


2018-2019 PRACTICE CALENDAR/EQUIPMENT RESTRICTIONS – CHEERLEADING

NOTE: Highlighted days reflect Heat Acclimatization Period

FCPS General Guidelines:

- On single practice days, one walk-through is permitted.
- Double practice days (beginning no earlier than practice day 6) must be followed by a single-practice day or rest day. When a double-practice day is followed by a rest day, another double-practice day is permitted after the rest day.
- All practices and walk-through sessions must be separated by at least 3 hours of continuous rest.
- If a practice is interrupted by inclement weather or heat restrictions, the practice should recommence once conditions are deemed safe, but total practice time should not exceed its limitations.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AUGUST			1	2	3	4
			DAY 1 8	DAY 2 9	DAY 3 10	DAY 4 11
5	6	7	Single Practice Day	Single Practice Day	Single Practice Day	Single Practice Day
12	DAY 5 13	DAY 6 14	DAY 7 15	DAY 8 16	DAY 9 17	DAY 10 18
REST DAY- Sunday practice is prohibited by MPSSAA	Single Practice Day	First Allowable Double Practice First Full Contact Practice	Single/Double practice Day- double practice day must be followed by single practice day	Single/Double practice Day- double practice day must be followed by single practice day	Single/Double practice Day- double practice day must be followed by single practice day	First Scrimmage Day Single/Double practice Day- double practice day must be followed by single practice day
19	DAY 11 20	DAY 12 21	DAY 13 22	DAY 14 23	24	25
REST DAY- Sunday practice is prohibited by MPSSAA	Single/Double practice Day- double practice day must be followed by single practice day	Single/Double practice Day- double practice day must be followed by single practice day	Single/Double practice Day- double practice day must be followed by single practice day	Single/Double practice Day- double practice day must be followed by single practice day		
26	27	28	29	30	August 31	
					First play date	

Practice Days 1-5:

- Team is limited to 1 practice per day (must not exceed 3 hours in length)
- 1 walk-through per day (no longer than 1 hour in duration)

Practice Days 6-14:

- Total practice & walk-through timer per day should be limited to 5 hours with no single session longer than 3 hours in duration
- Team may participate in full contact practices with all protective equipment worn