

EXAMPLE of Out of Season Individual Practice Record Sheet

(Attach to Weekly Practice Record)

Sport: _____

Week of: _____

| Student-Athlete Name | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Total Hrs. |
|----------------------|--------|--------|---------|-----------|----------|--------|----------|------------|
| Group 1 | | | | | | | | |
| 1. | | | | | | | | |
| 2. | | | | | | | | |
| 3. | | | | | | | | |
| 4. | | | | | | | | |
| Group 2 | | | | | | | | |
| 1. | | | | | | | | |
| 2. | | | | | | | | |
| 3. | | | | | | | | |
| 4. | | | | | | | | |
| Group 3 | | | | | | | | |
| 1. | | | | | | | | |
| 2. | | | | | | | | |
| 3. | | | | | | | | |
| 4. | | | | | | | | |
| Group 4 | | | | | | | | |
| 1. | | | | | | | | |
| 2. | | | | | | | | |
| 3. | | | | | | | | |
| 4. | | | | | | | | |
| Group 5 | | | | | | | | |
| 1. | | | | | | | | |
| 2. | | | | | | | | |
| 3. | | | | | | | | |
| 4. | | | | | | | | |

1. Individual skill workouts must be at the request of the student-athlete(s).
2. No more than 2 hours per week may be spent in individual skill workouts.
3. No more than four student-athletes from the same team can be involved in skill-related instruction with their coach(es) at any one time in any facility.