

The University of South Dakota
COUNTABLE ATHLETICALLY RELATED ACTIVITIES (CARA)

SPORT: _____ **WEEK OF (month/day/year):** _____ to _____ Check box if no CARA occurred this week

Check the appropriate segment: **IN SEASON**

- 4 hours/day;
- 20 hours/week;
- 1 required day off;
- Competition counts as 3 hours.

OUT OF SEASON

- 8 hrs/wk with a maximum of 2 hrs of skill instruction (except FB);
- Only weights, conditioning and skill instruction (except FB) permitted
- 2 required days off
- **Skill instruction** (except FB): *Sept 15-Apr 15 MORE than 4 student-athletes MAY be involved with skill instruction at the same time. Prior to Sept 15 and after Apr 15 NO more than 4 SAs involved in skill instruction at any one time in any facility.*
- **NO countable activity** may take place one week prior to the beginning of final exam week if team is out-of season.

ACTIVITY KEY: **P** = Practice, **C** = Competition, **CD** = Conditioning, **W** = Weight Training, **M** = Meetings,
SK = Skill Instruction, **O** = Other Required Athletically-Related Activities, **OFF** = Day Off

TEAM ACTIVITIES: Complete in detail your team's CARA for the week
(see reverse side for recording individual student-athlete hours if they differ from the team's activities.)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total Hours
Day of the Week & Date (e.g. Mon. Aug. 28)								
TEAM ACTIVITIES								

Two (2) Student-Athlete Signatures REQUIRED each week:

Student-Athlete Signature #1

DATE

Student-Athlete Signature #2

DATE

