



## **SUMMER CONDITIONING GUIDELINES**

### **What are the general rules regarding summer workouts?**

- During the summer vacation period, student-athletes may not participate in any countable athletically related activities.
- EMU staff members may not organize, observe or participate in sport-specific activities with student-athletes outside the playing and practice season inasmuch as such activity is considered impermissible, out-of-season, countable athletically related activities except as noted below for the safety exception and individual sports.

### **Can student-athletes be involved in strength and conditioning programs at EMU with Mike Szerszen?**

- Yes. Strength and conditioning coaches may design and conduct specific workout programs for student-athletes, provided such workouts are voluntary and conducted at the request of the student-athlete. [17.1.6.2.1.1]

### **Can Mike Szerszen report back to coaches to let them know who was there and how they are performing?**

- **NO.**

### **What other things do we need to know about summer conditioning and equipment that may be used?**

- Conditioning drills may simulate game activities, provided no offensive or defensive alignments are set up and no equipment related to the sport is used. [17.1.6.2.4]
- Swimming – A student-athlete may be involved in in-pool conditioning activities and use swimming specific equipment (e.g., starting blocks, kickboards, pull buoys). [17.1.6.2.4]
- 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). [6/18/91 Official Interp.]

- Rowing: An ergometer is not considered equipment related to the sport of rowing. Therefore, any use of an ergometer during required conditioning activities that may occur during the academic year outside the playing and practice season is not limited to the two hours of permissible skill-instruction activities. [10/25/00 Official Interp.]

### **What does the term “Voluntary Weight Training and Conditioning Activity” really mean?**

In order for any athletically related activity to be considered “voluntary,” all of the following conditions must be met:

- The student-athlete cannot be required to report back to the coaching staff any information related to their participation in a voluntary workout. No athletics department staff member who observes the activity (e.g., strength coach, trainer) may report back to the coaching staff any information related to the activity.
- Activity must be initiated and requested solely by the student-athlete. The student-athlete cannot be required to attend the voluntary workout.
- Staff members may provide information to the student-athlete related to available opportunities to participate in the voluntary activity (e.g., times when the weight room will be open).
- Attendance and participation cannot be recorded for purposes of reporting information to the coaching staff.
- The student-athlete cannot be rewarded or subject to penalty for choosing to participate or electing not to participate in voluntary workouts.

### **Can coaches have student-athletes turn in their personal summer conditioning workout logs?**

- It is permissible for each student-athlete to track their weight lifting and conditioning progress. Any records or progress logs must be kept for the student-athlete’s use only. They are not to be submitted to the coaching staff.

### **Can coaches watch student-athletes during their voluntary conditioning?**

- **NO.** Coaches may not observe student-athletes participating in voluntary weight training and conditioning activities during the summer. [17.02.13]

## What about non-coaching staff members?

- Non-coaching staff members with sport specific responsibilities may not participate with or observe student-athletes in the staff member's sport who are engaged in non-organized voluntary athletically related activities (e.g., pick-up games). [11.7.1.1.1.1]

## Can coaches have meetings with student-athletes during the summer?

- Required meetings and workouts for student-athletes would be considered a violation of NCAA rules, however, student-athletes may meet individually with a coaching staff member, as long as the meeting was initiated voluntarily by a student-athlete.
- It is not considered a countable athletically related activity, provided any discussion between the coach and the student-athlete is limited to general counseling activities and does not involve countable athletically related activities (e.g., chalk talk; use of equipment relating to the sport; field, floor or on-court activity). [11/7/91 Official Interp.]

## Team vs. Individual Sports

- Team sport participants are not permitted to be involved in any countable athletically related activities during the summer. The following are classified as team sports:
  - Baseball, Basketball, Football, Rowing, Soccer, Softball, Volleyball
- In individual sports, a coach may participate in individual workout sessions with student-athletes during the summer, provided the request for the assistance is initiated by the student-athlete(s). It is permissible for a coach to reserve a facility for use by a student-athlete during individual summer workout sessions. The following are classified as individual sports:
  - Cross Country, Golf, Gymnastics, Swimming, Tennis, Track & Field, Wrestling

## What is the Safety Exception?

- In the sports of gymnastics, rowing, swimming and diving, track (field events, hurdles and steeplechase only), and wrestling, a coach may be present during voluntary individual workout sessions in EMU's regular practice facilities when the student-athlete uses equipment associated with their sport.
- The coach may provide safety instruction and skill instruction but may not conduct the individual's workouts. [17.13.7, 17.17.7, 17.23.7, 17.27.7, 17.30.7]

## Can our new recruits starting school in September workout?

### Sports other than Football and Basketball:

- A prospective student-athlete who has signed a National Letter of Intent (NLI) (or a four-year college-transfer prospect who has signed a written offer of financial aid and/or admission) may participate in voluntary weight lifting or conditioning activities (e.g., conditioning on the track) on the institution's campus in the presence of the institution's strength and conditioning coach, provided such activities are not prearranged, the strength and conditioning coach is performing normal duties and responsibilities in the supervision of the weight room or facility in use (e.g., track) and he or she does not work directly with the prospective student-athlete. Involvement by the strength and conditioning coach (other than in a supervisory capacity) or the involvement of any coaching staff member in any capacity would constitute a tryout.
- A prospective student-athlete who officially registers, enrolls and attends classes during the summer prior to initial full-time enrollment and receives institutional athletics financial aid may engage in voluntary weight lifting or conditioning activities on the institution's campus in the presence of the institution's strength and conditioning coach, provided such activities are not prearranged, the strength and conditioning coach is performing normal duties and responsibilities in the supervision of the weight room or facility in use and he or she does not work directly with the prospective student-athlete. Involvement by the strength and conditioning coach (other than in a supervisory capacity) or the involvement of any coaching staff member in any capacity would constitute a tryout.
- A prospective student-athlete who does not meet either of the criteria above or who participates at an institution that does not use the NLI program may not participate in voluntary weight lifting or conditioning activities on the institution's campus, unless such facilities are open to the general public.

### Football

- In football, a prospective student-athlete may engage in voluntary summer workouts conducted by an institution's certified strength and conditioning coach with department-wide duties, provided he has (1) signed a National Letter of Intent (or in the case of a four-year college prospective student-athlete, the prospective student-athlete has signed the institution's written offer of admission and/or financial aid) or (2) he is enrolled in the institution's summer term prior to his initial full-time enrollment at the certifying institution. An institution may loan clean apparel (e.g., t-shirts, shorts, laundry services, socks and undergarments) to all football prospective student-athletes who qualify for involvement in such activities. (*See also NCAA Staff Interp., May 28, 2009*)

## **Basketball:**

- In basketball, a prospective student-athlete who either has signed a National Letter of Intent or who has been accepted for enrollment in a regular full-time program of studies at that institution and is receiving financial aid to attend summer school per Bylaw 15.2.8.1.4 (including a four-year college prospective student-athlete), may engage in voluntary summer workouts conducted by an institution's strength and conditioning coach with department-wide duties. An institution may loan clean apparel (e.g., t-shirts, shorts, laundry service, socks and under garments) to all basketball prospective student-athletes who qualify for involvement in such activities.

## **Do athletes need to have a current medical exam before participating in voluntary summer conditioning?**

- Yes. in all sports, prospective student-athletes and student-athletes who are beginning their initial season of eligibility are required to undergo a medical examination or evaluation administered or supervised by a physician prior to initial participation in any practice or competition or out-of-season weight-training or conditioning activities. In following years, returning student-athletes are required to have an updated medical history completed each year. In football and basketball, all prospective student-athletes who will be first-time participants are required to undergo a medical examination or evaluation administered or supervised by a physician prior to participation in voluntary summer weight training or conditioning activities. Further, in sports in which the safety exception is applicable, prospective student-athletes who will be first-time participants are required to undergo a medical examination or evaluation administered or supervised by a physician prior to participation in any voluntary individual workouts pursuant to the safety exception. In all cases, the medical examination/evaluation or updated medical history must be administered within six months prior to the individual's participation in any practice, competition or out-of-season conditioning activities.

## **When does the summer conditioning period begin for football?**

- The football staff has indicated that their summer conditioning period will begin on     TBA    . Until then they are in their discretionary period.