



**INDIANA STATE UNIVERSITY**  
**STUDENT ATHLETE VOLUNTARY WORKOUT REQUEST**

I, \_\_\_\_\_, hereby request to participate in “voluntary” athletically related activities

in my sport on the following dates and times: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I understand that the NCAA defines “voluntary athletically related activities” as stated in:

**17.02.13 Voluntary Athletically Related Activities**

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

- (a) The **student-athlete must not be required to report back to a coach or other athletics department staff member (e.g., strength coach, trainer, manager) any information related to the activity.** In addition, no athletics department staff member who observes the activity (e.g., strength coach, trainer, manager) may report back to the student-athlete's coach any information related to the activity;
- (b) **The activity must be initiated and requested solely by the student-athlete.** Neither the institution nor any athletics department staff member may require the student-athlete to participate in the activity at any time. However, it is permissible for an athletics department staff member to provide information to student-athletes related to available opportunities for participating in voluntary activities (e.g., times when the strength and conditioning coach will be on duty in the weight room or on the track). In addition, for students who have initiated a request to engage in voluntary activities, the institution or an athletics department staff member may assign specific times for student-athletes to use institutional facilities for such purposes and inform the student-athletes of the time in advance;
- (c) The student-athlete's attendance and **participation in the activity (or lack thereof) may not be recorded for the purposes of reporting such information to coaching staff members or other student-athletes;** and
- (d) The **student-athlete may not be subjected to penalty if he or she elects not to participate in the activity.** In addition, neither the institution nor any athletics department staff member may provide recognition or incentives (e.g., awards) to a student-athlete based on his or her attendance or performance in the activity.

I have reviewed the above information and hereby affirm that my request to participate in the “voluntary” athletic activities set forth above is purely my own decision and I have not been asked, pressured, coerced or ordered to participate in these activities by anyone.

\_\_\_\_\_  
Student Athlete Signature

\_\_\_\_\_  
Date