

To: 2010-2011 Prospective Student-Athletes  
From: UCSC Athletic Training/Sports Medicine

Dear Student-Athletes,

Welcome prospective and current student-athletes. As we prepare for the upcoming school year we would like to provide you with some necessary information you will need if you plan to participate in Intercollegiate Athletics at UCSC for the 2010-2011 season.

In accordance with NCAA rules and bylaws, it is MANDATORY for ALL student-athletes (returning, first-year, and transfer student-athletes) to submit a current physical performed and signed by an appropriate health-care practitioner prior to the start of the respective sports' seasons. Physicals performed and signed by a chiropractor are not be accepted. Physicals performed within 6 months of the intended start date are accepted. Please note that physicals are valid for one year which means you may need to obtain a new one should it happen to expire in the Spring in order to participate in Spring team activities. Online at [www.goslugs.com](http://www.goslugs.com) you can find the following forms:

1. Registration form (completed by everyone)
2. Pre-participation Physical Evaluation sheet (completed by everyone)
3. Health History forms (to be completed if this is your INITIAL ENTRY into Intercollegiate Athletics at UCSC)
4. Medical History Update (to be completed ONLY if you are a RETURNING student-athlete)
5. Emergency Contact and Health Insurance Information form (completed by everyone)
6. Health Insurance Coverage Confirmation form (completed by everyone)
7. Consent for Disclosure of Protected Health Information sheet (completed by everyone)

These forms are to be completed before the first practice or tryout date. Student-athletes will not be allowed to participate if any forms are missing or incomplete, no exceptions. We also ask that you submit a copy of your insurance card (front and back) proving that you have an established minimum of \$90,000 coverage to be applied towards injuries sustained while competing in intercollegiate athletics at UCSC.

Due to the early starts, student-athletes participating in the following sports must have a signed and completed physical from their own physicians.

Women's Cross Country	Women's Golf	Men's Soccer
Women's Soccer	Men's Tennis	Women's Tennis
Men's & Women's Swimming/Diving		

All other sports listed below will have the opportunity to have a physical completed on campus by our team physicians for a nominal fee (\$10) OR you may still choose to see your physician at

your convenience before the first day of practice/tryouts. The dates for on-campus physicals will be determined at a later date based on input from the coaches.

Men's Basketball      Women's Basketball      Men's Volleyball

All requirements must be met before you can be involved in any organized team practice or competition. If you have any questions please feel free to contact me by e-mail at [primrose@ucsc.edu](mailto:primrose@ucsc.edu). Question may also be directed to the Athletic Department at (831) 459-4962.

Regards,

Primrose H. Pisares, M.S., ATC  
UCSC Head Athletic Trainer