Voluntary Summer Activities

Voluntary Summer Activities*
During the summer a strength and conditioning coach may design and conduct specific workout programs for student-athletes, provided such workouts are voluntary and conducted at the request of the student-athlete.

• Conditioning drills may simulate game activities; provided no offensive or defensive alignments are set up and no equipment related to the sport is used.
• Indoor/Outdoor Track & Field and Cross Country – Conditioning activities (other than weight training) are limited to normal running activities and may not include any equipment related to the sport (e.g., starting blocks, batons, hurdles).

*Does not apply to basketball and football summer access activities.

Other Voluntary Activities

• Please remember that in order for an activity or workout to be considered “voluntary,” it must meet ALL of the following parameters:
  1. Coaching staff may not be present
  2. Anyone present (strength and conditioning personnel, student-athlete(s), etc.) may not report any information regarding the activity to anyone on the coaching staff;
  3. The activity would need to have been initiated and requested solely by the student-athlete(s);
  4. The student-athlete(s) attendance and participation may not be recorded for the purposes of reporting; and
  5. The student-athlete(s) may not be subject to penalty for not participating, nor rewarded for participation or performance.

• Please remember that voluntary workout/activities should not be posted to any social media platform (Facebook, Twitter, etc.)

Outside Competition

Beginning May 1st Soccer, Volleyball and Field Hockey student-athletes may participate as a part of an outside team along as no class time is missed. All other sports are limited to competing once summer vacation begins. Please remember to complete the Outside Competition form in ARMS if you will be competing on an outside team this summer.

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<td>Baseball</td>
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<td>Basketball (M/W)</td>
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<td>Field Hockey</td>
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<td>Football</td>
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<td>Golf</td>
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Spot the Violation

The Field Hockey team is finalizing their out-of-season conditioning and skill instruction schedule for the remainder of the spring semester. If none of the student-athletes have final exams on Wednesday of exam week, is it permissible to conduct skill instruction sessions on that day?

Answer on next page.
Summer Employment Reminders
As a reminder please complete the correct employment form in ARMS if you’re being employed during the summer. Below are some tips about what you can and cannot be provided by your employer:

Employers MAY:
• Employ student-athletes that are eligible to work (even if the job was arranged for by an athletics department staff member or booster).
• Compensate student-athletes for work actually performed.
• Compensate student-athletes at a rate commensurate with the going rate in that locality for similar services.

Employers MAY NOT:
• Provide student-athletes with benefits or perks not provided to all employees in that job title and description (e.g., use of an automobile, free or reduced cost house, arrangement for a loan).
• Provide transportation to and from the work site, unless all employees in that position receive such transportation.
• Compensate student-athletes for the value or utility that they have for your business because of the publicity, reputation, fame or personal following that they have obtained because of athletics ability.

Important Dates
May 1st – 5th SAAC Meeting
May 4th – Last day for practice activities for out-of-season sports
May 8th – Great Dane Awards
May 10th – Last Day of Classes
May 11th – Reading Day
May 12th – Finals Begin
May 12-19 – Textbook return
May 19th – Final Exams End
May 20-21 – Spring 17 Commencement Weekend
May 24th – Expected date for final grades to be posted
May 29th – Memorial Day

Spot the Violation Answer:
No. NCAA Bylaw 17.1.7.2 states that all countable related activities outside the playing season are prohibited one week prior to the beginning of the final examination period for the applicable academic term through the conclusion of each student-athlete's final exams.

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Don’t Sell Out
Please remember that you are not permitted to sell or trade any apparel, gift, award and/or equipment for any amount of money, item of value or service.