



VERIFICATION SHEET

Week of: _____

NOTE TO STUDENT-ATHLETES: Please examine the information on the form regarding time spent in countable athletically-related activities. **IF THE INFORMATION IS ACCURATE, INITIAL AND DATE BESIDE YOUR NAME**

By initialing, you verify that you understand the Playing and Practice Season regulations as outlined in the Student-Athlete Handbook. Remember that countable athletically-related activities are limited to 4 hours per day and 20 hours per week during the Playing and Practice Season.

YOU MUST HAVE ONE DAY PER WEEK WITHOUT REQUIRED ATHLETICALLY-RELATED ACTIVITIES. DO NOT INITIAL FOR ANY OTHER TEAM MEMBER!

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