

2026 NCHSAA Football Conditioning Calendar

July/August, 2026

Pre-Season Conditioning Calendar

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