

## STAS ATHLETE ASSISTANCE PROGRAM (AAP), Appendix 5 Provincial Athletes's Monthly Individual Training & Related Activities Report

1. Daily Individual Training Routine, as per **Individual Training Program Schedule** (handed to each player) – Circle dates where training occurred, followed by the number of hours (hr.) and/or minutes (min.) on that day altogether.

<b>NAME:</b>			<b>CITY/PROV.:</b>			
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	<b>MONTH/YEAR:</b>			

<b>NAME:</b>			<b>CITY/PROV.:</b>			
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	<b>MONTH/YEAR:</b>			

<b>NAME:</b>			<b>CITY/PROV.:</b>			
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29	30	31	<b>MONTH/YEAR:</b>			

2. List **Tournaments** (name/date) competed in during the above time period and **Games against out-of-town teams**:

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3. **Injury Status** – list date(s) & description of any injury (please attach doctors report if applicable):

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4. **Volunteer Activities** – list dates & description of any volunteer Sepak Takraw activities during above time period:

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