

2010 Pre-Season Practice Schedule

(Class 4A Eastern Side of the State, Class 3A, 2A, 1A, A, & 8 Player)

Monday, August 9th - First Legal Day of Practice

- Regular Practice Facility Only
- No Contact
- Sleds, dummies, shields, and ropes are permitted
- Helmets are permitted
- More than one practice per day is permitted

Thursday, August 12th -

- First day of pads and contact
- More than one practice per day is permitted

Saturday, August 14th -

- No Practice allowed, can be used as a press/photo day

Monday, August 16th - Friday, August 20th

- One (1) practice per day
- Recommended-Normal length and time of day of practice

Saturday, August 21st -

- Practice permitted on this day

Thursday, August 26th -

- First Legal Playing Date

No Practice on Saturday, August 14th, Sunday, August 15th.

2010 Pre-Season Practice Schedule

(Class 4A Western Side of the State and Those Playing Week 0)

Wednesday, August 4th First Legal Day of Practice- Preconditioning- 2 practices per day allowed

- Regular Practice Facility Only
- No Contact
- Sleds, dummies, shields, and ropes are permitted
- Helmets are permitted

Thursday, August 5th –

- Preconditioning- 2 practices per day allowed

Friday, August 6th –

- Preconditioning- 2 practices per day allowed

Saturday, August 7th –

- No Practice- Press/Photo Day

Sunday, August 8th –

- No Practice

Monday, August 9th –

- Full Contact- 2 practices per day allowed

Tuesday, August 10th –

- Full Contact- 2 practices per day allowed

Wednesday, August 11th –

- Full Contact- 1 practice per day allowed

Thursday, August 12th –

- Full Contact- 1 practice per day allowed

Friday, August 13th –

- Full Contact- 1 practice per day allowed

Saturday, August 14th –

- Full Contact- 1 practice per day allowed

Sunday, August 15th –

- Local School District Decision

Monday, August 16th –

- Full Contact- 1 practice per day allowed

Tuesday, August 17th –

- Full Contact- 1 practice per day allowed

Wednesday, August 18th –

- Full Contact- 1 practice per day allowed

Thursday, August 19th –

- Full Contact- 1 practice per day allowed

Friday, August 20th –

- Week 0 Contest