

2023 NCHSAA Football Conditioning Calendar

July/August, 2023

Pre-Season Conditioning Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	July 31 1st Day of Practice • Option A or • Option B	August 1 2nd Day of Practice • Option A or • Option B	August 2 3rd Day of Practice • Option A or • Option B	August 3 4th Day of Practice • Option A or • Option B	August 4 5th Day of Practice • Option A or • Option B	August 5 6th Day of Practice (1st Day of Contact) • Option A or • Option B or Option C
August 6 No Practice Allowed	August 7 7th Day of Practice • Option A or • Option B or • Option C	August 8 8th Day of Practice • Option A or • Option B or Option C	August 9 9th Day of Practice (1st Scrimmage Date) • Option A or • Option B or • Option C	August 10 10th Day of Practice • Option A or • Option B or • Option C	August 11 11th Day of Practice • Option A or • Option B or • Option C	August 12 12th Day of Practice • Option A or • Option B or • Option C
August 13 No Practice Allowed	August 14 In-Season Practice • Option A Only	August 15 In-Season Practice • Option A Only	August 16 In-Season Practice • Option A Only	August 17 In-Season Practice • Option A Only	August 18 1st Playing Date	August 19 In-Season Practice • Option A Only
August 20 No Practice Allowed	August 21 In-Season Practice • Option A Only	August 22 In-Season Practice • Option A Only	August 23 In-Season Practice • Option A Only	August 24 In-Season Practice • Option A Only	August 25 2nd Playing Date	August 26 In-Season Practice • Option A Only
August 27 No Practice Allowed	August 28 In-Season Practice • Option A Only	August 29 In-Season Practice • Option A Only	August 30 In-Season Practice • Option A Only	August 31 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