

Frequently asked questions:

When does camp start?

Everyone will report to camp on Tuesday, August 13, 2019. Below is the schedule for the 1st day of camp.

Tuesday CHECK-IN DAY

8/13/2019 Campus Center

3:00 PM	Transfers Check In
3:00 PM	Freshmen Check-in
4:00 PM	Upperclassmen Report
5:30 PM	Parent Meeting, Campus Center
6:30 PM	Dinner

Wednesday

8/14/2019

Sport Physicals and Equipment Times will be announced at check-in on Tuesday

How do I get a Summer Workout program?

All copies to incoming players were mailed to permanent address in May. Others may request via email to: Coach Moore, <mailto:amoore@otterbein.edu> He will e-mail you a copy of the program.

When will the summer workout programs be available?

The actual program will start mid May. This is the same time our veteran players will start their summer program. Make sure you are not attempting any exercises in our program without proper supervision.

Is the precamp physical the same as the physical required for the college?

No, the athletic physical that will be performed on report day is done by team physicians. It includes items that are commonly associated with an athletic physical; orthopedic screening, heart & lung check, skin check, medical history, blood pressure, pulse, and height & weight. It is conducted in such a way that the team physician can become acquainted with the athletes prior to the beginning of the season. This physical is done as a separate one from the "college entrance" physical required of everyone prior to entering their first year. That physical also includes ALL vaccinations and other ancillary information.

Both physicals are required for participation in intercollegiate athletics at Otterbein because the vaccinations are an important and necessary part of your medical history. If EITHER is incomplete you will NOT be allowed to participate until BOTH are complete.

What does the athletic physical entail?

The athletic physical has 4 primary parts. (1) The **medical history**, which is a two-page document that can be found in the online form depository. (2) The **medical authorization** (or HIPPA form), which authorizes our medical staff to treat your injuries, talk to any non-Otterbein medical providers in order to get develop treatment plans, AND talk to insurance companies to help get medical bills paid. (3) The **personal data form**, essentially demographic information and emergency medical contact information. (4) The actual **physical** itself performed by the physician.

Which forms do I need?

The **medical authorization** and **medical history** need filled out completely.

The pre-participation athletic physical exam requires a number of forms to be completed. In order to make this process work as efficiently as possible, we would like you to go to this website ...

http://www.otterbeincardinals.com/sports/2011/9/15/Gen_0915115143.aspx?tab=athletictraining

Complete the Medical Authorization and Medical History forms. We keep a database of current contact and insurance information on all of our athletes. In the past this has required hours of paperwork and logging information into the database. We have a feature that allows every athlete to enter THEIR OWN contact and insurance information into our database through a MEDICALLY SECURE parent portal. Your son or daughter will receive an email at their Otterbein address which explains this process AND gives them the necessary information to Log-in to their file and create it.

Additionally, there will be a link sent out from the Athletic Training Staff (exact date is TBD) for you to access your own patient medical record through our staff's new electronic medical record system, "HealthyRoster". The link will navigate you to specific forms you are required to fill out and complete prior to the date of athlete physicals.

The insurance letter explains our secondary policy. Please print, read and keep for your records.

Sickle Cell Trait Policy

The NCAA mandates that its division III member colleges and universities determine the sickle cell trait (SCT) status of all student-athletes, prior to participation. This is a

CHANGE in NCAA policy that started in August 2013. In order to remain in compliance with this rule, Otterbein University Athletic Training has made some necessary changes to its existing SCT screening program. Under the current NCAA and Otterbein Athletics rules, your son or daughter **must** satisfy **one** of the two options at the time of the pre-participation physical (PPE) to be medically cleared for athletics:

- 1) Provide results of a prior sickle cell test
- 2) Take a blood test (sickle cell solubility test) and get documented results BEFORE participating (may take several days to weeks to obtain final results)

How to Provide Results of Previous Testing:

As of today, all 50 states have newborn screening programs that identify sickle cell trait status at birth, however not all states adopted screening in the same year. **We suggest calling your pediatrician to ask if they have results on file.**

As noted above, please call your pediatrician first to ask if they have results on file, if not available, contact the hospital where your son or daughter was born. Be aware that this could take some time for them to get the results to you, so please do this as soon as possible.

Under NCAA rules, we must be aware of your child's sickle cell status at the time of their pre-participation physical exam (PPE) in order to ensure the highest level of safety.

Realizing that it may take up to 8 weeks to obtain results, please attempt to request information from your pediatrician or birth hospital as soon as possible. If we do not have results available at the time of the physical your child can be tested through an agreement between Otterbein and OhioHealth once they get to campus.

How to Obtain a Blood Test:

We highly recommend that you first attempt to collect results from your child's pediatrician or state of birth by following the above directions. In the unlikely event your child was never tested, or for some reason you are unable to obtain results (e.g. foreign born), sickle cell testing is available at the OhioHealth Westerville Medical Campus Work Health clinic. The cost of the test is \$28. The cost will be the athlete's responsibility and is not covered under insurance normally.

Alternatively, you may ask your pediatrician to perform the test and have your child bring the results to the Pre-participation Physical.

How to Decline Submission of Results and Testing:

You are strongly encouraged to submit results of a previous sickle cell test or obtain current results. However, in the unlikely event you still wish to decline a sickle cell blood test, the student athlete can acknowledge this decision by initialing the preferred declination option on the disclosure form provided at the Pre-participation Physical Exam (PPE), in lieu of results. **However, in the unlikely event you still wish to decline sickle cell blood test, the student athlete can acknowledge this decision by initialing the preferred declination option on the disclosure form that is included as one of the specified medical forms within the link to your HealthyRoster Medical Record. As you access the disclosure form, there are two videos (part 1 & part 2) that must be viewed in their entirety. By initialing AND signing the sickle-cell declination form, not only are you declining the option to complete the described testing as previously stated, but**

you are also attesting you HAVE watched both the part 1 and part 2 videos, which is REQUIRED in addition to initialing and signing the sickle-cell disclosure form. Both videos are required to be watched in their entirety and the sickle-cell disclosure form must be completed prior to arrival on campus and before any school sanctioned sport activity.

The goal of Otterbein University Athletic Training is to provide the highest level of safety for all student athletes; we very much appreciate your help in achieving this goal.

For questions or clarification please contact Otterbein Athletic Training via email at cgoodwin@otterbein.edu (preferred method) or by calling 614-823-1634.

What dorm will I be in during camp?

Each player will move into their permanently assigned dorm room when arriving to camp. If you are a commuter student, there will be no dorm assigned. You will commute during football camp just like you will when classes begin.

Can I bring an air conditioner to camp?

Room air conditioners are only allowed in the room if you have a health reason. A note from your primary care physician explaining the medical condition will need to accompany your housing form. Upon review of your application, you will be notified if you have permission to bring a unit to campus. If you have been approved a unit for the school year, you would be allowed to have during camp. Box fans are permitted and highly suggested in the rooms for camp.

What type of clothing will I need to bring to camp?

Grass practice shoes and a pair of indoor tennis shoes are required for camp. Practice clothing (i.e. shorts, Tshirts, and socks) will be issued the first day of camp. Shorts, jeans and shirts to wear outside of practice as well as something to sleep in would be appropriate to bring. We will provide a pair of WHITE game shoes for you at the conclusion of summer camp. You can wear your own WHITE shoes for games if you want. You can wear any color practice shoe.

Other items to bring:

Bed linens (beds in the dorms are twin size, extra long), towels, and personal toiletries.

What about laundry service?

All issued practice clothing will be laundered on a daily basis. Clothing brought from home will not be cleaned by the staff. Laundry facilities are available in the dorms. This service is provided FREE!

How can I get in touch with a player while he is in camp?

The best way to reach a player would be by calling his cell phone after 9:00 pm but before 11:00 pm which is lights out time. Each dorm room will have a dedicated phone line but No actual phone. If a student does not plan on using a cell phone they must bring an actual phone with them to plug in to the line provided. There is a pay phone in

every dorm. If there is an emergency and you need to reach your son, please call Kathy Mazza at (614) 823-3530.

Should I bring a computer, stereo and TV to camp?

You may bring these items to camp for your enjoyment. Every room has high speed internet and cable hookup.

Do I need money for camp?

It is suggested that you do not bring a large amount of cash with you to camp. Many players like to order late night pizza so cash would be necessary for those types of purchases. It is recommended that you arrange to put money on your Cardinal Card account for any purchases you may want to make from the vending machines, campus snack shops, and bookstore.

Can I bring snacks to camp?

Yes, you may bring food and nonalcoholic beverages to store in your dorm room. All meals will be provided at the campus center but snacks for the evenings are permitted.

When school starts what times are practices?

Mondays-	3:00 PM- 6:00 PM
Tuesday-	3:00 PM- 6:30 PM
Wednesday-	3:00 PM- 6:30 PM
Thursday-	3:00 PM- 6:30 PM
Friday-	6:00 AM-7:30 AM

All JV football games are scheduled for Sunday's or Monday's. The schedule is on our football page on the Otterbein website.

Should I meet the coaches during orientation?

No, this is an academic experience. The coaches are available all summer if you need to meet another time.

What times should I schedule my classes?

Academics are first so always schedule the classes you need. If possible try and schedule classes that end by 2:50 PM in the fall. For evening classes please try and schedule after 6:30 PM.

What if I have other questions?

Please feel free to call Kathy Mazza (Recruiting Coordinator) at 614-823-3530 or e-mail kmazza@otterbein.edu.