TO: Muhlenberg College Varsity Student-Athletes, Women’s Rugby, Ice Hockey
FROM: Steve Nemes, Jr., LAT, ATC, Head Athletic Trainer
        Lindsay Porembo, LAT, ATC, Associate Athletic Trainer
        Jamie Scalise LAT, ATC, OTC, ITAT, Assistant Athletic Trainer
RE: Sports Medicine Information and Important Forms

We would like to take this opportunity to welcome you to Muhlenberg College athletics. Since you will be participating this fall in a regular season or non-traditional season; we are requesting that all required forms which are located under “Freshmen, Transfers, 1st Year UpperClass Athletes” at this website be filled out and returned to the athletic training department by June 20 for fall sports and August 5 for Winter and Spring sports.

Muhlenberg College requires that all varsity student athletes, club women’s rugby and ice hockey players have on file a recent (within 6 months) ECG (EKG) strip. This is explained in the letter accompanying the copy of the required “Muhlenberg College Varsity Athletics Participation Physical Evaluation Form” located on the above website. Both the Physical Exam form (4pages) and the ECG strip must be completed and returned by June 20 FOR ALL SPORTS inorder for your son/daughter to compete in a varsity sport, club women’s rugby or ice hockey at Muhlenberg. If a physical is not possible by this date please let us know.

The NCAA now requires that all student athletes have on file the date of Sickle Cell trait screening, including proper documentation, or denial. This information is found on the “Athletics: Pre-Examination” form on the website. This form should also be returned to the Athletics Department, c/o Steve Nemes by June 20.

**Please note that the forms the Athletic Training Dept. are requesting are not the same as the forms requested by the Health Center. Both sets must be filled out and sent back to the proper office. The forms being requested in this letter are to be returned to the Athletic Training Department and DO NOT require a physician’s signature except for the Athletics Participation Physical Evalutltion and ADHD (if applicable) forms.

You are also required to go to the “SportsWare On Line” website located at the Freshmen et al link. Once you get to the menu you must complete all sections under Athlete and the Questionaire tab under History. Once both sections are completed please log out. I will receive an e-mail confirmation that you have logged into your file. This will eliminate some paperwork on your part. You are to use your full Muhlenberg e-mail address (xxxxx @muhlenberg.edu) and the password will be your Muhlenberg College ID. Please remember to put the dash after the 1st 2 zeroes. This is also to be completed by June 20 for Fall Sports and August 5 for Winter and Spring sports.
Please check the link “Athletic Training Forms List” for a complete list of all required material. Please read over all the information listed on the website listed under “Reference Material/Pre-physical Schedule”. Please send hard copies of all forms and not faxes.

***Please type or use blue or black ink for all forms***

Due to the increased requests from health care facilities, please submit a photocopy, both front and back, of all appropriate insurance cards for your student athlete. It is your responsibility to keep us up to date with current insurance cards if your insurance changes occur during the school year. Even though we will retain a photocopy of all insurance cards, whenever possible it is best to have an actual duplicate of all cards. Remember must have current private insurance inorder to participate in varsity athletics and club women’s rugby and ice hockey at Muhlenberg.

The same information is being requested on a few different forms. This is necessary since these forms are used to provide valuable information for different situations. We apologize for the inconvenience and appreciate your cooperation.

Over the summer please notify us of any injury or illness prior or present that effects your ability to play or condition for your varsity sport(s), club women’s rugby or ice hockey. A WRITTEN RELEASE from the attending physician will be needed for clearance of any such injury/illness PRIOR to being able to participate.

If you are a freshman, The Athletic Initial Participation form (4 page form) must be completed by your personal physician, along with a copy of your ECG and returned to the Athletic Training Office by June 20 in order to participate. If you are not scheduled to see your primary physician until after this date please contact the Health Center and/or Athletic Training office. Also please send the ADHD Medical Form (if Applicable) to the Athletic Training office. If you are a transfer student or have not participated in a varsity sport at Muhlenberg College in over one year you must also have the Athletic Initial Participation form and ECG completed. If you need a copy of these form(s) please go to the sports medicine web page.

Please mail all athletic training forms to the follow address:

Steve Nemes Jr. LAT, ATC  
Life Sports Center  
Muhlenberg College  
2400 Chew St.  
Allentown, PA 18104

It is essential that all necessary forms be correctly completed on time in order to participate in Muhlenberg Athletics. If you have any questions or concerns please contact us. We may be reached by phone at 484-664-3391; by e-mail at snemes@muhlenberg.edu, or by fax at 484-664-3537.

Thank you for your cooperation and time in taking one more step in making this a successful year.

Steve Nemes, LAT, ATC  
Head Athletic Trainer