

Mentorship Hours:

<u>Date:</u>	<u>Hours:</u>	<u>Reason:</u>
Sept. 17th	1.5	Meeting with coaching staff
	1	Team Zoom meeting
	1.5	Track conditioning
Sept. 18th	1.5	Meeting with coaching staff
	3	Zoom study table hours
Sept. 20th	6.5	Life Skills Binder start
	3.5	Zoom study table hours
Sept. 21st	1.5	Weights
	0.75	Meeting with Miriam about "Life Skills" presentation(s)
	0.75	Open gym observation
Sept. 22nd	1.5	Weights
	2	JumpForward software training
Sept. 23rd	2	Track
	2	Skill Practice
Sept. 24th	1.5	Weights
	2	Gym Conditioning
Sept. 29th	1.5	Weights
	0.5	Team Meeting- Life Skills
	2	Conditioning
	2	Practice
	3.5	Zoom study table hours
Sept. 30th	2	Track

	2	Practice
Oct. 4th	1.5	Life Skills binder work
	3.5	Zoom study table hours
Oct. 5th	1.5	Weights
	2	Open gym observation
	3.5	Zoom study table hours
Oct. 6th	1.5	Weights
	1.5	Practice
Oct. 7th	2	Practice
	3	Zoom study table hours
Oct. 8th	1.5	Weights
	2	Practice
Oct. 10th	3.5	Zoom study table hours
Oct. 11th	3.5	Zoom study table hours
Oct. 12th	2	Life Skill- Insurnace
Oct. 13th	1.5	Weights
	3	Practice
Oct. 14th	3.5	Practice
Oct. 15th	1.5	Weights
	2.5	Practice
Oct. 16th	1.5	Food Shopping
	2.5	Practice
	4	Cookout

Oct. 19th	3.5	Practice
Oct. 20th	1.5 2.5	Weights Individuals
Oct. 21st	3.5	Practice
Oct. 22nd	1.5 2.5	Weights Practice
Oct. 23rd	3	Practice
<u>Oct. 24th</u>	<u>6.5</u>	<u>GMAC XC Meet</u>
Oct. 26th	3	Practice
Oct. 27th	1.5 2.5	Weights Skill Sessions
Oct. 28th	1.5 1 2.5	Wisdom Wed. Prep Wisdom Wed. Practice
Oct. 29th	1.5 2	Weights Individuals
Oct. 30th	3.5	Practice
<u>Oct. 31st</u>	<u>5.5</u>	<u>Green v. Gold Intersquad</u>
Nov. 2nd	1.5 2.5	Total film review Practice
Nov. 4th	1.5 1 3	Wisdom Wed. Prep Wisdom Wed. Practice

Nov. 5th	1.5 3	Weights Practice
<u>Nov. 6th</u>	<u>3.5</u>	<u>Practice</u>
Nov. 9th	3.5	Practice
Nov. 10th	1.5 2.5	Weights Skill Sessions
Nov. 11th	1.5 1 3.5	Wisdom Wed. Prep Wisdom Wed. Practice
Nov. 12th	1.5 3.5	Weights Practice
<u>Nov. 13th</u>	<u>3</u>	<u>Practice</u>
Nov. 16th	3	Practice
Nov. 17th	1.5 3	Weights Practice
Nov. 18th	1.5 1 3	Wisdom Wed. Prep Wisdom Wed. Practice
Nov. 19th	1.5 3	Weights Practice
<u>Nov. 20th</u>	<u>4</u>	<u>Intersquad</u>

<u>Week</u>	<u>Hours</u>
1	8.5
2	24
3	13.5
4	27
5	25.5
6	24.5
7	24.5
8	17.5
9	21.5
10	21.5
Total	208