

NSU ATHLETICS

PLAYING AND PRACTICE SCHEDULE FOR FOOTBALL

Declaration of Playing Week:

For purpose of countable hours my week begins with (day) _____ and ends with (day) _____

My typical day off each week will be on _____

Once I declare the date my week begins, I cannot change until the next academic year

Championship Segment

Date team will report to campus _____

Equipment/Picture day _____

First day of practice (24 days before first contest) _____

Dates of 5-day acclimatization period: _____

Date beginning with full pads _____

Date camp will end _____

Date of first competition (not before 2nd Friday of November) _____

Number of contests during championship season: (not including exhibitions, exemptions, and postseason) _____

Non-Championship Segment

Date required weight lifting begins _____

Date of first required practice (after Feb 15) _____

Date last spring practice (1 week before finals) _____

Total spring practices _____

Number of practices with contact _____

Date of spring game _____

Head Coach: _____ Date: _____

Spring Football Countable Activities Form

First date of countable activities for spring _____

	Date	Contact (Y/N)	Tackling (Y/N)	Intersquad Scrimmage	Games vs Outside Competition
Practice #1					
#2					
#3					
#4					
#5					
#6					
#7					
#8					
#9					
#10					
#11					
#12					
#13					
#14					
#15					

Last day of Spring football _____