

2020年度

庄内総合高校 ウェイトリフティング部活動 年間計画・実績表

記入の仕方:「時間」には活動時間(h)の数字を記入すること 「休業日」には設定した期日に「1」を入力すること 「特記事項」には学校行事や校内以外の部活動場所、大会等を記載すること。

顧問氏名 本間 義久

Table for April (4月) showing planned and actual activity times and rest days.

Table for May (5月) showing planned and actual activity times and rest days.

Table for June (6月) showing planned and actual activity times and rest days.

Table for July (7月) showing planned and actual activity times and rest days.

Table for August (8月) showing planned and actual activity times and rest days.

Table for September (9月) showing planned and actual activity times and rest days.

Summary table for April with columns for planned and actual days and average activity times.

Summary table for May with columns for planned and actual days and average activity times.

Summary table for June with columns for planned and actual days and average activity times.

Summary table for July with columns for planned and actual days and average activity times.

Summary table for August with columns for planned and actual days and average activity times.

Summary table for September with columns for planned and actual days and average activity times.

Table for October (10月) showing planned and actual activity times and rest days.

Table for November (11月) showing planned and actual activity times and rest days.

Table for December (12月) showing planned and actual activity times and rest days.

Table for January (1月) showing planned and actual activity times and rest days.

Table for February (2月) showing planned and actual activity times and rest days.

Table for March (3月) showing planned and actual activity times and rest days.

Summary table for October with columns for planned and actual days and average activity times.

Summary table for November with columns for planned and actual days and average activity times.

Summary table for December with columns for planned and actual days and average activity times.

Summary table for January with columns for planned and actual days and average activity times.

Summary table for February with columns for planned and actual days and average activity times.

Summary table for March with columns for planned and actual days and average activity times.

平日休業日

計画 70

実績 0

休日休業日

計画 99

実績 0

休業日合計

計画 169

実績 0

平日休業日

計画 70

実績 0