9 | August 10 | August 11 | August 12 | August 13 | August 14 |
| No Practice Allowed | **7th Day of Practice**
  * Option A or Option B or Option C | **8th Day of Practice**
  * Option A or Option B or Option C | **9th Day of Practice (1st Scrimmage Date)**
  * Option A or Option B or Option C | **10th Day of Practice**
  * Option A or Option B or Option C | **11th Day of Practice**
  * Option A or Option B or Option C | **12th Day of Practice**
  * Option A or Option B or Option C |
| August 15 | August 16 | August 17 | August 18 | August 19 | August 20 | August 21 |
| No Practice Allowed | In-Season Practice
  * Option A Only | In-Season Practice
  * Option A Only | In-Season Practice
  * Option A Only | In-Season Practice
  * Option A Only | In-Season Practice
  * Option A Only | **1st Playing Date** |
| August 22 | August 23 | August 24 | August 25 | August 26 | August 27 | August 28 |
| No Practice Allowed | In-Season Practice
  * Option A Only | In-Season Practice
  * Option A Only | In-Season Practice
  * Option A Only | **2nd Playing Date** |
| August 29 | August 30 | August 31 | | | | |
| No Practice Allowed | In-Season Practice
  * Option A Only | In-Season Practice
  * Option A Only | | | |

*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*