


# 2018-2019 PRACTICE CALENDAR/EQUIPMENT RESTRICTIONS – CROSS COUNTRY

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
			1	2	3	4
<b>AUGUST</b>						
5	6	7	<b>DAY 1</b> 8	<b>DAY 2</b> 9	<b>DAY 3</b> 10	<b>DAY 4</b> 11
			Single Practice Day	Single Practice Day	Single Practice Day	Single Practice Day
12	<b>DAY 5</b> 13	<b>DAY 6</b> 14	<b>DAY 7</b> 15	<b>DAY 8</b> 16	<b>DAY 9</b> 17	<b>DAY 10</b> 18
REST DAY- Sunday practice is prohibited by MPSSAA	Single Practice Day	First Allowable <b>Double Practice</b> 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	<b>First Scrimmage Day</b> Single/Double practice Day- double practice day must be followed by single practice day
19	<b>DAY 11</b> 20	<b>DAY 12</b> 21	<b>DAY 13</b> 22	<b>DAY 14</b> 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