TIME SHEET

WEEK OF: _____

OBU CLIMBING CLUB

Fall 2018

Weekly Training Time Sheet

MEMBER NAME:
YOU NEED TO LOG A MINIMUM OF 1 HOUR AT THE WALL AND 1 HOUR TRAINING OFF THE WALL PER WEEK. ANY INTENTIONAL TIME **SPENT TRAINING/WORKING OUT** CAN COUNT AS OFF THE WALL TRAINING TIME. PLEASE BE HONEST. YOUR CAPTAINS ARE TRUSTING YOUR INTEGRITY.

Wall Time

Date	Start time	End time	Total	Staff Initials
		Total Time		

Off Wall Training

Date	Exercises	Time
	Total Time	

PLEASE SIGN YOUR TIME SHEET AND GIVE IT TO THE ROCK WALL STAFF BY DUE DATE.	THIS TIME SHEET DUE AT THE NEXT CLUB PRACTICE
MEMBER SIGNATURE:	DATE: