

LONGWOOD ATHLETICS SKILL INSTRUCTION SIGN-UP SHEET

Sport: _____
Coach: _____

Year: _____
Week of: _____

NCAA rules permit student-athletes to receive skill instruction outside of their declared playing season with the following restrictions: 1) Not more than 4 student-athletes can receive skill instruction outside the playing season prior to September 15th and after April 15th at any one time with one or more coaches; 2) Student-Athletes are limited to no more than 2 hours of such instruction per week; 3) **Outside your declared playing season, no countable athletically related activities are permitted the week prior to the start of the exam period through the final exam period. Baseball: No more than 4 student-athletes are permitted to be involved in individual skill instruction prior to September 15th, from the start of spring classes until January 15th and after April 15th.**

Day /Date	Start/Finish		Student-Athletes in Attendance
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

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

Head Coach's Signature: _____

Date: _____