

LIPSCOMB ATHLETICS COMPLIANCE PROGRAM

COUNTABLE ATHLETICALLY RELATED ACTIVITIES MONITORING FORM

HOURS — TEAM SESSIONS

DAY	COMPETITION	PRACTICE	WEIGHT TRAINING/ CONDITIONING	MEETINGS	CAMPS/ CLINICS	TOTAL HOURS PER DAY
Sun.						
Mon.						
Tue.						
Wed.						
Thur.						
Fri.						
Sat.						
Hours / Week:						

If the number of hours per day spent on these activities differs for a student-athlete participating in an individual or team sport, please indicate that fact below.

HOURS — INDIVIDUAL SESSIONS

STUDENT-ATHLETE	WEEK OF:	HOURS – CONDITIONING	HOURS – INDIVIDUAL SKILL	HOURS – OTHER	DID S.A. PARTICIPATE IN TEAM SESSIONS?	TOTAL HOURS PER WEEK

Submitted for the week of: _____

SPORT: _____

SUBMITTED BY: _____

DATE: _____