

CORNELL UNIVERSITY
Voluntary Skill Instruction Sign-Up Sheet



SPORT: _____

NCAA and Ivy Rules permit the following:

- From the start of fall classes through September 14 AND from April 16 through 8 days prior to the Spring Exam Period, only 4 students at any one time, in any one facility, may participate in skill instruction.
- Starting September 15 through 8 days prior to start of institutional fall exam period (excluding vacation periods) AND through the Start of Spring Classes through April 15, groups of up to six students (plus a goalie in those sports that have one), and more than one group at a time/in one facility, may participate in skill instruction.
- From 7 days prior to institutional final exams through the end of each student's actual exams, no countable athletically related activity of any kind is permissible for teams that are **outside** of their playing season.

Week of: _____
A week is Sunday through Saturday!

Athletes:	Time							Total Weekly Hours (not to exceed two)
	SUN	MON	TUES	WED	THURS	FRI	SAT	
Example: Suzie Q	4:00-5:00		3:00-4:00					2

The above out-of-season skill instruction was provided in accordance with NCAA and Ivy Rules.

 Coach's Signature

Date: _____