Playing and Practice Worksheet

Sport: _____ Week: _____
(Starting date to ending date.)

Team

DAY OF WEEK & DATE								Total
Practice								
Competition (always 3hrs)								
Film/Meeting								
Wts/Cond								
Skill work (Out of season/up to 2 hrs)								
Off Day								
Other								
Totals								

Students

DAY OF WEEK & DATE								Total
PLAYERS								

***NOTE: Maximum 4 hrs/day; 20 hrs/week. Required Day Off/Week during your playing season. Required 2 days Off per week during rest of academic year. All competition counts as 3 hours.**

I certify that the above information is accurate and that all countable athletic related activities have been reported.

Head Coach's Signature _____ Date_____
Student Athlete Signature _____ Date_____

Students

Day of Week & Date								TOTAL
PLAYERS								