



ATTENDANCE AND TRAINING POLICY

Appendix A

WEEKLY TRAINING REPORT

*To be submitted at the end of every 2 weeks

Month of the year (1-12):

Week number of the year (1-53):

Name:

Weapon Group:

Day of Week	Fencing (hours)	1 on 1 (hours)	Sports Science (hours)	Venue of training (eg. NTC, Club, School)	Remarks
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Total					

Notes:

Coach's Name & Signature

Fencer's Signature