

**IPFW
INTERCOLLEGIATE ATHLETICS**

Individual Sports Student-Athlete Request for Summer Workout

This form allows a Student-Athlete to request assistance from a member of the coaching staff in his/her sport during the summer vacation period, provided all workouts are voluntary, are initiated by the Student-Athlete, and do not exceed eight hours per week.

Related legislation

- NCAA bylaw 17.1.5.2.1 Skill Instruction

Participation by student-athletes in individual skill-related instruction [including the activities set forth in Bylaw 17.02.1-(f)] is permitted outside the institution's declared playing season [summer only for individual sports], provided no more than four student-athletes from the same team are involved in skill-related instruction with their coach(es) at any one time in any facility and the student-athletes request the instruction.

- NCAA bylaw 17.1.5.2.2 Conditioning Activities

Conditioning drills per Bylaw 17.1.5.2 that may simulate game activities are permissible, provided no offensive or defensive alignments are set up and no equipment related to the sport is used.

Individual Sports

Cross Country

Tennis

Track and Field, Indoor and Outdoor

Golf

Name of Student-Athlete requesting skill instruction: _____

Signature of Student-Athlete requesting skill instruction: _____

Name of Coach assisting with skill instruction: _____

Signature of Coach assisting with skill instruction: _____

Date of request: _____ (complete a new form for each date requested by each S-A)

Description of activities (including hours spent on each activity):