2014-2015 COUNTABLE ATHLETICALLY RELATED ACTIVITIES (CARA)

SPORT Coach's Signature #1 SA's Signature											MONTH																	
											Date																	
											Print I	Name				Date												
#2 SA's Signature												Print l	Name				Da	te	Week Totals									
Sunday Tuesday									\	Vedn	esday	y		Thu	day	Saturday												
Date:				Date:				Date:				Date:				Date:				Date:				Date:				Hours?
Code	In	Out	Total	Code	In	Out	Total	Code	In	Out	Total	Code	In	Out	Total	Code	In	Out	Total	Code	In	Out	Total	Code	In	Out	Total	49 days?
																												49 uays?
																												Ind. Skill
400	7 1	T - 4:		400	, ı	T - 4:		400	r 1	T - 4.		400	г 1	T - 4.		400	г 1	T - 4.		400	7 1	T - 4.		400	r 1	T - 4.		Instruction
49? Date:		Tot:		49? Date:		Tot:		49? Date:		Tot:		49? Date:		Tot:		49? Date:		Tot:		49? Date:		Tot:		49? Date:		Tot:		Y or N Hours?
Code	In	Out	Total	Code	In	Out	Total	Code	In	Out	Total	Code	In	Out	Total	Code	In	Out	Total	Code	In	Out	Total		In	Out	Total	Hours?
																												49 days?
																												Ind. Skill
																												Instruction
49? [] Tot: 49? [] Tot: 49? [] Tot:						49?	[]	Tot:		49?	[]	Tot:		49?		Tot:		49?	[]	Tot:		Y or N						
Date: Code	In	Out	Total	Date:	In	Out	Total	Date:	In	Out	Total	Date:	In	Out	Total	Date:	In	Out	Total	Date:	In	Out	Total	Date:	In	Out	Total	Hours?
Code	111	Out	Total	Code	1111	Out	Total	Code	111	Out	TOtal	Code	111	Out	TOtal	Code	III	Out	Total	Code	1111	Out	TOtal	Code	1111	Out	Total	49 days?
																												i a aranja r
																												Ind. Skill
400	7 1	T - 4:		400	, ı	T - 4:		400	r 1	T - 4.		400	г 1	T - 4 -		400	г 1	T - 4:		400	7 1	T - 4.		400	r 1	T - 4:		Instruction
49? [] Tot: 49? [] Tot: 49? [] Tot: Date: Date: Date:							49? Date:		Tot:		49? [] Tot: Date:				49? [] Tot: Date:				49? [] Tot: Date:				Y or N Hours?					
Code	In	Out	Total	Code	In	Out	Total	Code	In	Out	Total	Code	In	Out	Total	Code	In	Out	Total	Code	In	Out	Total	Code	In	Out	Total	riours:
																												49 days?
																												Ind. Skill Instruction
49?	r 1	Tot:		49?	r 1	Tot:		49?	[]	Tot:		49?	Г1	Tot:		49?	Г 1	Tot:		49?	r 1	Tot:		49?	r 1	Tot:		Y or N
Date:							Date:				Date:				Date:				Date:				Hours?					
Code	In	Out	Total	Code	In	Out	Total	Code	In	Out	Total	Code	In	Out	Total	Code	In	Out	Total	Code	In	Out	Total	Code	In	Out	Total	
																												49 days?
																												Ind. Skill
																												Instruction
49?	[]	Tot:		49?		Tot:		49?		Tot:		49?	[]	Tot:		49?		Tot:		49?	$[\]$	Tot:		49?		Tot:		Y or N

Activity Codes: P = Practice C = Competition (always 3 hours - no times needed) X = Conditioning M = Meeting F = Film Please circle Y or N if "Individual Skill Instruction" occurred during that particular week; If yes, please include Individual Skill Instruction sheet(s).