

DESIGNATED NON-PRACTICE AND/OR NON-COMPETITION/PERFORMANCE DATES

(This includes any out of season practices, conditioning, or weight training)

Designated non-practice/competition/ performance dates for 2024-2025:

November 27	December 24	April 16
November 28	December 25	April 17
	January 1	April 18

Designated non-competition/performance dates for 2024-2025: (Practices may be held)

October 3	October 14	January 20
October 12	November 1	March 31

Designated non-play dates after 6:00 pm for 2024-2025: (Practices may be held)

October 2	October 11
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Additional Non-Practice or training dates for Out of Season Team (Including VHSL Dead periods or dates list above)

August 30	January 20
September 2	May 26

Athletic Exceptions: Post-season events may occur as scheduled by the district, region or VHSL.

Fine Arts Exceptions: Schools performing in special events that occur on holidays or holiday weekends. Examples of these events include holiday parades, bowl games, and other performances associated with special performance opportunities and field trips for students.

Spring Break Special Exception Rule:

LCPS varsity athletic teams may participate in tournaments and invitationals through the entirety of spring break week. The tournaments and invitationals must be held outside of Loudoun County, and athlete attendance on Thursday, Friday, and Saturday is voluntary.

No Sunday athletic practices will be held.

Athletes should be prepared to practice/play on all other holidays/teacher workdays. An athlete must always consult his/her coach before missing a practice or game.