Westfield State University Athletics Department  
Preseason Cross Country Camp 2017

Congratulations on being invited to preseason camp. Please read everything in this letter and print it for your records.

IN ORDER TO ATTEND CAMP the following must be completed BEFORE FRIDAY, JULY, 14th:

- Online Registration (see below for Instructions)
- Paid in Full
- All Medical forms must be completed and mailed

If you are not registered by July 14th, your name will be removed from the list and your invitation to preseason camp will be revoked. If you have decided not to play please email or call Coach Bill Devine to inform him of your decision.

- Email: bdevine@westfield.ma.edu, telephone (413-636-7702)

**HOW TO REGISTER FOR PRESEASON CROSS COUNTRY CAMP**

**ONLINE FORMS**

- **Complete the online Cross Country Registration:**
  westfield.ma.edu/tickets - This will take you to University Tickets where you will register and purchase your practice clothing:
  1. Click Team Registration
  2. Choose Men’s or Women’s Cross Country Registration
  3. Choose Login
  4. Choose Westfield State Community
  5. Choose WSU Login – using your My Westfield account information (sent to new students in the mail from Admissions)
  6. Choose one ticket and Add to Order

- **Complete the Medical Requirements for Athletic Training:**
  Complete all five steps including the online Medical History information forms which are available online at:

1. **Copy of Required Student Health Form** (to be completed by a Physician).
   - All student-athletes must have a recent physical completed by a Physician within 6 months of the starting date of August 21st.
   - For new students, the Student Health Form must be on file in the Health Services Department AND a separate copy must be mailed to Athletics.
   - Returning students need only mail the completed form to Athletics.
2. Sickle Cell Trait Documentation
   ➢ All student-athletes must provide documented proof of their sickle cell trait status (SCTS) prior to participating in try-outs, practices, or conditioning. This request for information in on the Student Health Form. One of the following must be met:
     1. Provide a copy of your newborn sickle cell test results. Contact your hospital of birth and/or your pediatrician’s office.
     2. Provide a copy of a recent Sickle Cell Solubility test indicating your SCTS. This requires a written request from a physician, a blood draw from a physicians’ office or a lab, and a lab test.
     3. Sign a waiver declining options 1 and 2. While the waiver is the quickest and easiest option, it is not recommended.
     4. Please go to our website for more information on SCTS.

3. Copy of Insurance Card (front and back).
5. Online completion of the Athletic Training System (ATS) web portal.

➢ All of the above must be completed for you to be eligible to practice.

Please read if you have been diagnosed with ADHD:
ADHD (Attention Deficit Hyperactivity Disorder) NCAA Policy
If a student-athlete is being treated for ADHD by a doctor/mental health professional, he/she must provide the following information to the Athletic Trainers:
   1) Description of the evaluation process which identifies the assessment tools and procedures.
   2) Statement of the Diagnosis, including when it was confirmed.
   3) History of ADHD treatment (previous AND ongoing)
   4) Statement that a non-banned ADHD alternative has been considered if the stimulant is currently prescribed.
   5) Statement regarding follow-up and monitoring visits.
Please see the athletic trainers if you or your physician requires clarification on what materials need to be provided. This information will be provided to the NCAA in the event of a positive drug-test.

Mail All Completed Medical Forms To:
Department Of Athletics
Westfield State University
577 Western Avenue
Westfield, MA 01086

Please contact the Athletic Training staff if you or your physician need additional clarification on what materials need to be provided.

Cheryl Lee, Head Athletic Trainer
Email: clee@westfield.ma.edu Telephone: 413-572-5418
ADDITIONAL INFORMATION

MOVE IN: WEDNESDAY, AUGUST 30TH
➤ Players will report to their fall assigned room at 1:00 p.m.

PRESEASON ROOM INFORMATION
1. While in the residence halls, students must adhere to all rules and regulations listed on the Preseason Guidelines.

MUSCULOSKELETAL EXAM
➤ At 2:00 p.m., you will report to the Woodward Center to see the Athletic Training staff for a musculoskeletal exam. (Please wear shorts and a t-shirt for this session).

FIRST PRACTICE
➤ Wednesday, August 30th after medical clearance is complete.

MORE INFORMATION:
1. Student-Athletes may want to bring one pair of shoes for natural grass and one pair for athletic field turf. Metal tips are NOT allowed on the field turf.
2. Coaches may make cuts at their discretion any time during preseason, at which time cut players will be required to leave camp.
3. Student-athletes (1st, 2nd, 3rd, or 4th year) are allowed to bring cars to preseason and park in lots designated for students. Access to these cars/keys may be denied throughout camp depending on team rules.
4. Student-Athletes will not be allowed to leave campus during preseason camp unless approved by the coach.
5. Three meals per day are provided during preseason and are mandatory unless you have been excused by your coach. Please do not arrive early. You must check in with a member of the Athletics Department. Shirts and shoes are required. You are responsible for cleaning up after yourself.

If you have questions or concerns, please call Coach Devine or the Department of Athletics:

Coach Devine
bddevine@westfield.ma.edu
Cell 413-636-7702

Department of Athletics
413-572-5405