

2025 NCHSAA Football Conditioning Calendar

July/August, 2025

Pre-Season Conditioning Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			July 30 1st Day of Practice <ul style="list-style-type: none"> Option A or Option B 	July 31 2nd Day of Practice <ul style="list-style-type: none"> Option A or Option B 	August 1 3rd Day of Practice <ul style="list-style-type: none"> Option A or Option B 	August 2 4th Day of Practice <ul style="list-style-type: none"> Option A or Option B
August 3 No Practice Allowed	August 4 5th Day of Practice <ul style="list-style-type: none"> Option A or Option B 	August 5 6th Day of Practice (1st Day of Contact) <ul style="list-style-type: none"> Option A or Option B or Option C 	August 6 7th Day of Practice <ul style="list-style-type: none"> Option A or Option B or Option C 	August 7 8th Day of Practice <ul style="list-style-type: none"> Option A or Option B or Option C 	August 8 9th Day of Practice (1st Scrimmage Date) <ul style="list-style-type: none"> Option A or Option B or Option C 	August 9 10th Day of Practice <ul style="list-style-type: none"> Option A or Option B or Option C
August 10 No Practice Allowed	August 11 11th Day of Practice <ul style="list-style-type: none"> Option A or Option B or Option C 	August 12 12th Day of Practice <ul style="list-style-type: none"> Option A or Option B or Option C 	August 13 13th Day of Practice <ul style="list-style-type: none"> Option A or Option B or Option C 	August 14 14th Day of Practice <ul style="list-style-type: none"> Option A or Option B or Option C 	August 15 15th Day of Practice <ul style="list-style-type: none"> Option A or Option B or Option C 	August 16 16th Day of Practice <ul style="list-style-type: none"> Option A or Option B or Option C
August 17 No Practice Allowed	August 18 In-Season Practice <ul style="list-style-type: none"> Option A Only 	August 19 In-Season Practice <ul style="list-style-type: none"> Option A Only 	August 20 In-Season Practice <ul style="list-style-type: none"> Option A Only 	August 21 In-Season Practice <ul style="list-style-type: none"> Option A Only 	August 22 1st Playing Date	August 23 In-Season Practice <ul style="list-style-type: none"> Option A Only
August 24 No Practice Allowed	August 25 In-Season Practice <ul style="list-style-type: none"> Option A Only 	August 26 In-Season Practice <ul style="list-style-type: none"> Option A Only 	August 27 In-Season Practice <ul style="list-style-type: none"> Option A Only 	August 28 In-Season Practice Option A Only	August 29 2nd Playing Date	August 30 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