

# 2019 HEAT ACCLIMATIZATION PRACTICE CALENDAR-ALL SPRING SPORTS

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
					DAY 1 1	DAY 2 2
				<b>MARCH</b>	Single Practice Day	Single Practice Day
3	DAY 3 4	DAY 4 5	DAY 5 6	DAY 6 7	DAY 7 8	DAY 8 9
REST DAY- Sunday Practice is prohibited by MPSSAA	Single Practice Day	Single Practice Day	Single Practice Day	<b>First Allowable Double Practice</b>	<b>First Scrimmage Day</b> Single/Double Practice- double practice day must be followed by single practice day	Single/Double Practice- double practice day must be followed by single practice day
10	DAY 9 11	DAY 10 12	DAY 11 13	DAY 12 14	DAY 13 15	DAY 14 16
REST DAY- Sunday Practice is prohibited by MPSSAA	Single/Double Practice- double practice day must be followed by single practice day	Single/Double Practice- double practice day must be followed by single practice day	Single/Double Practice- double practice day must be followed by single practice day	Single/Double Practice- double practice day must be followed by single practice day	Single/Double Practice- double practice day must be followed by single practice day	Single/Double Practice- double practice day must be followed by single practice day
17	18	19	20	21	22	23
				<b>FIRST PLAY DATE</b>		
24	25	26	27	28	29	30

**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 time 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