

University of Indianapolis
Record of Countable Athletically Related Activity

Month Of: _____

Sport: _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Hours/Week
							P: _____ C: _____ W: _____ M: _____ Total: _____
							P: _____ C: _____ W: _____ M: _____ Total: _____
							P: _____ C: _____ W: _____ M: _____ Total: _____
							P: _____ C: _____ W: _____ M: _____ Total: _____
							P: _____ C: _____ W: _____ M: _____ Total: _____
							P: _____ C: _____ W: _____ M: _____ Total: _____

NCAA Bylaw 17.1.5.1- In Season: A student-athlete's participation in countable athletically related activity shall be limited to 4 hours per day and 20 hours per week.

Contests count as 3 hours.

NCAA Bylaw 17.1.5.2- Out of Season: A student-athletes participation activities (conditioning) shall be limited to 8 hours per week with no more than 2 hours per week to skill instruction.

Coaches Signature

Date

Student-Athlete Signature

Student-Athlete Signature

Student-Athlete Signature

Student-Athlete Signature