

# BHS Guard Practice Log

Practice logs will be completed weekly by each student for at least 10 weeks. Each log will include the Date, Time Spent and a brief description of what was worked on. Each student is required to spend at least one hour a week practicing outside of regularly scheduled rehearsals. This sheet will be signed by a parent, coach, or band director and turned in the following rehearsal.

Name: \_\_\_\_\_

Date:	Amount of time Practiced	Items worked on
Oct 2, 2013	30 mins	Single Tosses and Indoor Rifle Feature

Student Signature: \_\_\_\_\_

Coach/Authorized Person: \_\_\_\_\_