

August

SDYFC PRACTICE SCHEDULE

2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NO PRACTICES	July 30 FULL PADS MAX 2 DAYS 7U – Max 4 days – 2hrs 8u-14U –Max 10hrs – 2.5	JULY 31 FULL PADS MAX 2 DAYS 7U – Max 4 days – 2hrs 8u-14U –Max 10hrs – 2.5	1 FULL PADS MAX 2 DAYS 7U – Max 4 days – 2hrs 8u-14U –Max 10hrs – 2.5	2 FULL PADS MAX 2 DAYS 7U – Max 4 days – 2hrs 8u-14U –Max 10hrs – 2.5	3 FULL PADS MAX 2 DAYS 7U – Max 4 days – 2hrs 8u-14U –Max 10hrs – 2.5	4 SCRIMMAGES ALLOWED 7U – Max 4 days – 2hrs 8u-14U –Max 10hrs – 2.5
NO PRACTICES	6 7U – Max 4 days – 2hrs 8u-14U –Max 10hrs – 2.5 SCRIMMAGES ALLOWED	7 7U – Max 4 days – 2hrs 8u-14U –Max 10hrs – 2.5 SCRIMMAGES ALLOWED	8 7U – Max 4 days – 2hrs 8u-14U –Max 10hrs – 2.5 SCRIMMAGES ALLOWED	9 7U – Max 4 days – 2hrs 8u-14U –Max 10hrs – 2.5 SCRIMMAGES ALLOWED	10 7U – Max 4 days – 2hrs 8u-14U –Max 10hrs – 2.5 SCRIMMAGES ALLOWED	11 7U – Max 4 days – 2hrs 8u-14U –Max 10hrs – 2.5 SCRIMMAGES ALLOWED
NO PRACTICES	13 7U – Max 4 days – 2hrs 8u-14U –Max 10hrs – 2.5 SCRIMMAGES ALLOWED	14 7U – Max 4 days – 2hrs 8u-14U –Max 10hrs – 2.5 SCRIMMAGES ALLOWED	15 7U – Max 4 days – 2hrs 8u-14U –Max 10hrs – 2.5 SCRIMMAGES ALLOWED	16 7U – Max 4 days – 2hrs 8u-14U –Max 10hrs – 2.5 SCRIMMAGES ALLOWED	17 7U – Max 4 days – 2hrs 8u-14U –Max 10hrs – 2.5 SCRIMMAGES ALLOWED	18 SCRIMMAGES ALLOWED PRESEASON GAMES ALLOWED
NO PRACTICES	20 7U – Max 3 days – 1.5hrs 8u-14U –Max 8hrs – 2hrs NO SCRIMMAGES ALLOWED	21 7U – Max 3 days – 1.5hrs 8u-14U –Max 8hrs – 2hrs NO SCRIMMAGES ALLOWED	22 7U – Max 3 days – 1.5hrs 8u-14U –Max 8hrs – 2hrs NO SCRIMMAGES ALLOWED	23 7U – Max 3 days – 1.5hrs 8u-14U –Max 8hrs – 2hrs NO SCRIMMAGES ALLOWED	24 7U – Max 3 days – 1.5hrs 8u-14U –Max 8hrs – 2hrs NO SCRIMMAGES ALLOWED	25 GAME WEEK #1
NO PRACTICES	27 7U – Max 3 days – 1.5hrs 8u-14U –Max 8hrs – 2hrs SCRIMMAGES ALLOWED	28 7U – Max 3 days – 1.5hrs 8u-14U –Max 8hrs – 2hrs SCRIMMAGES ALLOWED	29 7U – Max 3 days – 1.5hrs 8u-14U –Max 8hrs – 2hrs SCRIMMAGES ALLOWED	30 7U – Max 3 days – 1.5hrs 8u-14U –Max 8hrs – 2hrs SCRIMMAGES ALLOWED	31 7U – Max 3 days – 1.5hrs 8u-14U –Max 8hrs – 2hrs SCRIMMAGES ALLOWED	September 1 SCRIMMAGES ALLOWED PRESEASON GAMES ALLOWED
NO PRACTICES NO SCRIMMAGES FOR THE REMINDER OF THE SEASON23	September 3 7U – Max 3 days – 1.5hrs 8u-14U –Max 6hrs – 2hrs	September 4 7U – Max 3 days – 1.5hrs 8u-14U –Max 6hrs – 2hrs	September 5 7U – Max 3 days – 1.5hrs 8u-14U –Max 6hrs – 2hrs	September 6 7U – Max 3 days – 1.5hrs 8u-14U –Max 6hrs – 2hrs	September 7 7U – Max 3 days – 1.5hrs 8u-14U –Max 6hrs – 2hrs	September 8 GAME WEEK #2

Max 90 minutes of contact in any session

Water Breaks - 10 min for every hour practiced

Practice hrs. do not include water breaks