

JJIB- R**INTERSCHOLASTIC SPORTS**

A conditioning program and practice schedule for participants in a given sport may be established by the coach in accordance with the following rules:

1. Students will not be required to participate prior to the formal practice starting date established by the Colorado High School Activities Association (CHSAA).
2. Any conditioning session, practice or camp held prior to the formal practice starting date established by CHSAA will not be used as criteria for being a member of a team.
3. Only those students who team has completed competition in a sport's season may participate in an organized practice for the next sports season.
4. Summer workouts may be held on a voluntary basis only and will be limited either to a two-week camp (15 consecutive days maximum) or a total of 25 days per sport.
5. Practice during vacations not restricted by CHSAA may be held only on a voluntary basis.

ADOPTED: August 11, 2011