



**MID-EASTERN ATHLETIC CONFERENCE  
APR PENALTIES IMPLEMENTATION VERIFICATION – WEEKLY REPORT**

**ACADEMIC PERFORMANCE RATE (APR)  
5 Days and 16 Hours of Countable Athletically Related Activities (CARA) per Week Limitation**

APR Administrator: \_\_\_\_\_

Institution: \_\_\_\_\_

Team: \_\_\_\_\_

Week of: \_\_\_\_\_

Identify which day the team had declared as their required day off: \_\_\_\_\_

List the academic activities that replaced the 4 hours of practice (Documentation should be kept on file in the Department of Athletics for final reporting to the NCAA):

Date/Time	Academic Activity Description	Supervised by

Indicate below the number of hours of CARA for each day of the week.

Sunday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

**I hereby certify that no student-athletes have exceeded the 5 days of practice and 16 hours of CARA as required by the APR Penalty (Institutional CARA logs should be kept on file for final reporting to the NCAA). I understand that failure to impose all or part of the penalty shall result in an NCAA violation and must be reported to the NCAA enforcement staff immediately.**

Head Coach Signature: \_\_\_\_\_

Date: \_\_\_\_\_

APR Administrator Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Faculty Athletic Representative Signature: \_\_\_\_\_

Date: \_\_\_\_\_