To: Steve Reznick  
From: John Blanchard  
Subject: Team Schedules  
Date: November 8, 2007

Steve, I have received schedules from a number of our coaches and have listed them below. You will see that there is a considerable time commitment for student-athletes and often it is as demanding in the off-season as the in-season. In fact, the NCAA no longer uses the terms in-season and off-season, but, rather, traditional (championship) season and non-traditional (non-championship) season to more accurately reflect the year long commitment a student-athlete is expected to make.

I hope that this information is helpful. Although not all the teams are included this is a representative sample from our teams. The schedules do not include the obvious day to day necessities of meals, study time, etc., nor do they include the many time commitments student-athletes make to volunteer opportunities such as community service, the Carolina Leadership Academy, the Student-Athlete Advisory Council and others.

Please know that the Department of Athletics is ready to provide any further information needed.

**BASEBALL**

**Fall**

Non-traditional season
- Weight lifting group 7:45am-8:30am (M-W-F) T-TH-Weight lifting from 8:00-8:45am
- Another weight lifting group 11:00-11:45am around classes
- Classes- 9-12pm
- Freshmen have academic meetings with coaches and counselor during the day M-TH
- 12:30pm-1:00pm-Training Room before practice
- Team Practice 1:15-4:30pm

Out of season- in our 8 hour period- after Fall Break until exams - (5 Weeks or so)
- Team meets Mon-Thur at 1:15 for weight lifting/Conditioning until 3:00pm
- Freshmen have academic meetings with coaches and counselor during the day M-TH
- Individual work as needed during this time

**Spring**

From start of class (Jan. 11- Feb. 1) - 8 hour weeks
- Same as above- weight lifting, individual work, academic meetings
- Weight lifting as a team at 1:00 or so for 1 1/2 hours.
- Small group workouts from 1:30-5:00pm

Feb. 1- end of academic semester (June!)- 20 hr. weeks
- Classes 8am-12pm
- Training Room
- Practice 1:30-5:00
- Weight lifting Monday and Thursdays
- Monday is off day during the spring. Thursday can be travel day but is always practice day.
MEN’S BASKETBALL
The season runs from mid-October to late March or early April.
Classes and study hall are best done before 2:00 p.m.
Practice starts at 3:00 p.m. and lasts until 6:30 p.m. (This includes all meetings, weights, physical therapy, etc.
Dinner and more study hall from 6:30 p.m. until ?
When not in their traditional season the schedule is very similar except for the lack of game competition and travel.

FIELD HOCKEY
In-season Schedule
Typical Tuesday: (weights are Tuesday and Thursday from 4-5 PM)
  7 AM conditioning
  8-12 PM Attend Class
  12:15 PM Treatment-Fetzer Training Room
  1-3:30 PM practice

Off-season Schedule
Typical Tuesday: (weights are Monday Wednesday and Friday from 4-5 PM)
  7 AM conditioning (Tuesday only)
  8-12 PM Attend Class
  12:15 Treatment at Fetzer if necessary
  1-3:00 Practice

MEN’S AND WOMEN’S GOLF
Fall- (Non-traditional season)
Typically in Men’s and Women’s golf there is no difference between the 2 seasons because they play tournaments in the fall (non-traditional /championship season) and in the spring (traditional/championship season).
The tournaments that we play in the “non-traditional” season go towards our overall ranking and are just as important as the tournaments that we play in the spring. Our typical schedule is:
6:45 weights 3 times a week
9-12 Classes
1-4 practice and play qualifying rounds 3-4 times a week
We will typically compete in 4 or 5 national tournaments in the fall

Spring- (Traditional Season)
6:45 weights 3 times a week
9-12 Classes
1-4 practice or play 3-4 times a week
We will typically compete in 5 tournaments PLUS the ACC Championships, NCAA regional’s and finals.
ROWING
Traditional Season
Monday- Practice 6-8:30am, 3:30-4:30pm
Tuesday- Practice 6:45-7:45am, 3:45-6:00pm
Wednesday- Practice 6-8:30am, 60' of conditioning on their own time (due to labs, recitations, etc.)
Thursday- Practice 6:45-7:45am, 3:45-6:00pm
Friday- Practice 6-8:30am, 60' weights on their own time
Saturday- Practice 7-9:30am

Non-Traditional Season
Monday- 7:30-8:30am
Tuesday- 6:45-7:45am, 3:30-4:30pm
Wednesday- 7:30-6:30am
Thursday- 6:45-7:45am, 3:30-4:30pm
Friday- 7:30-8:30am, 60' weights on their own

MEN’S SOCCER
Traditional Season
8:00 AM - 2:00 PM Class
3:00 - 5:00 Practice
5:30 - 6:15 video (once a week)

Non-Traditional Season
7:30 AM- 9:30 AM Practice
10:00 - 3:00 class
4:30 - 5:30 Weight Room

WOMEN’S SOCCER
Traditional Season:
8:00 am - 2:00 pm classes
2:30 - 4:00 pm practice
4:00 - 5:00 pm weights

Non-traditional Season
Mon/Wed
8:00 am - 2:00 pm classes
2:00 pm - 3:00 pm leadership meetings
3:00 pm - 4:00 pm weights
4:00 pm - 6:00 pm practice
Tues / Thurs
8:30 - 11:00 am practice
11:00 am - 5:00 pm classes
5:00 - 6:00 pm weights

SWIMMING
Traditional Season (a large majority of the year)
5:30-7:15AM practice three days per week (either MWF or MTTh, depends on group)
8:00-until complete Classes
Mid AM/Early Afternoon Strength Training/Conditioning two days per week plus Saturday
2:30PM or 3:30PM until 5:30PM Afternoon practice (times vary based on the days) & training room time

During our non-traditional season we continue to have AM practices at 5:30AM three days per week, continue to have Strength Training/Conditioning two days per week plus Saturday, and have other days where the sessions are in the afternoon block of 2:30-5:30PM. Study hall/tutorials, etc remain the same.

MEN AND WOMEN’S TENNIS
Same schedule for entire academic year
6:45-7:45 - Weights
8-12 Classes or Individual workouts
1:30 - 4:30 Practice
4:30 - 6:00 Physical therapy and team meetings

MEN AND WOMEN TRACK AND CROSS COUNTRY
The sport of track and field has a lot of different technical events that require coaches to have specific practice sessions with individuals or small group to coach effectively. We have four specific disciplines (Middle Distance and Distance, Jumps, Throws, and Sprints) that all require a different training program and sessions. Each event coach will have their own plan and program that may require specific individual sessions, so time management and specific planning is important throughout the year to schedule group and individual practices. We have attached our throws coach current practice schedule that she has during the off season. Please notice that she has to schedule at all times of the day to work around athletes class schedule. This is not ideal as they might be able to squeeze an event practice session in the day, but it should be followed by their conditioning to make it an appropriate session.

The sport of track and field is one of a few sports where direct timing of training and periodization of training is of utmost importance to maximize the athlete’s potential and to prepare them for their major competition. The difference between winning and coming in second can be as small as .01 of a second or 1cm. Our distance athletes are never in the off season during the academic calendar as they have Cross Country, Indoor track and Outdoor track.

Our multi-event athletes also need to be able to practice for 10 events and with three different coaches. Their practice sessions become very difficult to schedule.
Our in-season and out-of-season schedules are very similar in scheduling practice times as you need to train in a specific pattern to maximize performance and recovery.

**Everyone**
8:00-12:00 Classes
1:00-2:00 Class or athletic training room

**MD/Distance and sprints**
2:00-3:00 Drills
3:00-5:00 Practice
5:00-6:00 Weights/athletic training room

**Throws/Jumps**

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**VOLLEYBALL**

**Traditional season**
Monday, Wednesday, Friday

- **7:00-7:40 AM** - WEIGHTS/CONDITIONING
- **8:00 am - 2:50 PM** CLASSES
- **2:50-3:30 PM** - Physical Therapy and/or individual skill training by position
- **3:30-6:00 PM** TEAM PRACTICE
- **6:00-6:45 PM** - team scrimmage/meeting/video

Tuesday & Thursdays

- **8:00 am - 1:50 PM** CLASSES
- **1:50-2:30 PM** - Physical Therapy and/or individual skill training by position
- **2:30-3:00 PM** - Team meeting/video review
- **3:00-5:30 PM** - TEAM PRACTICE
- **5:30-6:15 PM** - Physical Therapy

For Travel weekends (competition on Friday, Saturday &/or Sunday)
Team departs on **Thursdays** around 5:30 p.m. (see typical schedule for a Thursday) and returns late Saturday evening or Sunday evening

**Non-traditional season**
Monday, Wednesday & Friday

- **7:00-8:45 am** - Team conditioning and weight lifting
- **9:00-10:45 am** - Team practice
- **11:00 am - 3:00 PM** classes & lunch
- **4:00-5:30** physical therapy, or during the day - between classes

Tuesday & Thursday

- **8:00 am - 1:00 PM** classes & lunch
- **1:50-2:30 PM** Team conditioning
- **3:10 PM-5:00 PM** - Team practice
- **5:00-6:00 PM** physical therapy (or in morning when not in class)

**WRESTLING**

**Traditional Season**

- **7:00am** - Weight Training
- **8:00am - 2:00pm** - Breakfast - Classes - lunch
- **2:30pm** - Rehab and Physical Therapy
- **3:00pm - 5:00pm** - Practice
- **9:30pm** - Short team runs (on days we do not have weight training)

**Non-traditional Season**

- **8:00am - 2:00pm** - Classes
- **2:30pm** - Physical Therapy and Rehab (where necessary)
- **3:00pm - 4:30** - Practice