



CHAMPIONSHIP SEASON WEEKLY PRACTICE REPORT (NCAA BYLAW 17.1.5.1)

Sport:

Dates Covered:

Coach: During the playing season, NCAA Bylaw 17.1.5.1 indicates that a student-athlete's participation in countable athletically related activities shall be limited to a maximum of four (4) hours per day and twenty (20) hours per week with one (1) day off.

You **MUST** record the hours on a daily basis. Record and total the exact number of hours spent (in quarter hour increments) on each activity noted below in the proper "day" column. At the end of each week, record and total hours [competition always counts as three (3) hours]. A member of the coaching staff and one of the team captains (or designated player) **MUST** sign this form and submit completed form to the compliance office every **Monday**.

Description	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Competition							
Practice (with coach)							
Weights/Conditioning							
Indiv. Skill Instruction							
Film Review (required)							
Meeting with Coach							
Indiv. Required Workout							
Other On-court/field activity							
TOTAL DAILY HOURS							

TOTAL HRS FOR WK

- Please Note: The following activities are NOT to be counted:**
- > Training Table or Competition-Related Meals
 - > Dressing, Showering, Taping
 - > Meetings with Coaches on Non-Athletic Matters
 - > Medical Exams or Treatments
 - > Voluntary Individual Workouts and Film Review, provided they are not required by coaches; may be monitored by a Strength Coach.
 - > Individual consultation with Coach initiated by the student you do not engage in athletically-related activities.
 - > Physical Rehabilitation
 - > Study Table, Tutoring
 - > Travel to and from Practice or Competition (as long as no athletic matters are being done)

By Signing this document, you are certifying that the above hours are correct.

Coaches Signature:

Date:

Captain/Designee Signature:

Date:

Received by Compliance: