

DUAL ATHLETE PLANNING FORM

Athlete Name:	Grade:	Long ID Number:
Sport #1 (this will be listed on your schedule) :	Sport #2:	

During the pandemic and the environment that we are operating within, it is important that students do not miss further opportunities. This is true in athletics. Since the athletics program distilled into only two seasons (with overlap), there may be athletes who wish to participate on two athletic teams simultaneously. There are things to consider and things to address when making this decision.

- **Commitment** – You will be making a big commitment. Make sure you are up for the challenge.
- **Communication** – Two programs will be vying for your time. You will need to develop a practice plan and communicate with your coaches regarding practice and competitions.
- **Coordination** - By CIF regulations, athletes are allowed **18 hours per week** of athletic activity and **competitions are considered 3 hours** each and no more than **4 hours per day**. Each athlete must create a weekly calendar submitted to the coaches and athletic office articulating when the athlete participates in each practice, the amount of time, and any competitions scheduled for the week.

Sample of Calendar:

Jan 4 – 2021 Water Polo – 4-5:30 (1.5) VBall 2-3:30 (1.5)	Jan 5 Water Polo Match (3)	Jan 6 Water Polo – 4-5:30 (1.5) VBall 2-3:30 (1.5)	Jan 7 Water Polo – 4-5:30 (1.5) VBall 2-3:30 (1.5)	Jan 8 VBall Match (3)	Participation Totals 15
Jan 11 Water Polo Match (3)	Jan 12 Water Polo – 4-5:30 (1.5) VBall 2-3:30 (1.5)	Jan 13 Water Polo – 4-5:30 (1.5) VBall 2-3:30 (1.5)	Jan 14 Water Polo – 4-5:30 (1.5) VBall 2-3:30 (1.5)	Jan 15 VBall Match (3)	Participation Totals 15

The process is as follows:

1. Athlete complete the paperwork.
2. Athlete create practice and competition plan.
3. Athlete shares the plan with coaches and discusses challenges/obstacles; Coaches sign off.
4. Athlete turns form into the Athletics Office.
5. Athlete and coach monitor performance in the sport and progress in academic classes.

Questions or issues can be submitted to the Athletic Director, Tom Shrake (tomshrake@iusd.org).

Student Signature

Parent Signature

Coach #1 Signature

Coach #2 Signature

TWO-WEEK PLANNING GRID
