Fall 2001 Week of:_____

Coach's Weekly Schedule
Football

Countable Activities	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Totals
Practice								
Meetings								
Conditioning								
Weight Training								
Film/Video Review								
Competition								
Day Off								
Totals								

Student-Athlete's Schedule (Make changes to an individual's schedule if different from above).
Student-Athletes Must Initial Below.

Student-Athlete's Name	S-A's Initials	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Strength Coach:_____ **Position Coach:**_____
(Coach's Name)

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 direction of, or supervised by, any member or members of 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., 12:01a.m. to midnight). **Competition Day.** All competition and any associated athletically related 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 limitations 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.

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Coach's Weekly Schedule
Football