



## WEEKEND PRACTICES

Throughout the season there will be added practices varying by team and schedule; this is in addition to any Black Out Weeks and Super Weeks. During the Fall & Competition Season there will be additional Saturday & Sunday practices added to the schedule. Attendance is expected at all practices and mandatory during any Red Zone, Extended Red Zone, Black Out weeks and Super weeks.

Below is a list of practices already added to the schedule for planning purposes.

The practice schedule for the weekend will follow at a later date.

All teams will have practice on one day per weekend on the below dates. Every team should expect one added weekend practice during the months of September, October and November.

Weekend practices during competition season will be as added as needed

**SEPTEMBER 28 2024 - SEPTEMBER 29 2024**

**OCTOBER 26 2024 - OCTOBER 27 2024**

**NOVEMBER 23 2024 - NOVEMBER 24 2024**

**JANUARY 4 2025 - JANUARY 5 2025**