|  |  |  |
| --- | --- | --- |
|  | 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 hours  104 Practice hours | 630 Game hours  520 Practice hours |
| Total | **562 approx hours** | **2810 approx hours** |