

# Practice Scheduling/Sharing Facilities

The athletic department will assist all head coaches in creating practice schedules that allow for teams to share facilities and receive all necessary time and preparation. In order to continue striving for excellence, our teams are expected to practice frequently.

## **Frequency of Practices**

The following parameters should be followed when space is allowed:

- Middle school teams: 3-4 days/week, 1½ -2 hours each practice
- High school teams: 5-6 days/week, 2-2½ hours each practice

\*Coaches may see fit to modify (add/subtract) from the above based on upcoming contests

## **Wednesday and Sunday Events**

In respect for the purpose and value of the Lord's Day, MPC teams are not permitted to workout on Sundays in regular season or tournaments. Practices may be held on Sundays only when absolutely necessary and require prior approval from the athletic office and the head of school. Sunday practices, when approved, will be limited to the hours of 2:00-5:00 p.m. GHSA rules prohibit game competitions on Sunday.

Wednesday events must be concluded by 5:30 p.m. to the best of our abilities in order for our student-athletes to attend church services. Competitions should only be scheduled on this day when necessary and must have prior approval of the athletic director.

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