Weekly Practice Record

Sport:_____ **Fall 200__/Spring 200__** (circle one) **Week of:**_____

Name	S-A Signature	Sunday				Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Total Hrs.
		M	P	W	C	M	P	W	C	M	P	W	C	M	P	W	C	M	P	W	C	M	P	W	C	M	P	W	C	

M = meetings, P = on-court/field activity, W = weights/conditioning, C = competition

Coach/Coach's Designee Signature:_____