



### 3 practices a week after the August 18<sup>th</sup> Preseason Game

The Ute Conference Executive Board recommends as a best practice for the 2018 season that teams go from 5/6 days a week to 3 days a week of practice starting the practice week that follows the pre-season game (August 18th). The timing coincides with back to school and we want to ensure that all players have enough time to excel in the classroom as well as on the field.