SAGINAW VALLEY STATE UNIVERSITY ATHLETICS COMPLIANCE

NON-CHAMP. SEASON DAILY AND WEEKLY HR. LIMITATIONS (NCAA BYLAW 17.1.5)

Coach: Please submit this form to the Compliance Office every Monday. Use multiple forms as needed for each week during your NON-CHAMPIONSHIP SEASON.

For the week of Sunday, _____, through Saturday,_____.

GENERAL SCHEDULE

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	
Practice								
Competition								
Meetings								
Weights/Condition								
Film/Video								
Other Countable								
Off Day								Total
TOTALS								

ACTUAL SCHEDULE

NAME	Sun.	Mon.	Tues.	Wed.	Th.	Fri.	Sat.	Student Athlete Signature

Signature of Head Coach *Date* *Signature of Assistant Coach* *Date*