

COUNTABLE ATHLETICALLY RELATED ACTIVITY LOG

Activity Code Description: (C) Competition, (P) Practice, (W) Weight Training/Conditioning, (M) Meetings (F) Film Study (S) Skill Instruction
(A) Camps/Clinics/Physical Education and Physical Fitness Classes, (X) Required Day Off

Note: NCAA Bylaw 17.1 permits maximum of 4 hours per day, 20 hours per week with off day during season. Only 4 hours per day, 8 hours per week with 2 off days are permitted during off season. Two hours of skill instruction are permitted per week out of season, and may include the entire team at one time in the same facility from September 15 until April 15. Before September 15, between January 7 and January 15 (baseball only), and after April 15, only four student-athletes from the same team may be involved at the same time in skill instruction.

WEEK OF: _____ SPORT: _____

[illegible]

Please indicate any official vacation or examination dates during week on reverse side of this week's activities. I confirm that the information provided on this document is a true and accurate account of this week's activities. Also, I confirm that no student-athlete participated in any athletically related activity, other than competition, during the hours of midnight and 5:00 am.



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WEEK OF: _____ SPORT: _____

Signature of Individual Completing Form Date

Signature of Head Coach Date

****Each student athlete must affirm the listed hours of practice on an individual basis****