



Dear Forester Student-Athlete,

Welcome to Lake Forest College. One of my responsibilities as the head athletic trainer here at the College is to ensure the safety and welfare of our student-athletes. An important part of that process begins now. I ask that you go on-line and download the physical forms to take to your physician.

The forms can be found on the link below:

[http://www.lakeforest.edu/images/userImages/pittinos/Page\\_7676/LFC\\_Health%20Form.pdf](http://www.lakeforest.edu/images/userImages/pittinos/Page_7676/LFC_Health%20Form.pdf)

As a new **Student-Athlete and/or Transfer**, it is **mandatory** that you get a complete physical from your physician prior to reporting for your upcoming season participation. **If you do not have a complete physical as well as completed paperwork, you will not be able to practice.**

This year we are teaming up with the Health & Wellness Center with our physical paperwork, to avoid confusion and help alleviate problems. Working together on this allows our parents and student-athletes a one time physical for both school and athletic participation. The following website begins with a letter from Bill Divane, Associate Dean of Students/Director of Health and Wellness, outlining the procedures in order to complete the physical and its components. Please complete the entire physical and return it to the address provided in the letter. If at any time, you have questions or concerns please contact me at 847.735.5296 or [gilboe@lakeforest.edu](mailto:gilboe@lakeforest.edu) or Linda Alaimo at 847.735.5050 or [alaimo@lakeforest.edu](mailto:alaimo@lakeforest.edu).

Sincerely,

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