

IN – SEASON COUNTABLE ATHLETICALLY RELATED ACTIVITIES

CODES:

(General Rule: 4 hours per day per student-athlete, 20 hours per week per student-athlete)

R: Required Day Off

T: Travel Day

C: Competition

A: All Countable Athletically Related Activities Excluding Competition (P+M+W+X)

P: Practice

M: Meeting (athletically related)

W: Required Weight Training/Conditioning

X: Camps/Clinics/Physical-Fitness Classes



Sport: _____

Month: _____

INSTURCTIONS: PLACE A **CODE** AND LIST THE **HOURS** FOR EACH INDIVIDUAL DATE.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Hours/Week
Total Hrs/Day								
Total Hrs/Day								
Total Hrs/Day								
Total Hrs/Day								
Total Hrs/Day								

Coach Signature: _____ **Date:** _____