

NSU ATHLETICS

PLAYING AND PRACTICE SCHEDULE FOR WRESTLING

Declaration of Playing Week:

For purpose of countable hours my week begins with (day) _____ and ends with (day) _____

My typical day off each week will be on _____

Once I declare the date my week begins, I cannot change until the next academic year

Non-Championship Segment

First day of countable activities (4th day of classes) _____

Ending date of non-championship segment: _____

Championship Segment

Date of first practice _____

Date of first competition(after Nov 1) _____

End date of competition: _____

Number of contests during championship season: (not including exhibitions, exemptions, and postseason) _____

Non-Championship Segment

First day of countable activities _____

Ending date of countable activities:(must be one week before finals) _____

Head Coach: _____

Date: _____