

Weekly Practice Record

Fall 200__ / Spring 200__ (circle one)

Sport: _____

Week of: _____

Activities	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Athlete's Name	Athlete's Signature
Meetings									
Film Review									
On Court/Field Activity									
Competition (3 hrs.)									
Weight Training									
Conditioning									
Other Activities									
Day Off									
Individual Workouts*									
* <u>Out-of-Season</u> : Must attach individual workout schedule specifying day, time, and student-athletes present at individual workout. No more than four student-athletes can participate at any one time. No more than 2 hours of individual workouts per week per student-athlete.									
Total Daily Hours									
Total Weekly Hours: _____									
Coach/Coach's Designee Signature: _____									
Comments: _____									

<p>Practice is any meeting, activity or instruction involving sports-related information and having an athletics purpose, held for one or more student-athletes at the directions of, or supervised by, any member or members or an institution's coaching staff. Daily and Weekly Hour Limitations – Playing Season. A student-athlete's participation in countable athletically related activities shall be limited to a maximum of four hours per day and 20 hours per week. Definition of Day. A "day" shall be defined as a calendar day (i.e., 12:01 a.m. to midnight). Definition of Week. A "week" shall be defined as Sunday through Saturday. Competition Day. All competition and any associated athletically related activities on the day of competition shall count as three hours regardless of the actual duration of these activities. Practice (i.e., on court/field activity, film review, etc.) may not be conducted following the competition. Hour-Limitation Record. Countable hours must be recorded on a daily basis for each student-athlete regardless of whether the student-athlete is participating in an individual or team sport. Any countable individual or group athletically related activity must count against the time limitation for each student-athlete who participates in the activity, but does not count against time limitation for other team members who do not participate in the activity. Required Day Off – Playing Season. During the playing season all countable athletically related activities shall be prohibited during one calendar day per week. Outside of Playing Season. A student-athlete's participation in weight training/conditioning activities, participation in a physical-fitness class, and/or individual skill instruction shall be limited to a maximum of eight hours per week, of which not more than two hours per week may be spent on individual skill workouts. Individual Skill Instruction. No more than four student-athletes from the same team may be involved in skill-related instruction with their coach(es) at any one time in any facility and the student-athletes must request the instruction.</p>									