

CORNELL UNIVERSITY
Voluntary Skill Instruction Sign-Up Sheet



SPORT: _____

NCAA and Ivy Rules permit the following:

- **From the start of fall classes through September 14 AND from April 16 through 8 days prior to the Spring Exam Period, only 4 students at any one time, in any one facility, may participate in skill instruction.**
- **Starting September 15 through 8 days prior to start of institutional fall exam period (excluding vacation periods) AND through the Start of Spring Classes through April 15, groups of up to six students (plus a goalie in those sports that have one), and more than one group at a time/in one facility, may participate in skill instruction.**
- **From 7 days prior to institutional final exams through the end of each student's actual exams, no countable athletically related activity of any kind is permissible for teams that are outside of their playing season.**

Week of: _____
A week is Sunday through Saturday!

Athletes:	Time							Total Weekly Hours (not to exceed two)
	SUN	MON	TUES	WED	THURS	FRI	SAT	
Example: Suzie Q	4:00-5:00		3:00-4:00					2

The above out-of-season skill instruction was provided in accordance with NCAA and Ivy Rules.

 Coach's Signature

Date: _____

Last Updated: 8/17/2011