



# Countable Athletically-Related Activities (CARA) Log

VIRGINIA TECH ATHLETICS COMPLIANCE OFFICE

**PRINT**

**SUBMIT**

**SPORT** \_\_\_\_\_

**MONTH** \_\_\_\_\_

**DATE**

Day of Week	Date	Team Practice	Strength & Cond.	Competition	Film/Meeting	Individual Skill	Daily Total
Sunday							0
Monday							0
Tuesday							0
Wednesday							0
Thursday							0
Friday							0
Saturday							0

Weekly Total of Countable Athletically Related Activities 0

Day of Week	Date	Team Practice	Strength & Cond.	Competition	Film/Meeting	Individual Skill	Daily Total
Sunday							0
Monday							0
Tuesday							0
Wednesday							0
Thursday							0
Friday							0
Saturday							0

Weekly Total of Countable Athletically Related Activities 0

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Wednesday							0
Thursday							0
Friday							0
Saturday							0

Weekly Total of Countable Athletically Related Activities 0

By submitting this form, I certify that this is a complete record of the maximum amount of countable athletically related activities for this month. Any differences for individual student-athletes resulted in less than the maximum recorded here.