

## UHSAA Football



~ July 2013 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 #	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21 A	22 <u>Week 1</u> No organized workouts; no pads; helmets only; conditioning and weightlifting only	23 <u>Week 1</u> No organized workouts; no pads; helmets only; conditioning and weightlifting only	24 <u>Week 1</u> No organized workouts; no pads; helmets only; conditioning and weightlifting only	25 <u>Week 1</u> No organized workouts; no pads; helmets only; conditioning and weightlifting only	26 <u>Week 1</u> No organized workouts; no pads; helmets only; conditioning and weightlifting only	27 <u>Week 1</u> No organized workouts; no pads; helmets only; conditioning and weightlifting only
28 B Begin 14-day acclimatization	29 <u>Week 2</u> Practice & Team Selection; Helmets only; football specific workouts; X's & O's chalk talks permitted	30 <u>Week 2</u> Helmets only; football specific workouts; X's & O's chalk talks permitted	31 <u>Week 2</u> Helmets only; football specific workouts; X's & O's chalk talks permitted	Notes: Padded camps can occur from Memorial Day until July 20th		

## UHSAA Football

~ August 2013 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> <u>Week 2</u> Helmets only; football specific workouts; X's & O's chalk talks permitted	<b>2</b> <u>Week 2</u> Helmets only; football specific workouts; X's & O's chalk talks permitted	<b>3</b> <u>Week 2</u> Helmets only; football specific workouts; X's & O's chalk talks permitted
<b>4</b>	<b>5</b> <u>Week 3</u> Helmets only; football specific workouts; X's & O's chalk talks permitted	<b>6</b> <u>Week 3</u> Helmets only; football specific workouts; X's & O's chalk talks permitted	<b>7</b> <u>Week 3 – Day 3</u> Helmets and shoulder pads only; Contact blocking with sleds and tackling dummies	<b>8</b> <u>Week 3 – Day 4</u> Helmets and shoulder pads only; Contact blocking with sleds and tackling dummies	<b>9</b> <u>Week 3 – Day 5</u> Helmets and shoulder pads only; Contact blocking with sleds and tackling dummies	<b>10</b> <u>Week 3 – Day 6*</u>
<b>11</b>	<b>12</b> 1 <sup>st</sup> day of pads; <a href="#">Policies regarding double day practice + length</a>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b> Endowment games	<b>24</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b> First subvarsity games	<b>29</b>	<b>30</b>	<b>31</b>

### **\*Week 3 – Day 6**

- 100% live contact drills may begin. Beginning on Day 6 and continuing through day 14, double-practice days MUST be followed by a single-practice day. On single practice days, one walk-through is permitted, separated from the practice by at least 3 hours of continuous rest. When a double-practice day is followed by a rest day, another double-practice day is permitted after the rest day.

- On a double-practice day, neither practice should exceed 3 hours in duration nor should student-athletes participate in more than 5 total hours of practice. Warm up, stretching, cool down, walk-through, conditioning, and weight-room activities are included as part of the practice time. The two practices should be separated by at least 3 hours of continuous rest in a cool environment.