



Student-Athlete Schedule/ Skill Instruction

Key: C – Competition X – Camps/Clinics/PE Classes
 P – Practice M – Meeting/Film S – Skill Instruction
 W – Required Weight Training/Conditioning

- Per NCAA Bylaw 17: During your declared, official playing and practice season, countable athletically related activities are limited to 4 hours a day and 20 hours a week, with one required day off per week. Individual skill-related instruction in sports other than football is permitted outside the institution's declared playing season, provided no more than four student-athletes from the same team (no limitations in men's basketball) are involved in any one activity simultaneously and the student-athletes request the instruction. In addition, not more than two hours per week (4 hours in women's basketball) may be spent on individual skill-related instruction. Furthermore, outside your playing and practice season, you must provide two days off per week.

Sport: _____ **Week:** _____

Instructions: If a student-athlete's countable athletically related activities are different from those listed on the team's monthly CARA form, please indicate below. Also, specify the day, duration and location of individualized skill instruction for the specified week.

SA Name	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total	S-A Initials
Suzie Smith		S 1-1:40 FH			S 12:45-1:15 Davis			1hr 10mins.	S.S.

I certify that the information provided is true and accurate.

Head Coach's Signature: _____ **Date:** _____