

Cumberland University

Athletic Training Department

One Cumberland Square

Lebanon, TN 37087

615-547-1335

July 7, 2009

Dear CU Student-Athlete and/or Parent/Guardian:

Greetings from Cumberland University and the Bulldog Athletic Training Department! I hope everyone is enjoying their summer and getting refreshed and ready for the 2009-2010 academic year. Ready or not, the fall semester (or, for some of you, two-a-days) will be here before you know it. The purpose of this packet from the Athletic Training Department is to make sure that you have all the information you need so you will be ready to participate when you return to campus.

Included in this packet is the Athletic Department insurance policy and procedure letter. Read through this letter carefully so that you understand the policies and procedures associated with the Athletic Department's secondary insurance plan. Secondly, there is the Insurance Information Form. Make sure that you fill this information form out completely and accurately and return it along with a copy of the front and back of your primary healthcare insurance card (and your prescription card, dental card, or eye care card if applicable) to the Athletic Training Department as soon as possible. If you have two insurance policies (a primary and a secondary policy) forward information for both.

If this is your first year at Cumberland University (newcomer), there is a Pre-Participation Packet that will need to be read through and filled out. The packet includes contact information, a medical history survey, and some additional statements (medical policy information, authorization to release information, assumption of risk, verification of understanding for the athletic department drug policy, the NOCSAE statement for athletes who wear helmets) for you to read through and verify your understanding of our policies. Returning athletes will also receive these statements for their review and verification of understanding. In addition, all athletes will receive a copy of our Substance Abuse Policy.

Finally, I would also like to take this opportunity to give you the official dates and times of the 2009-2010 pre-participation physicals. They will be as follows:

Monday

August 10th	Cheerleading, Football, Men's Soccer, Women's Soccer and Volleyball returners in the Athletic Training Room
12:00 p.m.	Cheerleading
12:15 p.m.	Men's Soccer
12:30 p.m.	Women's Soccer
12:45 p.m.	Volleyball
1:00 p.m.	Football

Cheerleading, Football, Men's Soccer, Women's Soccer, and Volleyball
newcomers @ 5:30 p.m. (athletes meet in tiered classroom of Labry Hall)

Tuesday

August 25th

Winter and Spring sport **returners** in athletic training room

12:00 p.m.	Wrestling
12:15 p.m.	Men's and Women's Golf, and Cycling
12:30 p.m.	Men's and Women's Tennis
12:45 p.m.	Women's Basketball
1:00 p.m.	Men's Basketball
1:15 p.m.	Baseball
1:30 p.m.	Softball

Winter and Spring sport **newcomers @ 5:30 p.m.** (athletes meet in the tiered classroom of LH)

It is important that you attend your designated date and time for the pre-participation physical. If you do not attend the designated physical date you will not be medically cleared in time to begin the first practice or workout. It will also be a much easier process for you to go through the physical and get medical clearance if you have already forwarded us the information that we are asking for and have provided for you in this packet (insurance information form, a copy of the front and back of your insurance card or cards, and the pre-participation packets from the newcomers). **The deadline for submitting this information to the CU Athletic Training Department is August 6th, 2009.** If there are any questions or concerns regarding anything discussed in this letter do not hesitate to contact the Athletic Training Department.

Until August, enjoy your summer. Be sure to get or stay in shape and come into the season in good physical condition so you can enjoy a successful and injury free season. Go Bulldogs!!

Sincerely,

Daniel W. Rogers

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