



COUNTABLE ATHLETICALLY RELATED ACTIVITIES

**In – Season**

Maximum of 4 hours per day
Maximum of 20 hours per week
1 day off per week required
Competition counts as 3 hours

Out-of-Season

Maximum 8 hours per week
Conditioning, weight training and skill instruction only
2 days off per week required

DATE	PRACTICE (Start Time)	PRACTICE (End Time)	Total Practice Hours	COMPETITION	WEIGHT TRAINING/ CONDITIONING	SKILL INSTRUCTION	REQUIRED DAY OFF	TOTAL HOURS PER DAY
TOTAL								
TOTAL								
TOTAL								
TOTAL								

I certify the above information represents all countable athletically related activities for the time period stated and that such activities have been done in accordance with NCAA regulations.

SPORT: _____ STUDENT ATHLETE NAME: _____

HEAD COACH SIGNATURE: _____ DATE: _____

STUDENT-ATHLETE SIGNATURE: _____ DATE: _____