

June 20, 2008

Dear Whitman Student-Athlete and Parents,

We hope this email finds you enjoying your summer vacation and remaining healthy as your sport season quickly approaches. If you have not already begun training and getting in shape, please begin preparing your mind and body to do so. **Our highest incidence of injury occurs in the pre-season, most often contributed to out of shape or ill-prepared athletes.**

This year, the medical and insurance forms for varsity athletic eligibility will be available **on-line only**. You may access the appropriate packet through the athletics webpage @ www.whitman.edu/athletics. We have divided the forms into two separate .pdf packets. Only download the packet applicable to your status (first-year or transfers versus returning students). With the exception of the pre-participation physical, all of the forms can be completed online and returned via email..

If you are unable to download the files below, please email (dunnjl@whitman.edu) or call the Whitman College Sports Medicine Facility (509) 527-5590. Return any completed forms PRIOR to the start of pre-season by emailing them to dunnjl@whitman.edu or by mailing them to Whitman College Sports Medicine, Sherwood Center, 345 Boyer Avenue, Walla Walla, WA 99362. Please bring any remaining forms to the NCAA eligibility meeting scheduled for your team. Your coach will notify you about the date, time, and location of this meeting later in the summer. **If you are under 18 years of age at the time of the first practice, ALL FORMS MUST BE CO-SIGNED BY A PARENT OR GUARDIAN.**

Packet One – To be downloaded by all returning students regardless of participation status during 2007-08 academic year.

1. Student-Athlete Contact & Insurance Information (Form CI)
2. Medical History (Form MH)
3. Pre-Participation Physical (Form P2)
4. NCAA Medical Forms (Form N3)

Packet Two – to be downloaded by all students who will be new to Whitman for the 2008-09 academic year (first-year and new transfer students).

1. Student-Athlete Contact & Insurance Information (Form CI)
2. Medical History (Form MH)
3. NCAA Medical Forms (Form N3)

The certified athletic training staff requires pre-participation physicals for all athletes before they can participate in their first practice. All student-athletes are required to complete a pre-participation physical BEFORE returning to campus. First-year and first-year transfer athlete are required to complete a matriculation physical in order to register for classes. First-year student-athletes MUST send an **ADDITIONAL** copy of the MATRICULATION PHYSICAL (required by the Whitman College Student Health Center for admission) to the Department of Athletics. Returning athletes will need to schedule an examination with their family physician. Students who attended Whitman last year, but did not participate in varsity athletics, will also need to schedule their physical at home with their family physician. The pre-participation physical is valid for one year from the date of examination. Student-athletes are required to have current physicals during their participation season.

The certified athletic training staff will not allow student-athletes to participate in their first practice without proof of enrollment in a primary insurance plan. If you are not covered by a parent's or guardian's insurance plan and do not carry private personal insurance, you will need to purchase the student insurance available through the Student Health Center. Please contact Ginny Matthews at (509) 527-5281 for additional information about purchasing Student Health Insurance. Whitman College provides secondary coverage of all student-athletes during **supervised participation** in varsity athletes. The College's secondary insurance policy covers any varsity athlete who sustains an injury during supervised participation (when a coach is present at a sanctioned NCAA conditioning workout, practice, or competition). The medical professional will bill the student-athlete's primary insurance first. Student-athletes must complete the appropriate secondary insurance claim forms to cover the remaining balance. Forms are available from the Head Athletic Trainer. Athletes who sustain injuries in supervised varsity activities, but fail to report the injury to the Sports Medicine staff within thirty days of onset run the risk of having their secondary insurance claim denied.

Student-athletes must report their insurance and emergency contact information on Form CI. Please complete the form, attach a photocopy of the front and back of your primary insurance card, and return all forms to the Sports Medicine Office. In the event of a serious or catastrophic injury or illness, the Head Athletic Trainer will contact the student-athlete's emergency contact as well as key college administrators.

The NCAA and Whitman College require student-athletes to sign three additional forms (Assumption of Risk, HIPAA consent, & Declaration of Supplements) prior to their participation in varsity athletics. We have bundled these three forms in a single document (Form N3). Please be certain to read each section carefully and sign or initial when appropriate. Participation in intercollegiate athletics can result in temporary or permanent injury, disability, and even death. You should educate yourself on the inherent risks associated with your participation in a rigorous sports program.

We anticipate another successful year of athletics at Whitman College, and we hope for healthy, injury free seasons. However, in the event of an emergency, the Sports Medicine staff will send a student-athlete to either Walla Walla Clinic Urgent Care or St. Mary's Medical Center (or the closest hospital in the event of an injury sustained while the team is traveling out of town), regardless of their primary insurance, unless indicated otherwise in writing.

Again, available in the downloaded packet are a number of forms that will need to be completed BEFORE your first practice. If you fail to complete ALL REQUIRED forms, the Sports Medicine staff will declare you medically ineligible and will not be able to participate in any team activities.

We look forward to having you back on campus. If you have any questions or have difficulty downloading any of these forms, please contact the Whitman College Sports Medicine Staff at (509) 527-5590.

Student-athletes are encouraged to return their medical forms via email, however student-athletes may also return completed forms before his/her arrival/return via post mail to Whitman College Sports Medicine, 345 Boyer Avenue, Walla Walla, WA 99362.

Sincerely,

Julia L Dunn, A.T.,C.
Head Athletic Trainer