

## 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 through 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 + 8 hrs competition
- 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 + 8 hrs competition
- 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.

- Now, calculate total amount of hours for all events = **67 total hrs**
- Then, divide total hours by weeks participated = **32 weeks/year**

➤ ***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**