

July 7, 2009

Dear Student-Athletes/Parents,

As you all know the beginning of a school year always brings about endless paperwork to fill out and meetings to attend. This year is no different. We are requesting important medical information on our student-athletes. Please take a few minutes to review the enclosed information and fill out each form in its entirety and return to the Athletics Department by August 10<sup>th</sup>, 2009. **Please note that all athletes must have personal/private insurance in addition to the accident insurance provided by Meredith College to participate.** More detailed information is provided on page one of "Meredith College Athletic Training".

**INCOMING FRESHMEN ATHLETES:**

You are asked to come to a pre-participation physical screening conducted by our Team Orthopedists. Your admissions physical that was sent to the Health Center will serve to clear you for intercollegiate athletic participation. However, you are still required to attend the screenings. The screenings will be held in the Health Center on campus Monday August 17<sup>th</sup>, 2009 at 6:00pm. **If you are a soccer, volleyball, or cross country athlete and will be practicing with the team on Friday August 14<sup>th</sup>, your physical will be done on Thursday August 13<sup>th</sup> at 5:30p, 5:45p or 6:00p (see scheduled time on next page).** Please wear athletic shorts and t-shirts to physicals.

**RETURNING ATHLETES AND FIRST TIME ATHLETES (other than freshmen):**

You **MUST** attend the pre-participation physical screening. You are asked to arrive at the scheduled time for the team you are on, or trying out for, on Monday August 17<sup>th</sup> 2009 at the Health Center on Campus. Please remember to wear athletic shorts and t-shirts to physicals.

For your convenience, I have included a checklist of paperwork that needs to be returned by **August 10<sup>th</sup>, 2009**. Your participation is essential in completing the process of pre-season medical clearance. **If you do not attend the pre-season physicals, you will be responsible for obtaining your own general and orthopaedic physical.** I appreciate you taking the time to complete this paperwork in a timely manner. I look forward to working with all of you in the upcoming year. Please feel free to contact me if you have any questions or concerns. You may contact me through email at [malleys@meredith.edu](mailto:malleys@meredith.edu).

Sincerely,

Sharon Malley, MA, LAT, ATC  
Head Athletic Trainer/Assistant Professor

## **PHYSICAL TIMES:**

### **Thursday, August 14<sup>th</sup>**

Volleyball-athletes that are practicing on the 14 <sup>th</sup>	5:30p
Cross Country-athletes that are practicing on the 14 <sup>th</sup>	5:45p
Soccer- athletes that are practicing on the 14 <sup>th</sup>	6:00p

### **Monday, August 17<sup>th</sup>**

Basketball	5:30p
Softball	5:45p
Freshmen--all sports who were not screened on the 13 <sup>th</sup>	6:00p
Tennis	6:00p
Soccer, Volleyball, and cross country athletes not screened on the 13 <sup>h</sup>	6:00p

REMINDER: All returning and first-time athletes must have a pre-screening panel (blood pressure, height/weight) done by the nurses at student health **prior to the orthopedic screening.** These can be done anytime prior to physicals between 8:00am and 4:00pm.

## **CHECKLIST OF ITEMS TO BE RETURNED:**

### **Freshmen and new athletes:**

- \_\_\_\_\_ Medical History Form
- \_\_\_\_\_ Medical Information Release
- \_\_\_\_\_ Assumption of Risk
- \_\_\_\_\_ Personal Data/Insurance Information/Emergency Contacts—blue sheet
- \_\_\_\_\_ **Copy of Medical Insurance Card – front and back** (Please enlarge)
- \_\_\_\_\_ Copy of Pharmacy/Prescription Card—front and back (Please enlarge)

### **Returning athletes:**

- \_\_\_\_\_ Personal Data/Insurance Information/Emergency Contacts—blue sheet
- \_\_\_\_\_ **Copy of Medical Insurance Card—front and back**
- \_\_\_\_\_ Copy of Pharmacy/Prescription Card—front and back (if you have one)

\*\*If any information is missing from your packet, it can be found on the Athletics website under Athletic Training Forms

Please return all forms to:

Sharon Malley, MA, LAT, ATC  
Head Athletic Trainer--Meredith College  
3800 Hillsborough Street  
Raleigh, NC 27607