

COUNTABLE ATHLETICALLY RELATED ACTIVITIES

Week of: _____

Sport: _____

Coach: _____

[Countable Activities include: (1) Practice (conditioning or physical fitness activities; field/floor/on-court activity; setting up offensive/defensive alignments; chalk talks; lecture/discussion of strategy; utilizing equipment; discussion/review of game films, etc.); (2) Competition; (3) Required weight training and conditioning; (4) Participating in physical fitness class; (5) Film/video tape reviews of practices/contests; (6) Participation in camps, clinics, workshops; (7) Meetings on athletically related matters; (8) Individual workouts; (9) On-court/on-field activities (e.g., captain's practice).]

	Hours				
		Countable Athletically Related Activities Excluding Competition	Total Hours Per Day	STUDENT-ATHLETES DIFFERING FROM THE TOTAL HOURS PER DAY	
				Name	Total Hours Per Day
Day:					
Date:					
Day:					
Date:					
Day:					
Date:					
Day:					
Date:					
Day:					
Date:					
Day:					
Date:					

Required Day Off: _____

Team Representative Signature

Date

Head Coach Signature

Date