

Dear Student-Athlete:

My name is Chris Jones and I am the Director of Sports Medicine at Christopher Newport University. Prior to starting practice there are a few things that must be done for my office. Please take time, with your parents, to read and fill out all of the enclosed information. This information is a must for you to start practice -- **no forms, no practice**.

To simplify things I have put the necessary information in a check list format. Please make sure all the information that pertains to you is checked off prior to the first day of practice.

1. ATHLETIC PHYSICALS:

- ◆ Football will be done on the night of your report to camp date
- ◆ W & M soccer, field hockey, volleyball, M & W cross country and cheerleading will be done on the evening that you report to camp.

- If a physical has already been done please get your doctor to put it on our form that is located on the web
 - **this physical must be done after July 1, 2008 not prior to that date to count for the 2008- 2009 school year**

- Physicals done at CNU cost is **\$25.00 CASH ONLY**

- Everybody (even if you have had a physical done) must be there and you will need:
 - a pen to fill out forms
 - to have shorts on

2. INSURANCE INFORMATION:

- form filled out completely & signed by parents
 - parents must sign this form if the athlete is covered under their insurance or if the athlete has no insurance.
- copy of health insurance card (front & back) attached to form
- if out of town HMO is involved a list of local doctors that are covered by your HMO

3. UNDER THE AGE OF 18 AS OF date of physical (if you need these forms please let me know and they will be sent to you)

- training room under age 18 form
- NCAA forms
- parent's signature on assumption of risk form
- parent' s signature on the CNU drug testing form
- parent's signature on the consent of purpose of treatment, payment, and healthcare operations form

I am off for the summer but if you have any questions please leave a message on my office phone, I check my messages regularly. If you must get in touch with me immediately please call the main athletic office and they can call me and I will get right back to you.

Looking forward to seeing all of you for pre-season.

Chris Jones ATC CSCS
Director of Sports Medicine
757-594-7023
757-594-7025 (main athletic office)