**MONTH: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** **YEAR: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |
| --- | --- |
| **Name** |  |
| **Age** |  |
| **Category** |  |

Recommended time per practice session:

* Tiny Tots- 5 minutes × 3 times a week
* Primary- 10 minutes × 3 times a week
* Beginner- 15 minutes × 3 times a week
* Novice- 20 minutes × 3 times a week
* Intermediate & Premier- 20-30min × 3-4 times a week

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| **Week of:** | **Practice #1** | **Practice #2** | **Practice #3** | **Parents Initials** |
| #1 |  |  |  |  |
| **Week** | **Practice #1** | **Practice #2** | **Practice #3** | **Parents Initials** |
| #2 |  |  |  |  |
| **Week** | **Practice #1** | **Practice #2** | **Practice #3** | **Parents Initials** |
| #3 |  |  |  |  |
| **Week** | **Practice #1** | **Practice #2** | **Practice #3** | **Parents Initials** |
| #4 |  |  |  |  |

\* Please submit to Miss Nikita to be signed no later than the 7th day of the following month to be entered in draw\* \* Please write what you practiced and how long each practice was\*