

Opening Season Date Chart 2018-19

	A	B	C	D	E
1	<i>Season 2018-19</i>	<i>Practice</i>	<i>Scrimmage</i>	<i>Contests</i>	
2					
3	Fall 2018		6 practice/1 rest #		
4					
5	Cross Country	Aug. 13	Aug. 20	Sept. 4	
6	Field Hockey	Aug. 13	Aug. 20	Sept. 4	
7	Football	Aug. 8	Aug. 15	Aug. 30	
8	Gymnastics	Aug. 13	Aug. 20	Sept. 4	
9	Soccer	Aug. 13	Aug. 20	Sept. 4	
10	Tennis	Aug. 13	Aug. 20	Sept. 4	
11	Volleyball-Girls	Aug. 13	Aug. 20	Sept. 4	
12					
13					
14					
15	Winter 2018-2019		6 practice/1 rest #		
16					
17	Bowling (non-strenuous)	Nov. 15	Nov. 21	Dec. 1	
18	Ice Hockey	Nov. 5	Nov. 12	Nov. 24	
19	Swimming	Nov. 5	Nov. 12	Nov. 24	
20					
21					
22	Basketball*	Nov. 26	Dec. 3	Dec. 14	
23	Fencing*	Nov. 26	Dec. 3	Dec. 14	
24	Indoor Track*	Nov. 26	Dec. 3	Dec. 14	
25	Skiing	Nov. 26	Dec. 3	Jan. 1	
26	Wrestling*	Nov. 26	Dec. 3	Dec. 14	
27	*Try-out Time	Nov. 19-21			
28	No Contact Time	Nov. 22-25			
29					
30	Spring 2019		6 practice/1 rest #		
31					
32	All Sports	Mar. 1	Mar. 8	April. 1	
33	B & G Lacrosse	Mar. 1	Mar. 8	Mar. 27	
34	Golf (non-strenuous)	Mar. 1	Mar. 7		
35					
36	Please Note Sunday has been included as a practice or event day; make				
37	any necessary adjustments particular to your school policy.				
38					
39	# Scrimmage on Day 8 in all Seasons				
40	6 Days of Practice and 1 Day of Rest within the 7 Day Time Frame.				
41	Bowling & Golf are not considered strenuous-6 days of practice-scrimmage day 7.				