

Dear Returning Student-Athlete:

As you have done in the past 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 you are getting a physical done at home:
  - **this physical must be done after July 1, 2008 not prior to that date to count for the 2008 - 2009 school year**
  
- If you are getting a physical here at CNU the 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
  - this is on the web
- 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

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)