**SUMMER VOLUNTARY WORKOUTS AND CONDITIONING**

During the summer vacation period student-athletes may not participate in any countable athletically related activities. Student-athletes may participate in workouts conducted by the strength and conditioning staff, provided the workouts are voluntary and conducted at the request of the student-athlete. In order for the workout to be considered voluntary, the following conditions must be met:

- Coaching and noncoaching staff members may not observe the workout and the strength and conditioning staff may not report back to the coaching staff any details of the workout. In addition, student-athletes may not be required to report back to the coaching staff any information related to their workout.
- Student-athletes may not be rewarded or punished for participating or choosing not to participate in the workouts.
- Student-athletes may participate in “open gyms”, provided the ability to use the facility is open to the general public and/or student body.

In **individual sports**, coaches may participate in individual workout sessions with student-athletes, provided the request for such assistance is initiated by the student-athlete.

In **basketball**, student-athletes may participate in eight weeks of required weight training, conditioning and skill related instruction. Participation is limited to eight hours per week with no more than two hours per week spent on individual skill instruction. For weeks not designated as a “summer athletic activity” week, student-athletes may participate in voluntary workouts conducted by the strength and conditioning staff.

In **football**, student-athletes may participate in nine weeks of voluntary weight training and conditioning activities limited to eight hours per week. One week must be designated at student-athlete discretionary time.

**SUMMER CONTACTS AND EVALUATIONS**

Evaluations that occur outside of the prospect’s academic do not count against the annual number of recruiting opportunities. Contacts that occur with a prospect or his or her family count against the permissible number of recruiting opportunities regardless of the time of year.

**OCCASIONAL MEAL REMINDER**

During the summer vacation period, student-athletes may receive a maximum of two occasional meals. Prospects may receive an occasional meal during the summer, provided the prospect is enrolled in summer school and classes have begun. An Occasional Meal Request Form must be completed PRIOR to providing a student-athlete with the meal.

**RECRUITING CALENDAR**

**BASEBALL**
Contact/Eval. Period: June 1-30

**MEN’S BASKETBALL**
Quiet Period: June 1-30

**WOMEN’S BASKETBALL**
Quiet Period: June 1-30

**CROSS COUNTRY**
Contact/Eval. Period: June 1-4
Dead Period: June 5-8
Contact/Eval. Period: June 9-30

**TRACK & FIELD**
Contact/Eval. Period: June 1-4
Dead Period: June 5-8
Contact/Eval. Period: June 9-30

**FOOTBALL**
Quiet Period: June 1-30

**SOFTWARE**
Dead Period: June 1-6 (noon)
Contact/Eval. Period: June 6 (12:01 p.m.—30)

**VOLLEYBALL**
Contact/Eval. Period: June 1-30

**SUMMER CAMP REMINDERS**

Please note the following reminders regarding summer camp:

- Campers must pay the registration fee PRIOR to participating in any camp activities.
- Discounts must be published prior to the start of camp.
- Recruiting activities are not permissible during camp except for recruiting conversations.
- New camp legislation regarding the employment of prospects and football student-athletes does not go into effect until August 1, 2013.

**RANDOM TRIVIA**

A hummingbird weighs less than a penny.