



Sport: _____

Designated administrator/coach responsible for Daily/Weekly Logs: _____

Date of First Required Workout/Practice (In-Season or Out-of-Season—whichever occurs earlier):

Date of First Outside Competition: _____

CHAMPIONSHIP SEGMENT

From (Date): _____

To (Date): _____

Number of Countable Days: _____

To compute the number of countable days, count consecutively from the first day of the segment to the last, excluding only: the one required day off per week, and official vacation/holiday/final-exam periods during which no practice or competition occurs.

(Applicable to: ALL SPORTS)

Week Designation: _____

through _____

Number of Countable Contests: _____

(Applicable to: BASEBALL, , SOCCER, and SOFTBALL)

Number of Countable Dates of Competition: _____

(Applicable to: CROSS COUNTRY, GOLF, LACROSSE, SWIMMING/DIVING, TENNIS, TRACK & FIELD, VOLLEYBALL, and WRESTLING)

OTHER SEGMENT

From (Date): _____

To (Date): _____

Number of Countable Days: _____

To compute the number of countable days, count consecutively from the first day of the segment to the last, excluding only: the one required day off per week, and official vacation/holiday/final-exam periods during which no practice or competition occurs.

(Applicable to: ALL SPORTS)

Week Designation: _____

through _____

Number of Countable Contests: _____

(Applicable to: BASEBALL and SOFTBALL)

Number of Countable Dates of Competition: _____

(Applicable to: CROSS COUNTRY, GOLF, LACROSSE, SOCCER, SWIMMING/DIVING, TENNIS, TRACK & FIELD, VOLLEYBALL, and WRESTLING)

TOTAL NUMBER OF COUNTABLE DAYS IN DECLARED PLAYING & PRACTICE SEASON: _____

TOTAL NUMER OF COUNTABLE CONTESTS (If Applicable): _____

TOTAL NUMBER OF DATES OF COMPETITION (If Applicable): _____

Does your team plan to participate in any scrimmages, exhibition contests, joint practice, or preseason activity involving another team? _____

If YES, please provide details (date, opponent, location, etc.): _____

*****DO NOT FORGET TO ATTACH 3 ITEMS WHEN YOU SUBMIT THIS FORM**

- 1) COMPETITION SCHEDULE**
- 2) PLAYING & PRACTICE SEASON CALENDAR**
- 3) TENTATIVE SCHEDULE OF PRACTICE TIMES (SEE MEMO)**