Dear Elon University Student Athletes and Parents:

I would like to take this opportunity to welcome you to Elon University and to introduce you to the services provided by the Elon University Sports Medicine and Athletic Training Staff. We strive to provide the highest quality of health care for our student athletes at Elon. Our Sports Medicine team is comprised of 7 full time certified and licensed athletic trainers (one of which is also a certified strength and conditioning consultant), board certified sports medicine specialists (including an orthopedic consultant), access to a sports trained chiropractor, and other health care providers.

We are responsible for providing medical services for our 16 Division I sports in the Southern Conference. Student athletes at Elon University have daily, including "after hours" health care services available to them through Elon University Primary Care & Sports Medicine which has been created by the Athletic Department to cater exclusively to our student athletes. Student athletes, as do all students, also have access to University Health Services, including women's and men's health services, counseling and psychological services during regular business hours. In addition, student athletes have access to our athletic training room facilities where all members of the Elon Sports Medicine team are available to provide care on a daily basis.

The Elon Sports Medicine staff is committed to maintaining and improving the health and well being of all our student athletes, and we look forward to working with you in your participation at Elon University.

Additional information about Elon University’s Primary Care & Sports Medicine staff, services, and resources will be available for your review at our website: http://www.elon.edu/e-web/athletics/sportsmedicine.xhtml

There are four issues that I would like to bring to your attention:

1. The first is the pre-participation physical examination (PPE) process. All incoming athletes (first year and transfers) will have a physical examination here on campus by one of our Sports Medicine physicians. You will need to complete the First Year Pre-Participation Physical Form and Supplemental History Form (for female athletes only) and bring these completed forms to your assigned Athletic Sport Physical. Please download the appropriate forms from our website: http://www.elon.edu/e-web/athletics/sportsmedicine.xhtml. Your physical examination date will be provided to you by your coach and/or athletic trainer. Each year, returning athletes will complete an Interim PPE form and Supplemental History Form (each year for female athletes only) with your designated athletic trainer upon arrival back to campus.

Please ensure that these forms are filled out with as much detail as possible. Please use an additional piece of paper (if necessary) to provide this DETAILED INFORMATION. (Please contact all health care providers as soon as possible and make necessary arrangements to have these documents available to bring to your scheduled PPE – this MUST be done prior to your arrival on campus). Examples of important information include but are not limited to: evaluation for a heart disease, heart murmur, dizziness, and notes from a musculoskeletal evaluation or previous surgeries. Copies of surgical consultations as well as diagnostic test results may be necessary for clearance.

We also ask that you obtain a sickle cell screening test (as part of a new NCAA mandated requirement) prior to arrival on campus. If you could provide this test result at the time of your PPE, this will expedite the clearance process. In addition, it would be very helpful if all female student-athletes provide the following lab results: CBC, iron studies including total iron, ferritin, % saturation, & TIBC. Athletes are not allowed to practice or compete without medical clearance by an Elon University Sports Medicine Physician.
2. The second issue centers on insurance coverage. We would strongly advise review and familiarization with the insurance information documents enclosed in this package. All important insurance information can also be found on our website: http://www.elon.edu/e-web/athletics/sportsmedicine.xhtml.

PLEASE BE AWARE: Often, insurance plans will deny coverage of health care out of state unless it is an emergency and/or may require that you return home for evaluation and testing. In addition, they may not cover sports injuries or they may require that you be evaluated by a primary care physician (PCP) in their network prior to obtaining diagnostic tests or specialist consultation, often delaying treatment. If a student-athlete’s primary medical insurance coverage is through an HMO/PPO or other managed care, the Elon University Sports Medicine and Department of Athletics requests that the student-athlete, and/or his/her parent(s)/guardian(s) designate myself, Elon University’s Director of Sports Medicine and Head Athletic Team Physician, Dr. Kenneth Barnes as their primary care physician (PCP). I see and treat all student-athletes for both Primary Care and Sports Medicine issues, both on campus and at an off-campus office location. This will allow the student-athlete to have a network of physicians in the immediate area, as well as avoid likely delays in receiving timely medical care for their illnesses, medical and athletic related injuries.

3. The third issue involves a newly mandated requirement regarding documentation of sickle-cell status. As of August 1, 2010, The National Collegiate Athletic Association (NCAA), has required ALL Division I student-athletes (regardless of race, age or gender) have official documentation of their sickle-cell status on file. Per NCAA regulations, this form must be placed in your confidential Athletic Department/Sports Medicine Clinic medical file. Your assistance with completion of this REQUIRED test prior to your arrival on campus is greatly appreciated.

All incoming first year student-athletes are asked to please bring this documentation to your scheduled PPE.

All returning student-athletes are also asked to bring this documentation directly to their designated athletic trainer at the time you complete the Interim PPE form.

The following test is REQUIRED and must be presented at the time of his/her PPE:

- Screening sickle cell test (i.e. SickleDex).

If the sickle-cell screening test comes back positive, have your home physician order a confirmatory test to complete the work-up.

**Athletes are not allowed to practice or compete without official sickle-cell status documentation.**

4. The fourth issue involves medication use, specifically a new mandated documentation process from the National Collegiate Athletic Association (NCAA). As of August 1, 2009, the NCAA requires that all athletes on stimulant medication for the treatment of Attention Deficit Disorder / Attention Deficit Hyperactivity Disorder (ADD/ADHD) provide necessary and adequate documentation of the diagnosis and treatment to allow for a medical exemption. Those student-athletes who are currently taking stimulant medication for the treatment of ADD/ADHD are REQUIRED to have the prescribing health care provider complete the Medical Exemption Form. This form must be updated by the prescribing physician at the start of each school year.

The medical exemption form is available on our website at: http://www.elon.edu/e-web/athletics/sportsmedicine.xhtml

Once again, ALL first year and transfer student-athletes currently taking stimulant medication MUST BRING the REQUIRED medical exemption form fully completed by the prescribing health care provider to their designated PPE. All returning student-athletes are also asked to bring this documentation directly to their designated athletic trainer at the time you complete the Interim PPE form.

Per NCAA regulations, this form must be placed in your confidential Athletic Department/Sports Medicine Clinic medical file.
Your immediate attention and assistance with these four issues is greatly appreciated.

**PLEASE NOTE:** All material provided to us will be placed in your confidential medical record.

I look forward to seeing you all in the fall.

If you have any additional questions or concerns, please do not hesitate to contact me or any member of the Elon Sports Medicine staff directly.

Sincerely,

Kenneth Barnes MD, MSc, CAQSM
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Internal Medicine, Pediatrics & Sports Medicine
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Elon University Staff Athletic Trainers;

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*Women’s Soccer, Baseball* (336) 278-6807

Martin Baker M.S., LAT, ACT
Associate Athletic Trainer
*Women’s Basketball, Men and Women’s Golf* (336) 278-6713

Derek Lawrance M.S., LAT, ATC
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*Men’s Soccer, Softball* (336) 278-6817

A.J. Lukjanczuk M.Ed, ACT/L
Assistant Athletic Trainer
*Football* (336) 278-6714

Elly Shearman M.S., ACT
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*Volleyball, Men and Women’s Tennis* (336) 278-5802

Intern – TBA
Assistant Athletic Trainer
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