

- C: Competition
- P: Practice
- M: Meeting (athletically related)
- W: Required weight training/conditioning
- X: Camps/Clinics/Physical-fitness classes
- T: Travel Day
- R: Required day off

**COLLEGE OF CHARLESTON
PLAYING SEASON
COUNTABLE ATHLETICALLY RELATED ACTIVITIES
2009- 2010**

Sport: _____
Week of: _____

Student-Athlete	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total Hours	Student-Athlete Signature

[] In - Season Maximum of four (4) hours per day and 20 hours per week of athletically related activities. One (1) mandatory day of per week required.

[] Out of Season Maximum of eight (8) hours per week weights/conditioning, two (2) of which may be skill instruction. Two (2) Mandatory days off per week.

Head Coach

Date

Compliance Officer

Date