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|  | Season | Coaching Career |
| Off Season Workouts (2.5 hrs x 3 days/wk)Oct - Dec | 90 hours | 450 hours |
| Off Season Workouts (2.5 hrs x 4 days/wk)Jan - Feb | 80 hours | 400 hours |
| Practice (4.5 hrs x 6 days/wk)Feb – March | 162 hours | 810 hours |
| Season (6 hrs x 21 games) (4 hrs x 26 paractices)April-May | 126 Game hours104 Practice hours | 630 Game hours520 Practice hours |
| Total | **562 approx hours** | **2810 approx hours** |