

Bemidji State University

Beavers Playing & Practice Form Countable Hours

Sport:	Coach:	Month:
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Definitions: Countable Athletically Related Activities (17.02.1)

<i>Date</i>	<i>Meetings</i>	<i>Weights Conditioning</i>	<i>Practice</i>	<i>Competition</i>	<i>Other</i>	<i>Hours Per Day</i>
Sun						
Mon						
Tues						
Wed						
Thurs						
Fri						
Sat						
Hours/Week						

Sun						
Mon						
Tues						
Wed						
Thurs						
Fri						
Sat						
Hours/Week						

Sun						
Mon						
Tues						
Wed						
Thurs						
Fri						
Sat						
Hours/Week						

Sun						
Mon						
Tues						
Wed						
Thurs						
Fri						
Sat						
Hours/Week						

Coach Signature:	Date:
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Captain Signature:	Date:
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