
















2018-2019 BEGINNING OF SEASON DATES AND CONTEST LIMITS

ACTIVITY	FIRST PRACTICE	DATE FIRST CONTEST	NUMBER CONTEST	OFF SEASON PRACTICE	SUMMER PRACTICE													
Football	August 6	Aug. 23-25 (Zero wk) August 30 Sept. 3 (JV and JH)	High School Varsity—10 games All others—8 games	May practice during physical education class, if no class offered no mre than 1 hour immediately following the school day. After all spring activies have completed; 21 calendar days to conduct 10 practices.	 <p>No summer practice for any athletic activity.</p> <p>No summer practice for any athletic activity.</p> <p>DEAD PERIOD The dead period will occur during the week in July that includes the 4th of July each year. The dead period will be 9 day long and begin the weekend preceding or including the 4th of July and the weekend following the 4th of July. No use of school facilities. No contact between coaches and secondary level students.</p>													
Basketball	October 1	November 1(NFS) November 7 (JH) November 17 (FB)	(NFB) 18 games and 2 tournaments or 16 games 3 tournaments (FB) 16 games and 2 tournaments or 14 games and 3 tournamentms (JH) 14games and 2 tournaments	 <p>No summer practice for any athletic activity.</p> <p>No summer practice for any athletic activity.</p> <p>DEAD PERIOD The dead period will occur during the week in July that includes the 4th of July each year. The dead period will be 9 day long and begin the weekend preceding or including the 4th of July and the weekend following the 4th of July. No use of school facilities. No contact between coaches and secondary level students.</p>														
Wrestling	October 1	November 17	High school teams must use the 26-point system Junior high teams—11 duals and 3 tournaments or 8 duals and 4 tournaments			 <p>No summer practice for any athletic activity.</p> <p>No summer practice for any athletic activity.</p> <p>DEAD PERIOD The dead period will occur during the week in July that includes the 4th of July each year. The dead period will be 9 day long and begin the weekend preceding or including the 4th of July and the weekend following the 4th of July. No use of school facilities. No contact between coaches and secondary level students.</p>												
Baseball (Fall)	July 15	August 6 or Opening of School	High School—37 total games, no more than 3 tournaments JH—14 games and 2 tournaments or 11 games 3 tournaments				 <p>No summer practice for any athletic activity.</p> <p>No summer practice for any athletic activity.</p> <p>DEAD PERIOD The dead period will occur during the week in July that includes the 4th of July each year. The dead period will be 9 day long and begin the weekend preceding or including the 4th of July and the weekend following the 4th of July. No use of school facilities. No contact between coaches and secondary level students.</p>											
Baseball * (Spring)	December 1	A and B-Feb. 18 2A,3A,4A, 5A & 6A - March 1	High School—37 total games, no more than 3 tournaments JH—14 games and 2 tournaments or 11 games 3 tournaments					 <p>No summer practice for any athletic activity.</p> <p>No summer practice for any athletic activity.</p> <p>DEAD PERIOD The dead period will occur during the week in July that includes the 4th of July each year. The dead period will be 9 day long and begin the weekend preceding or including the 4th of July and the weekend following the 4th of July. No use of school facilities. No contact between coaches and secondary level students.</p>										
Fast-Pitch Softball	July 15	August 6 or Opening of School	High School—22 games and 3 tournaments or 25 games and 2 tournaments JH—14 games 2 tournaments or 11 games 3 tournaments						 <p>No summer practice for any athletic activity.</p> <p>No summer practice for any athletic activity.</p> <p>DEAD PERIOD The dead period will occur during the week in July that includes the 4th of July each year. The dead period will be 9 day long and begin the weekend preceding or including the 4th of July and the weekend following the 4th of July. No use of school facilities. No contact between coaches and secondary level students.</p>									
Slow-Pitch Softball	December 1	March 1	High School—22 games and 3 tournaments or 25 games and 2 tournaments JH—14 games 2 tournaments or 11 games 3 tournaments							 <p>No summer practice for any athletic activity.</p> <p>No summer practice for any athletic activity.</p> <p>DEAD PERIOD The dead period will occur during the week in July that includes the 4th of July each year. The dead period will be 9 day long and begin the weekend preceding or including the 4th of July and the weekend following the 4th of July. No use of school facilities. No contact between coaches and secondary level students.</p>								
Cross Country	July 15	August 6 or Opening of School	High School—8 contests JH-6 contests								 <p>No summer practice for any athletic activity.</p> <p>No summer practice for any athletic activity.</p> <p>DEAD PERIOD The dead period will occur during the week in July that includes the 4th of July each year. The dead period will be 9 day long and begin the weekend preceding or including the 4th of July and the weekend following the 4th of July. No use of school facilities. No contact between coaches and secondary level students.</p>							
Golf	December 1	March 1	High School—9 JH—4									 <p>No summer practice for any athletic activity.</p> <p>No summer practice for any athletic activity.</p> <p>DEAD PERIOD The dead period will occur during the week in July that includes the 4th of July each year. The dead period will be 9 day long and begin the weekend preceding or including the 4th of July and the weekend following the 4th of July. No use of school facilities. No contact between coaches and secondary level students.</p>						
Tennis	December 1	March 1	High School—14 events, duals/tournaments J—8										 <p>No summer practice for any athletic activity.</p> <p>No summer practice for any athletic activity.</p> <p>DEAD PERIOD The dead period will occur during the week in July that includes the 4th of July each year. The dead period will be 9 day long and begin the weekend preceding or including the 4th of July and the weekend following the 4th of July. No use of school facilities. No contact between coaches and secondary level students.</p>					
Swimming	October 1	November 1	High School—12 dates of competition plus conference championship											 <p>No summer practice for any athletic activity.</p> <p>No summer practice for any athletic activity.</p> <p>DEAD PERIOD The dead period will occur during the week in July that includes the 4th of July each year. The dead period will be 9 day long and begin the weekend preceding or including the 4th of July and the weekend following the 4th of July. No use of school facilities. No contact between coaches and secondary level students.</p>				
Volleyball	July 15	August 6 or Opening of School	High School—15 games 3 tournaments JH—13 games 2 tournaments												 <p>No summer practice for any athletic activity.</p> <p>No summer practice for any athletic activity.</p> <p>DEAD PERIOD The dead period will occur during the week in July that includes the 4th of July each year. The dead period will be 9 day long and begin the weekend preceding or including the 4th of July and the weekend following the 4th of July. No use of school facilities. No contact between coaches and secondary level students.</p>			
Indoor Track	October 1	Jan. 1-March 1	High School—3 Meets													 <p>No summer practice for any athletic activity.</p> <p>No summer practice for any athletic activity.</p> <p>DEAD PERIOD The dead period will occur during the week in July that includes the 4th of July each year. The dead period will be 9 day long and begin the weekend preceding or including the 4th of July and the weekend following the 4th of July. No use of school facilities. No contact between coaches and secondary level students.</p>		
Track	December 1	March 1	High School—8 meets JH-6meets														 <p>No summer practice for any athletic activity.</p> <p>No summer practice for any athletic activity.</p> <p>DEAD PERIOD The dead period will occur during the week in July that includes the 4th of July each year. The dead period will be 9 day long and begin the weekend preceding or including the 4th of July and the weekend following the 4th of July. No use of school facilities. No contact between coaches and secondary level students.</p>	
Soccer	December 1	March 1	High School—12 games and 1 tournament 3 scrimmage dates after February 15 JH—6 games															 <p>No summer practice for any athletic activity.</p> <p>No summer practice for any athletic activity.</p> <p>DEAD PERIOD The dead period will occur during the week in July that includes the 4th of July each year. The dead period will be 9 day long and begin the weekend preceding or including the 4th of July and the weekend following the 4th of July. No use of school facilities. No contact between coaches and secondary level students.</p>

RESTRICTIONS ON LOSS OF INSTRUCTIONAL TIME:

Fall and Spring Baseball, Fast-Pitch Softball, Slow-Pitch Softball: No play on Wednesday, unless District games cancelled due to inclement weather. No mre than 5 instructional days may be missed during regular season.

Golf: no more than 2 instructional days per week; no more than 7 instructional days total during the regular season.

Cross Country, Track and Field: No more than 4 instructional days may be missed during the regular season.

Tennis: No more than 7 instructional days may be missed during the regular season.