

UNIVERSITY OF MICHIGAN DEPARTMENT OF ATHLETICS



Countable Athletically Related Hours (CARA)

SPORT: _____ 20 Hour Week _____ 8 Hour Week _____ Week Beginning: _____

TEAM SCHEDULE

Type of Activity	Weekly Schedule (fill in day of week in space provided)						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Practice							
Skill Instruction							
Meetings							
Weight Training/Conditioning							
Film/Video Review							
Competition							
Other Countable Activities							
Daily Totals							

Weekly Total _____

STUDENT-ATHLETE SCHEDULE (If your hours are different than those listed above, please indicate in the space provided)

Student-Athlete	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total	Student-Athlete's Signature
	_____	_____	_____	_____	_____	_____	_____		

I CERTIFY THAT THE FOLLOWING INFORMATION IS ACCURATE, HAS BEEN CORRECTLY AND FULLY COMPLETED, AND THAT ALL NCAA RULES AND REGULATIONS PERTAINING TO DAILY AND WEEKLY COUNTABLE ATHLETICALLY RELATED ACTIVITIES HAVE BEEN SATISFIED.

Head Coach's Signature

Compliance Services Office