DETSA: Secondary Discipline Tracking Sheet

Type of Discipline: _____

Instructor/Coach Name: _____

Instructor/Coach Phone Number: _____

Instructor/Coach Email: _____

Average number of hours in organized lessons/coached sessions per week: _____

Average number of hours dedicated to practising or training per week outside of coached sessions: _____

Average number of hours spent in regular games,competitions, etc. per week: _____

Number of months active in this activity between Sept. 1, 2024 and Aug. 31, 2025: _____

Did you participate in competitions, exams, peformances, outside of regular weekly commitments? _____

For team and group activities, what was your role with the team/group? _____

_____

Event List: Competitions/Exams/Performances

Remember to keep supporting documents: competition/exam results, team rosters, programs, etc.

Activities must occur between Sept. 1, 2024 and Aug. 31, 2025

Type and Name of Event, Competition, Award, etc.	Date	Details	Results and Personal Acheivements

Event List: Competitions/Exams/Performances (Page Two)

Type and Name of Event, Competition, Award, etc.	Date	Details	Results and Personal Acheivements