COUNTABLE ATHLETICALLY RELATED ACTIVITIES

Week of:		Sport:		Coach:	
offensive/def films, etc.); (Film/video ta	fensive alignments; cha (2) Competition; (3) Recape reviews of practices	lk talks; lecture/discuss quired weight training a /contests; (6) Participa	sion of strategy; and conditioning tion in camps, cl	s activities; field/floor/on-court ac utilizing equipment; discussion/r g; (4) Participating in physical fit linics, workshops: (7) Meetings of .g., captain's practice).]	eview of game ness class; (5)
	Hours				
	Athleti Relat	Countable Athletically Related	Total	STUDENT-ATHLETES DIFFERING FROM THE TOTAL HOURS PER DAY	
	Competition	Activities Excluding Competition	Hours Per Day	Name	Total Hours Per Day
Day:					
Date:					
Day:					
Date:					
Day:					
Date:					
Day:					
Date:					
Day:					
Date:					
Day:					
Date:					
Day:					
Date:					
	y Off:n			Head Coach Signature	