

Proposal from Dorman High School for consideration by the activity committee regarding out of season practice:

- Summer practice and summer dead periods would remain as they are currently.
- Non sport skill specific weight training/conditioning workouts would continue to be allowed as they are currently with only dead period being the week of July 4th.
- From the official first day of fall sports practice through five weeks would be a dead period (actual sport specific training/practices) for winter and spring sports.
- From the official first day of winter sports practice through five weeks would be a dead period (actual sport specific training/practices) for fall (teams that have been eliminated from post season) and spring sports.
- From the official first day of spring sports practice through five weeks would be a dead period (actual sport specific training/practices) for fall and winter (teams that have been eliminated from post season) sports.
- The remaining days of the year, not excluded above, would be open for out of season teams to conduct sport specific team practices up to maximum of 20 practice dates for each sport.
- Each school would need to document the dates that each sport practiced and that documentation (forms) would need to be available for inspection by the High School League at any time.
- Football and boys lacrosse would be able to have contact practices for a maximum of ten days out of their 20 allowable practice days.

**Rational:**

- This would allow the schools flexibility in scheduling their out of season practices and ease the burden of facilities usage. (ex. Basketball trying to practice during volleyball season)
- This would allow spring sports the opportunity to practice in better weather conditions in the fall of the year. (Late September and October weather is warmer and usually drier than December/January)
- This would allow basketball teams the opportunity to practice in April which is an important “open evaluation period” for college coaches for recruiting purposes.
- This may alleviate teams from having to practice on exam dates or graduation days late in the school year because they could start practicing earlier

**Notes:**

- This does not add any additional sport specific practice days to what sports currently have, which is 20 days. It simply gives more flexibility as to when to use those days which would benefit the schools and athletes for a variety of reasons.

**River Bluff High School**  
**January 2020**

**Rationale on Change:**

- Coaches are not allowed to work with their players for 4 ½ months out of the school year, reducing a chance to build relationships and skill development
- Not a lot of time for individual skill development specifically with high school coaches
- Athletes are having to pay for outside facility use & lessons
- Athletes are being pushed to outside organizations, and some of these are recruiting our players to leave our high schools.
- We would like to incorporate this new open season as a time period for small group/ individual work with athletes' high school coaches. We would like to add an additional 4 week open season to the three sport seasons.

**Current Rules:**

- Sports are allowed 20 dates for team practice during an allotted time period prior to their season. We currently have 20 weeks of closed season.

**Proposal - Create an additional 4 Week Open Season**

- Create a new open season of four weeks of access to players and coaches prior to the beginning of the sport season. A day is defined as sunup to 12 AM on a given day. Strength and conditioning programs will not be affected by the limitation on the Open and Closed Seasons. Practice and weight training must be open to all students.
- These sessions cannot be mandatory for any student.
- School facilities will be open to all students and coaches who may be involved with the planning and monitoring of activities within the skill development, during the specified periods.
- Participation cannot be mandatory for any student

**New Open Season Schedule 19-20**

**Spring sports:**

July 29<sup>th</sup> – Sept 1<sup>st</sup>                    - Closed  
Sept 2<sup>nd</sup> – Sept 29<sup>th</sup>                - **New 4 Week Open Season**  
Sept 30<sup>th</sup> – Dec 8<sup>th</sup>                - Closed  
Dec 9<sup>th</sup> – Jan 29<sup>th</sup>                - Open (20 practice dates)  
Jan 30<sup>th</sup> – Feb 2<sup>nd</sup>                - Closed  
Feb 3<sup>rd</sup>                                – Last contest - In Season  
Last contest – May 31<sup>st</sup>            - Closed

**Winter Sports:**

July 29<sup>th</sup> – Sept 15<sup>th</sup>                - Closed  
Sept 16<sup>th</sup> – Oct 30<sup>th</sup>               - Open (20 practice dates)  
Oct 31<sup>st</sup> – Nov 3<sup>rd</sup>                - Closed

Nov 4<sup>th</sup> – Last Contest - In Season  
Mar 9<sup>th</sup> – April 3<sup>rd</sup> - **New 4 Week Open Season**  
May 1<sup>st</sup> – May 31<sup>st</sup> - Closed

**Fall Sports:**

July 29<sup>th</sup> – Aug 1<sup>st</sup> - Closed  
Aug 2<sup>nd</sup> – Last Contest - In season  
Last Contest – Mar 8<sup>th</sup> - Closed  
Mar 9<sup>th</sup> – April 3<sup>rd</sup> - **New 4 Week Open Season**  
May 1<sup>st</sup> – May 31<sup>st</sup> - Open (20 practice dates)