

令和3(2021)年度

山形県立寒河江工業高校 ハンドボール部活動 年間計画・実績表

記入の仕方:「時間」には活動時間(h)数値を記入。大会等で1日活動の場合は原則「8」を入力。「休養日」に「1」を入力。「目標とする大会」には目標大会欄に「◎」を入力。「部活動行事」に計画や場所を記

顧問氏名 沼澤寿美、小関稔、阿部眞梨奈

Main activity schedule table for April to September, including columns for date, day, planned time, actual time, and target events.

Summary table for April to September, showing average activity times and total rest days for each month.

Main activity schedule table for October to March, including columns for date, day, planned time, actual time, and target events.

Summary table for October to March, showing average activity times and total rest days for each month.

Rest day summary table with columns for planned and actual rest days, and total counts for the year.