Texas Common Application Tips
Calculating Extracurricular Activities

Calculating time commitment for extracurricular activities (Ex. Freshman Soccer):

1. First, calculate weekly practice time:

   **A is the Hours of Practice per week/Weeks per Year**

   - If you practice Monday though Friday for two hours per day
   - Monday through Friday = 5 days x 2 hrs practice/day = **10 hrs/wk**
   - Then determine how many weeks per year you participate in that activity = 32 weeks/year

   ➤ **A is 10/32**

2. Second, calculate competition time, travel time, tournament time and other miscellaneous events:

   **Event 1:** Cougar HS v. Bobcat HS Soccer Game

   - Travel time to and from game 1 hour/each way = **2 hrs total**
   - Although the game isn’t until 2:00 PM, your team must be at the competition site from 8:00 AM to 4:00 PM
   - Add travel time and competition time together = **10 total hrs/event**

   **Event 2:** Cougar HS v. Mustang HS Soccer Game

   - Travel time to and from game 4 hours/each way = **8 hrs total**
   - Although the game isn’t until 2:00 PM, your team must be at the competition site from 8:00 AM to 4:00 PM
   - Add travel time and competition time together = **16 total hrs/event**

   **Event 3:** Bulls HS Soccer Tournament (overnight)

   - Team leaves for tournament at 6:00 AM and doesn’t return until 11:00 PM the following day = **41 total hrs/event**
   - Because this is an overnight program, competition time is included in the total amount of time you are at the program.

   ➤ **B is 2/32**

   Add A (10/32) + B (2/32) = Total time commitment = **12/32**

   ✷ You will write **12/32** in the box for Soccer during Freshman Year.