

Participant Typical Sophomore Student Athlete
Date Typical Week during the semester

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
3:00 PM	Snack	10 minute trainer	Math Tutor	10 minute trainer	Snack	8:00 AM	10 minute trainer
3:15 PM						8:15 AM	
3:30 PM	10 minute trainer	Snack	Snack	Snack	10 minute trainer	8:30 AM	Breakfast
3:45 PM	History Exam Prep	Homework			Homework	8:45 AM	
4:00 PM						9:00 AM	Rowing
4:15 PM						9:15 AM	
4:30 PM	Rowing		Rowing	Rowing		9:30 AM	10 minute trainer
4:45 PM						9:45 AM	
5:00 PM		Rowing		Dinner	Rowing	10:00 AM	Snack
5:15 PM						10:15 AM	
5:30 PM	Dinner		Dinner	Homework		10:30 AM	Science Project
5:45 PM						10:45 AM	Shower
6:00 PM	Homework	Dinner	SAT/ACT Prep	Community Service		11:00 AM	Piano
6:15 PM		Science Project	10 minute trainer		Dinner	11:15 AM	
6:30 PM	10 minute trainer		Shower			11:30 AM	Homework
6:45 PM	Piano	Piano	Piano	Piano	Piano	11:45 AM	
7:00 PM						12:00 PM	
7:15 PM	Fitness Evaluation	Shower		Shower		12:15 PM	
7:30 PM						12:30 PM	Lunch
7:45 PM	Shower					12:45 PM	
8:00 PM		Community Service	Homework	Homework	Math Tutor	1:00 PM	Community Service
8:15 PM	Homework					1:15 PM	
8:30 PM						1:30 PM	
8:45 PM					Shower	1:45 PM	

They always go home with food on the bus; healthy snacks are available while doing homework

Student Summary

	Academic		Athletic		Community Service	Lifestyle	
	Group/Supervised	Individualized	Competitive	Fitness		Nutrition	Grooming
	8 hours	6 hours	8.75 hours	2.25 hours		6.5 hours	1.5 hours
36 hours	14 hours		11 hours		3 hours	8 hours	