

2013 Season Dates	Day of week IHSA calendar	FB calendar day	Practice Type	Allowed Equipment
8/14/2013	Wed WK 6	1	3 hours of practice limit. With a 1 hour walk-through. 2 hours rest between all practices and w-t.	Helmet only
8/15/2013	Thur WK 6	2	3 hours of practice limit. With a 1 hour walk-through. 2 hours rest between all practices and w-t.	Helmet only
8/16/2013	Fri WK 6	3	3 hours of practice limit. With a 1 hour walk-through. 2 hours rest between all practices and w-t.	Helmet and Shoulder Pads
8/17/2013	Sat WK 6	4	3 hours of practice limit. With a 1 hour walk-through. 2 hours rest between all practices and w-t.	Helmet and Shoulder Pads
8/18/2013	Sun WK 7	5	No practice allowed - day of rest	
8/19/2013	Mon WK 7	6	3 hours of practice limit. With a 1 hour walk-through. 2 hours rest between all practices and w-t.	Helmet and Shoulder Pads
8/20/2013	Tues WK 7	7	5 hours of practice limit. No single practice can exceed 3 hours. 2 hours rest between practices.	Full pads
8/21/2013	Wed WK 7	8	3 hours of practice limit. With a 1 hour walk-through. 2 hours rest between all practices and w-t.	Full pads
8/22/2013	Thur WK 7	9	5 hours of practice limit. No single practice can exceed 3 hours. 2 hours rest between practices.	Full pads
8/23/2013	Fri WK 7	10	3 hours of practice limit. With a 1 hour walk-through. 2 hours rest between all practices and w-t.	Full pads
8/24/2013	Sat WK 7	11	5 hours of practice limit. No single practice can exceed 3 hours. 2 hours rest between practices.	Full pads
8/25/2013	Sun WK 8	12	No practice allowed - day of rest	
8/26/2013	Mon WK 8	13	5 hours of practice limit. No single practice can exceed 3 hours. 2 hours rest between practices.	Full pads
8/27/2018	Tues WK 8	14	3 hours of practice limit. With a 1 hour walk-through. 2 hours rest between all practices and w-t.	Full pads
End of Acclimatization Period				