

Football Practice Records Checklist

2004-2005

Remember to submit your practice records on a weekly basis. The below listed weeks should be accounted for whether you have zero hours or twenty.

<i>Fall</i> <i>2004</i>	Hours Allowed to Practice	Sent to Compliance Office	<i>Spring</i> <i>2005</i>	Hours Allowed to Practice	Sent to Compliance Office
Week			Week		
9/2-9/6	20 hrs. (max 4 hrs/day)		1/14-1/17	8 hrs. weights/conditioning	
9/7-9/13	20 hrs. (max 4 hrs/day)		1/18-1/24	8 hrs. weights/conditioning	
9/14-9/20	20 hrs. (max 4 hrs/day)		MLK Day 1/19 1/25-1/31	8 hrs. weights/conditioning	
9/21-9/27	20 hrs. (max 4 hrs/day)		2/1-2/7	8 hrs. weights/conditioning	
9/28-10/4	20 hrs. (max 4 hrs/day)		2/8-2/14	8 hrs. weights/conditioning	
10/5-10/11	20 hrs. (max 4 hrs/day)		2/15-2/21	8 hrs. weights/conditioning	
10/12-10/18	20 hrs. (max 4 hrs/day)		2/22-2/28	8 hrs. weights/conditioning	
10/19-10/25	20 hrs. (max 4 hrs/day)		2/29-3/6	8 hrs. weights/conditioning	
10/26-11/1	20 hrs. (max 4 hrs/day)		3/7-3/13	8 hrs. weights/conditioning	
11/2-11/8	20 hrs. (max 4 hrs/day)		3/14-3/20	8 hrs. weights/conditioning	
11/9-11/15	20 hrs. (max 4 hrs/day)		Spring Break 3/14-3/21 3/21-3/27	SPRING BALL 20 hrs. (max 4 hrs/day)	
11/16-11/22	20 hrs. (max 4 hrs/day)		3/28-4/3	SPRING BALL 20 hrs. (max 4 hrs/day)	
11/23-11/29	20 hrs. (max 4 hrs/day)		4/4-4/10	SPRING BALL 20 hrs. (max 4 hrs/day)	
Thanksgiving 11/26-11/30			4/11-4/17	SPRING BALL 20 hrs. (max 4 hrs/day)	
11/30-12/6	20 hrs. (max 4 hrs/day)		4/18-4/24	8 hrs. weights/conditioning	
12/7-12/13	20 hrs. (max 4 hrs/day)		4/25-5/1	8 hrs. weights/conditioning	
Finals 12/12-12/17			5/2-5/8	8 hrs. weights/conditioning	
12/14-12/18	20 hrs. (max 4 hrs/day)		Finals 5/5-5/11 5/9-5/11	8 hrs. weights/conditioning	
Finals 12/12-12/17			Finals 5/5-5/11		

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