Recruiting Logs
Recruiting logs are due the first week of every month. Coaches are required to submit monthly recruiting logs. The recruiting log must be completed and submitted to my office on the first of the month. If not received during the first week of the month, the coaches will receive an email reminding them to submit the recruiting log. Once the log is received the coaches will be notified via email.

Practice Logs
Coaches are required to submit weekly practice logs. The practice log must be completed and submitted to my office on the first of the month. If not received during the first week of the month, the coaches will receive an email reminding them to submit the practice log. Once the log is received the coaches will be notified via email.

Compliance Refresher
Playing Season
- During a sport’s playing season a student-athlete is limited to a maximum of four hours per day and a maximum of 20 hours per week.
- All competitions count as three hours regardless of the actual time of the contest.
- No countable athletic activities may be conducted on the same day following competition.
- All athletically related activities are prohibited at least one day every calendar week.
- Travel days related to athletic participation may be considered a day off as long as not countable athletically related activities occur on that day.

Out of Season
- For sports other than football, a student-athlete is limited to a maximum of eight hours per week with no more than two hours per week spent on skill-related workouts.