

**UNIVERSITY OF WYOMING ATHLETIC DEPARTMENT
2011-2012 TIME SHEET FOR ATHLETICALLY-RELATED ACTIVITIES**

SPORT _____

Pursuant to NCAA Bylaw 17, during the declared playing season, a student-athlete's participation in countable athletically-related activities shall be limited to a maximum of four (4) hours per day and twenty (20) hours per week. During the playing season, all countable athletically-related activities shall be prohibited during one calendar day per week, except during participation in one conference and postseason championship and any postseason certified bowl games or National Invitation Tournaments and during participation in NCAA championships.

During the off-season, student-athletes are limited to not more than eight (8) hours per week of conditioning, two (2) of which can be skill-related. In sports other than Football, more than four (4) student-athletes may be involved in skill-related instruction in the same facility at any one time with their coaches from **September 15 through to April 15** of each year.

Outside of these dates, you may only have four (4) student-athletes engaged in skill-related activity with their coaches at any one time, in any facility, during the academic year. All out-of-season athletically related activities are prohibited one week prior to the beginning of the final examination period through the conclusion of each student-athlete's final exams. Outside of the playing season, during the academic year, all countable athletically-related activities are prohibited during two (2) calendar days per week.

Record each day's athletically related activity hours in the proper column. At the end of each week record your total hours. If necessary complete the back for individual instruction. Please remember to specify if your sport is in or out of season.

No form will be accepted without the signature of the head coach and a student-athlete.

This Form must be submitted to the Athletic Compliance office on a weekly basis.

CHECK THE BOX THAT APPLIES:

IN SEASON: []

OUT-OF-SEASON: []

DESCRIPTION	SUN	MON	TUE	WED	THUR	FRI	SAT	TOTAL
Competition/games (Record 3 Hours)								
In season practice, with coach present								
Out of season skill work								
Required Weight Room/Conditioning								
Required Meetings								
Mandatory or Required Film Review								
Other countable athletically-related activities								
WEEKLY TOTAL								

PLEASE NOTE THE FOLLOWING ACTIVITIES ARE **NOT** TO BE COUNTED:

- | | |
|---|--|
| ...Training table or competition-related meals | ...Travel to and from practice/competition |
| ...Physical rehabilitation | ...Medical exams or treatments |
| ...Dressing, showering, taping | ...Participation in regular P.E. classes (open to all UW students) |
| ...Study hall, tutoring | ...Voluntary individual workouts/film review, provided they are not required by coaches; may be monitored by conditioning coach, for safety purposes |
| ...Individual consultation with coach initiated by student, provided you do not engage in athletically-related activities | |

I CERTIFY THE HOURS NOTED ABOVE ARE CORRECT (exceptions are noted on the back side of this form)

HEAD COACH: _____

DATE: _____

STUDENT-ATHLETE: _____

STUDENT-ATHLETE: _____

STUDENT-ATHLETE: _____

STUDENT-ATHLETE: _____

STUDENT-ATHLETE: _____

STUDENT-ATHLETE: _____

STUDENT-ATHLETE: _____

STUDENT-ATHLETE: _____

STUDENT-ATHLETE: _____

STUDENT-ATHLETE: _____

Student-Athlete Signature Policy: The following is a breakdown of the number of student-athletes who must sign this form per sport. Men's Basketball (2), Women's Basketball (2), Men's Cross Country (2), Women's Cross Country (4), Football (10), Men's Golf (2), Women's Golf (2), Men's Indoor Track (3), Women's Indoor Track (5), Women's Soccer (3), Men's Swimming & Diving (3), Women's Swimming & Diving (5), Women's Tennis (2), Men's Outdoor Track (3), Women's Outdoor Track (5), Women's Volleyball (2) and Wrestling (3)