

2022 NCHSAA Football Conditioning Calendar

August, 2022

Pre-Season Conditioning Calendar

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