

# RIPON UNIFIED SCHOOL DISTRICT PRACTICE CARD

NAME: \_\_\_\_\_

Week	Day	Day	Day	Day	Day	Day	Day	Total	Parent Signature	Grade
Week 1										
Week 2										
Week 3										
Week 4										
Week 5										
Week 6										
Week 7										
Week 8										
Week 9										
Week 10										
Week 11										
Week 12										
Week 13										
Week 14										
Week 15										
Week 16										
Week 17										
Week 18										
Week 19										

**Grade Scale**

A = 90 or more minutes

B = 80 minutes

C = 70 minutes

D = 1 or more minutes

F = no practice card or no parent signature