

2018-2019 PRACTICE CALENDAR/EQUIPMENT RESTRICTIONS – ALL WINTER 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
				1	2	3
				NOVEMBER		
4	5	6	7	8	9	10
11	12	13	14	DAY 1 15	DAY 2 16	DAY 3 17
				Single Practice Day No Equipment Restrictions	Single Practice Day	Single Practice Day
18	DAY 4 19	DAY 5 20	DAY 6 21	DAY 7 22	DAY 8 23	DAY 9 24
REST DAY – Sunday practice prohibited by MPSSAA	Single Practice Day	Single Practice Day	First Allowable Double Practice Full Contact Practice	First Scrimmage Day <small>Single/Double Practice-double practice day must be followed by single</small>	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
25	DAY 10 26	DAY 11 27	DAY 12 28	DAY 13 29	DAY 14 30	DECEMBER
REST DAY – Sunday practice 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	Note: First play date is Wednesday, December 5, 2018

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