



Dear Forester Student-Athlete,

I hope you are enjoying your summer thus far. Once again it's that time of year to obtain a physical for athletic participation. Please find your season of participation and follow the directions.

If you decide that you want to see your doctor at home for a physical instead of with the Student Health Services; please go to this website and download and print off the page below and take it to your doctor to fill out. Then mail, fax or bring it with you when you return to campus in the fall.

http://www.lakeforest.edu/images/userImages/pittinos/Page_3943/Returning%20student%20athlete%20form.pdf

FALL ATHLETES:

If you received a physical screening before leaving campus this semester and were cleared by the nurse practitioner; then you are cleared for participation and **do not** have to get a physical from your doctor at home. If for some reason you were told by the nurse to clear something up with your doctor then, please do so and return the paper work by mail or fax. The only thing you may need to do when arrive back on campus in August is to update your insurance information and update your emergency contact information, if warranted.

WINTER ATHLETES:

The following dates and times have been provided for you to obtain of physical screening when you arrive back on campus. This allows you the opportunity to have priority over other sports teams to make and appointment that week to get in and receive your physical by calling extension 5050.

Week of September 7th – Men's Ice Hockey

Week of September 14th – Women's Ice Hockey

Week of September 21st – M/W Swimming and Diving

Week of September 24th – M/W Basketball

Week of September 28th – M/W Handball.

SPRING ATHLETES:

Softball Athletes will be provided a clearance through the athletic training staff before "Fall Practice" starts.

Men's Tennis will have dates and times to be determined after winter break in January 2010.

If at any time, you have questions or concerns please contact me at 847.735.5296 or gilboe@lakeforest.edu or Linda Alaimo at 847.735.5050 or alaimo@lakeforest.edu

Sincerely,

Michael Gilboe, MS, ATC
Head Athletic Trainer
Lake Forest College