

2023-24 Practice Policies and Guidelines



General Rules:

- If, for any reason, you think your team should cancel a practice, email your site director a request to do so before telling your team it is canceled. Your director must approve your request first.
- The goal is to keep practices, not cancel them. Players deserve to receive the training for which they are paying.
- We want practices to be beneficial. If half your team is available, and can share with another team's half, we will combine the two teams to make more drills viable. (You may still be able to keep a normal solo practice, if you have the personnel to do so.)
- Do NOT cancel any of your team's practices for your personal vacation. This is the equivalent of skipping a practice without cause.

Spring Break:

Please follow these steps to most effectively handle your players' Spring Breaks, which likely differ from each other, and may affect your practice schedule.

- Have your players/families tell you what their school's Spring Break is, as well as what days they will be out of town.
- Get an accurate idea of who will miss certain dates. (Players on break might not be out of town.)
- Create a practice attendance roster and plan accordingly. Refer to the General Rules above.

There will **NOT** be practices on these days:

- Thanksgiving Break, November 22-26th
- Christmas & New Years Break, December 21st - January 1st.
- Super Bowl Sunday, February 11th
- Easter Sunday, March 31st
- Mother's Day, May 12th
- Indy 500 Sunday, May 26th

There **WILL** be practices on these days:

- MLK Day, January 15th
- President's Day, February 19th
- Memorial Day, May 27th
- Father's Day, June 16th