

Forms for Augustana XC Running 2017/2018

Name	Description	Where to find	When/where to complete	Who to give	Check complete
Augustana xc running signup sheet	<ul style="list-style-type: none"> • name and email for xc running team email correspondence 	organizational meeting or Gerhard's office	Aug 31 / C014 xc running org meeting or Gerhard's office	Gerhard	
Running questionnaire	<ul style="list-style-type: none"> • information about yourself for coaches 	http://augustanarunning.ca	Sep 5 / on-line	submit on-line	
Medical form – returning athlete	<ul style="list-style-type: none"> • medical information for coach / athletics only • completed by you • compulsory for all returning athletes (those who have filled out the new athlete form previously) 	http://augustanarunning.ca	Sep 6 / on your own	Gerhard	
Medical form – new athlete	<ul style="list-style-type: none"> • medical information for coach / athletics only • first section (2 pages) completed by you • physical examination section (3rd page) completed by doctor • you will probably have to pay doctor (\$60-\$125) • compulsory for first-time varsity athletes only 	http://augustanarunning.ca	as soon as possible, before first practice or race as team member / doctor's office <ul style="list-style-type: none"> • downtown walk-in clinic (\$60?) • Smith Clinic 672-2423 (\$125?) • Gemini Clinic 672-9850 (\$125?) 	Gerhard	
Health insurance form	<ul style="list-style-type: none"> • health insurance information for coach / athletics only 	http://augustanarunning.ca	Sep 6 / on your own	Gerhard	
Drug education course	<ul style="list-style-type: none"> • CCAA on-line drug education course • compulsory for those competing in races 	http://augustanarunning.ca has instructions with link to web address for course	Sep 5 / on-line	submit on-line; email Gerhard certificate confirming completion	
CCAA student-athlete consent form	<ul style="list-style-type: none"> • acknowledgment that you will comply with CCAA regulations 	http://augustanarunning.ca	Sep 6 / on your own	Gerhard	
Student-athlete code of conduct	<ul style="list-style-type: none"> • conduct expectations for student-athletes • need to read, initial sections, date and sign • compulsory 	athlete orientation mtg -or- http://augustanarunning.ca	Sep 4 / 6:00 pm gym athlete orientation meeting	athletics dept	
Augustana Vikings athlete profile	<ul style="list-style-type: none"> • information for athletics for publicity and ACAC eligibility purposes 	http://augustanarunning.ca has instructions with link to form	Sep 5 / on-line	submit on-line	
ACAC Universal transfer form	<ul style="list-style-type: none"> • eligibility to compete at Augustana • only necessary for those who competed at a different post-secondary institution last year 	Gerhard's office	1 week before first competition / Gerhard's office	Gerhard	