

Tyreece Morgan

Daily Log

May

5/23 2:30pm-4:30pm (2hrs)	2:30 warmup conditioning 3:00 transport to weightroom 3:05 -4:15 Monitor correct and coach form/technique during lift 4:15- 4:30 clean weightroom and wipe down equipment
5/24 6:30am-9:30pm (3hrs)	6:30-7 players arrival, conditioning cone setup 7:00 warmup/conditioning 7:35 transport to weightroom 7:40 -9:00- Monitor correct and coach form/technique during lift 9:00- 9:30 clean weightroom and wipe down equipment
5/25 2:30pm-4:30pm (2hrs)	2:30 warmup conditioning 3:00 transport to weightroom 3:05-4:15- Monitor correct and coach form/technique during lift 4:15- 4:30 clean weightroom and wipe down equipment
5/26 6:30pm- 9:30 pm (3hrs)	6:30-7 players arrival, conditioning cone setup 7:00 warmup/conditioning 7:35 transport to weightroom 7:40 -9:00- Monitor correct and coach form/technique during lift 9:00- 9:30 clean weightroom and wipe down equipment
5/31 7am-9am (2hrs)	7:00 warmup conditioning 7:35 transport to weightroom 7:40 -8:40- Monitor correct and coach form/technique during lift 8:45- 9 clean weightroom and wipe down equipment

June

6/1 7am-9am (2hrs)	7:00 warmup conditioning 7:35 transport to weightroom 7:40 -8:40- Monitor correct and coach
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	<p>form/technique during lift 8:45- 9 clean weightroom and wipe down equipment</p>
6/2 7-8:30am & 3:30-5:30pm (3.5hrs)	<p>7:00 warmup conditioning 7:35 transport to weightroom 7:45-8:30- Monitor correct and coach form/technique during lift</p> <p>3:30 warmup conditioning 4:05 transport to weightroom 4:15 -5:15- Monitor correct and coach form/technique during lift 5:15-5:30 clean weightroom and wipe down equipment</p>
6/3 7-8:30am & 3:30-5:30pm (3.5hrs)	<p>7:00 warmup conditioning 7:35 transport to weightroom 7:45-8:30- Monitor correct and coach form/technique during lift</p> <p>3:30 warmup conditioning 4:05 transport to weightroom 4:15 -5:15- Monitor correct and coach form/technique during lift 5:15-5:30 clean weightroom and wipe down equipment</p>
6/6 7:30-8:30am & 3-5pm (3hrs)	<p>7:30 -8:30- Monitor correct and coach form/technique during lift</p> <p>3:00 warmup conditioning 3:35 transport to weightroom 3:45 -4:45- Monitor correct and coach form/technique during lift 4:45-5 clean weightroom and wipe down equipment</p>
6/7 7:30-9am & 3-4:30pm (3hrs)	<p>7:30 warmup conditioning 7:35 transport to weightroom 7:40 -8:40- Monitor correct and coach form/technique during lift 8:45- 9 clean weightroom and wipe down equipment</p> <p>3:00 transport to weightroom 3:15-4:15 Monitor correct and coach form/technique during lift 4:15-4:30 clean weightroom and wipe down</p>

	equipment
6/8 7-9am & 3-5 (4hrs)	<p>7:30 warmup conditioning 7:35 transport to weightroom 7:40 -8:40- Monitor correct and coach form/technique during lift 8:45- 9 clean weightroom and wipe down equipment 3:00 warmup conditioning 3:35 transport to weightroom 3:45 -4:45- Monitor correct and coach form/technique during lift 4:45-5 clean weightroom and wipe down equipment</p>
6/9 7:30-8:30am & 3:30-4:30pm (2hrs)	<p>7:30 -8:30- Monitor correct and coach form/technique during lift 3:30-4:30 Monitor correct and coach form/technique during lift</p>
6/13 7:30-8:30am & 2:45-4:30pm (2.75hrs)	<p>7:30 -8:30- Monitor correct and coach form/technique during lift 2:45 warmup conditioning 3:20transport to weightroom 3:30-4:15 Monitor correct and coach form/technique during lift 4:15-4:30clean weightroom and wipe down equipment</p>
6/14 6:45-8:30am & 3-5pm (2.75hrs)	<p>6:45 warmup conditioning 7:20transport to weightroom 7:30-8:15 Monitor correct and coach form/technique during lift 8:15-8:30clean weightroom and wipe down equipment 3:00 warmup conditioning 3:35 transport to weightroom 3:45 -4:45- Monitor correct and coach form/technique during lift 4:45-5 clean weightroom and wipe down equipment</p>
6/15 7:30-8:30am & 3-4:30pm (2.5hrs)	<p>7:30 -8:30- Monitor correct and coach form/technique during lift 3:00 transport to weightroom</p>

	<p>3:15-4:15 Monitor correct and coach form/technique during lift 4:15-4:30 clean weightroom and wipe down</p>
6/17 7-9am & 3-5pm (4hrs)	<p>7:30 warmup conditioning 7:35 transport to weightroom 7:40 -8:40- Monitor correct and coach form/technique during lift 8:45- 9 clean weightroom and wipe down equipment</p> <p>3:00 warmup conditioning 3:35 transport to weightroom 3:45 -4:45- Monitor correct and coach form/technique during lift 4:45-5 clean weightroom and wipe down equipment</p>
6/23 7:30-9am (1.5hrs)	<p>7:30 warmup conditioning 7:35 transport to weightroom 7:40 -8:40- Monitor correct and coach form/technique during lift 8:45- 9 clean weightroom and wipe down equipment</p>
6/24 5-6pm (1pm)	-An hour of yoga research, create multiple lesson plans for following week
6/25 4:30-9:30pm (5hrs)	<p>4:30 setup drills 5:30 registration 6-transport to dome 7- warmup 7:30-8:15 individual drills/combine 8:15-9 1on1s and 7v7 9-9:30 field breakdown, transport to SVC</p>
6/26 2-4pm (2hrs)	<p>2-2:30 warmup/ stretch 2:45-3:45 7v7 3:45- team meeting 7v7 cleanup</p>
6/27 7-9am & 3-5pm(4hrs)	<p>7:30 warmup conditioning 7:35 transport to weightroom 7:40 -8:40- Monitor correct and coach form/technique during lift 8:45- 9 clean weightroom and wipe down equipment</p> <p>3:00 warmup conditioning 3:35 transport to weightroom</p>

	<p>3:45 -4:45- Monitor correct and coach form/technique during lift 4:45-5 clean weightroom and wipe down equipment</p>
6/28 6:45- 9am & 3-5pm & 6-7pm (5.25hrs)	<p>6:45 warmup conditioning 7:20transport to weightroom 7:30-8:30 Monitor correct and coach form/technique during lift 8:35-9clean weightroom and wipe down equipment</p> <p>3:00 warmup conditioning 3:35 transport to weightroom 3:45 -4:45- Monitor correct and coach form/technique during lift 4:45-5 clean weightroom and wipe down equipment</p> <p>6-6:15pm - setup yoga mats in dance room, wait players to arrive 6:15-6:50- lead yoga instruction 6:50-7pm- clean up yoga mats/ exit building</p>
6/29 7-9am & 3-5pm & 6-7pm (5hrs)	<p>7:30 warmup conditioning 7:35 transport to weightroom 7:40 -8:40- Monitor correct and coach form/technique during lift 8:45- 9 clean weightroom and wipe down equipment</p> <p>3:00 warmup conditioning 3:35 transport to weightroom 3:45 -4:45- Monitor correct and coach form/technique during lift 4:45-5 clean weightroom and wipe down equipment</p> <p>6-6:15pm - setup yoga mats in dance room, wait players to arrive 6:15-6:50- lead yoga instruction 6:50-7pm- clean up yoga mats/ exit building</p>
6/30 7:30-9:30am & 3-5pm (4hrs)	<p>7:30 warmup conditioning 7:35 transport to weightroom 7:40 -8:40- Monitor correct and coach form/technique during lift 8:45- 9 clean weightroom and wipe down equipment</p>

	3:00 warmup conditioning 3:35 transport to weightroom 3:45 -4:45- Monitor correct and coach form/technique during lift 4:45-5 clean weightroom and wipe down equipment

72.75hrs TOTAL

Internship supervisor signature:

Vince Fillip

SCC Coach signature:

Matt McKay

7/6 7-9 3-5 (4hrs)	7:00 warmup conditioning 7:35 transport to weightroom 7:40 -8:40- Monitor correct and coach form/technique during lift 8:45- 9 clean weightroom and wipe down equipment 3:00 warmup conditioning 3:35 transport to weightroom 3:45 -4:45- Monitor correct and coach form/technique during lift 4:45-5 clean weightroom and wipe down equipment
7/7 7:30-9:30 3-5 6pm-7pm (5hrs)	7:30 warmup conditioning 8:10 transport to weightroom 8:15 -9:15- Monitor correct and coach form/technique during lift 9:15- 9:30 clean weightroom and wipe down equipment 3:00 warmup conditioning 3:35 transport to weightroom 3:45 -4:45- Monitor correct and coach form/technique during lift 4:45-5 clean weightroom and wipe down equipment 6-6:15pm - setup yoga mats in dance room, wait players to arrive 6:15-6:50- lead yoga instruction 6:50-7pm- clean up yoga mats/ exit building
7/11 7:30 9:30 3-5 (4hrs)	7:30 warmup conditioning

	<p>8:10 transport to weightroom 8:15 -9:15- Monitor correct and coach form/technique during lift 9:15- 9:30 clean weightroom and wipe down equipment 3:00 warmup conditioning 3:35 transport to weightroom 3:45 -4:45- Monitor correct and coach form/technique during lift 4:45-5 clean weightroom and wipe down equipment</p>
7/12 7-9 3-5 6pm-7pm (4hrs)	<p>7:00 warmup conditioning 7:35 transport to weightroom 7:40 -8:40- Monitor correct and coach form/technique during lift 8:45- 9 clean weightroom and wipe down equipment 3:00 warmup conditioning 3:35 transport to weightroom 3:45 -4:45- Monitor correct and coach form/technique during lift 4:45-5 clean weightroom and wipe down equipment 6-6:15pm - setup yoga mats in dance room, wait players to arrive 6:15-6:50- lead yoga instruction 6:50-7pm- clean up yoga mats/ exit building</p>
7/13 7-9 3:30- 5:30 6pm -7pm (5hrs)	<p>7:00 warmup conditioning 7:35 transport to weightroom 7:40 -8:40- Monitor correct and coach form/technique during lift 8:45- 9 clean weightroom and wipe down equipment 3:30 warmup conditioning 4:10 transport to weightroom 4:15 -5:15- Monitor correct and coach form/technique during lift 5:15- 5:30 clean weightroom and wipe down equipment 6-6:15pm - setup yoga mats in dance room, wait players to arrive 6:15-6:50- lead yoga instruction 6:50-7pm- clean up yoga mats/ exit building</p>
7/14 7:30-9:30 3:30- 5:30 (4hrs)	<p>7:30 warmup conditioning 8:10 transport to weightroom 8:15 -9:15- Monitor correct and coach</p>

	<p>form/technique during lift 9:15- 9:30 clean weightroom and wipe down equipment 3:30 warmup conditioning 4:10 transport to weightroom 4:15 -5:15- Monitor correct and coach form/technique during lift 5:15- 5:30 clean weightroom and wipe down equipment</p>
7/15 3:30-5 (1.5hrs)	<p>3:30 warmup conditioning 4:10 transport to weightroom 4:15 -5:15- Monitor correct and coach form/technique during lift; clean weightroom and wipe down equipment</p>
7/17 2-4:30 (2.5hrs)	7V7
7/18 7-9 3-5(4hrs)	<p>7:00 warmup conditioning 7:35 transport to weightroom 7:40 -8:40- Monitor correct and coach form/technique during lift 8:45- 9 clean weightroom and wipe down equipment 3:00 warmup conditioning 3:35 transport to weightroom 3:45 -4:45- Monitor correct and coach form/technique during lift 4:45-5 clean weightroom and wipe down equipment</p>
7/19 7:30-9:30 3-5 6pm-7pm(5hrs)	<p>7:30 warmup conditioning 8:10 transport to weightroom 8:15 -9:15- Monitor correct and coach form/technique during lift 9:15- 9:30 clean weightroom and wipe down equipment 3:00 warmup conditioning 3:35 transport to weightroom 3:45 -4:45- Monitor correct and coach form/technique during lift 4:45-5 clean weightroom and wipe down equipment 6-6:15pm - setup yoga mats in dance room, wait players to arrive 6:15-6:50- lead yoga instruction 6:50-7pm- clean up yoga mats/ exit building</p>
	yoga
7/20 7-9 3:30 -5:30 6pm-7pm(5hrs)	<p>7:00 warmup conditioning 7:35 transport to weightroom 7:40 -8:40- Monitor correct and coach form/technique during lift</p>

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7/21 7-9 3-5(4hrs)	<p>7:00 warmup conditioning 7:35 transport to weightroom 7:40 -8:40- Monitor correct and coach form/technique during lift 8:45- 9 clean weightroom and wipe down equipment</p> <p>3:00 warmup conditioning 3:35 transport to weightroom 3:45 -4:45- Monitor correct and coach form/technique during lift 4:45-5 clean weightroom and wipe down equipment</p>
7/25 7-9 3-5(4hrs)	<p>7:00 warmup conditioning 7:35 transport to weightroom 7:40 -8:40- Monitor correct and coach form/technique during lift 8:45- 9 clean weightroom and wipe down equipment</p> <p>3:00 warmup conditioning 3:35 transport to weightroom 3:45 -4:45- Monitor correct and coach form/technique during lift 4:45-5 clean weightroom and wipe down equipment</p>
7/36 7-9 3-5(4hrs)	<p>7:00 warmup conditioning 7:35 transport to weightroom 7:40 -8:40- Monitor correct and coach form/technique during lift 8:45- 9 clean weightroom and wipe down equipment</p> <p>3:00 warmup conditioning 3:35 transport to weightroom 3:45 -4:45- Monitor correct and coach form/technique during lift 4:45-5 clean weightroom and wipe down</p>

	equipment
7/27 7-9 3-5 6pm-7pm (5hrs)	7:00 warmup conditioning 7:35 transport to weightroom 7:40 -8:40- Monitor correct and coach form/technique during lift 8:45- 9 clean weightroom and wipe down equipment 3:00 warmup conditioning 3:35 transport to weightroom 3:45 -4:45- Monitor correct and coach form/technique during lift 4:45-5 clean weightroom and wipe down equipment 6-6:15pm - setup yoga mats in dance room, wait players to arrive 6:15-6:50- lead yoga instruction 6:50-7pm- clean up yoga mats/ exit building
	yoga
7/28 7-9 3-5(4hrs)	7:00 warmup conditioning 7:35 transport to weightroom 7:40 -8:40- Monitor correct and coach form/technique during lift 8:45- 9 clean weightroom and wipe down equipment 3:00 warmup conditioning 3:35 transport to weightroom 3:45 -4:45- Monitor correct and coach form/technique during lift 4:45-5 clean weightroom and wipe down equipment
8/1 7-9 3-5(4hrs)	7:00 warmup conditioning 7:35 transport to weightroom 7:40 -8:40- Monitor correct and coach form/technique during lift 8:45- 9 clean weightroom and wipe down equipment 3:00 warmup conditioning 3:35 transport to weightroom 3:45 -4:45- Monitor correct and coach form/technique during lift 4:45-5 clean weightroom and wipe down equipment
8/2 7-9 3-5 6pm-7pm (5hrs)	7:00 warmup conditioning 7:35 transport to weightroom 7:40 -8:40- Monitor correct and coach

	<p>form/technique during lift 8:45- 9 clean weightroom and wipe down equipment 3:00 warmup conditioning 3:35 transport to weightroom 3:45 -4:45- Monitor correct and coach form/technique during lift 4:45-5 clean weightroom and wipe down equipment 6-6:15pm - setup yoga mats in dance room, wait players to arrive 6:15-6:50- lead yoga instruction 6:50-7pm- clean up yoga mats/ exit building</p>
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8/3 7-9 3-5 6pm-7pm (5hrs)	<p>7:00 warmup conditioning 7:35 transport to weightroom 7:40 -8:40- Monitor correct and coach form/technique during lift 8:45- 9 clean weightroom and wipe down equipment 3:00 warmup conditioning 3:35 transport to weightroom 3:45 -4:45- Monitor correct and coach form/technique during lift 4:45-5 clean weightroom and wipe down equipment 6-6:15pm - setup yoga mats in dance room, wait players to arrive 6:15-6:50- lead yoga instruction 6:50-7pm- clean up yoga mats/ exit building</p>
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8/4 7-9 3-5(4hrs)	<p>7:00 warmup conditioning 7:35 transport to weightroom 7:40 -8:40- Monitor correct and coach form/technique during lift 8:45- 9 clean weightroom and wipe down equipment 3:00 warmup conditioning 3:35 transport to weightroom 3:45 -4:45- Monitor correct and coach form/technique during lift 4:45-5 clean weightroom and wipe down equipment</p>
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155.75 hrs