



Dear New and Transfer Student-Athletes and Parents,

Congratulations on becoming a Wildcat! There are a few important details that need to be completed before you can participate in intercollegiate athletics. All the forms and information you need is on our athletic website, www.wildcats.sunyit.edu. Please use the following checklist to make sure you have everything completed prior to your start at SUNYIT:

Complete this checklist below:

- Using our website above, click on **Athletic Training** and then click on **Medical Forms**. Print out these forms and complete. Go back and click on **Insurance Information/Forms** and print out and complete this form. **Please include a copy of your insurance card.**

Mail all 5 of these forms to the following address by **August 1, 2009**:

SUNYIT Athletics
Attn: Kelly Colbert, ATC
P.O. Box 3050
Utica, NY 13504

- If you had a surgery within the past year, or if you are currently seeing a physician for an injury, please send along a note from your doctor stating that you are cleared to participate in intercollegiate athletics.
- The NCAA has taken a stronger stance on the use of stimulant medications used to treat ADHD, and now requires more documentation for these drugs that are on the list for banned stimulants. Please note that if you are currently taking medication for the treatment of ADHD, you must submit documentation of the following:
 - documentation that demonstrates the student-athlete has undergone a clinical assessment to diagnose ADHD
 - that you are being monitored routinely for use of the stimulant medication
 - you have a current prescription on file.

Sincerely,
Kelly Colbert, ATC