

## Forms for Augustana XC Running 2018/2019

Name	Description	Where to find	When/where to complete	Who to give	Check complete
<b>Augustana xc running signup sheet</b>	<ul style="list-style-type: none"> <li>name and email for xc running team email correspondence</li> </ul>	organizational meeting or Gerhard's office	Aug 31 / C061 xc running org meeting or Gerhard's office	Gerhard	
<b>Augustana Vikings athlete profile &amp; bio</b>	<ul style="list-style-type: none"> <li>information for athletics for publicity and ACAC eligibility purposes</li> </ul>	<a href="http://augustanarunning.ca">http://augustanarunning.ca</a> has instructions with link to online form	Sep 4 / on-line (profile) & email (bio)	submit on-line (profile) & email to Gerhard (bio)	
<b>Drug education course</b>	<ul style="list-style-type: none"> <li>CCAA on-line drug education course</li> <li>compulsory for those competing in races</li> </ul>	<a href="http://augustanarunning.ca">http://augustanarunning.ca</a> has instructions with link to web address for course	Sep 4 / on-line	submit on-line; email Gerhard certificate confirming completion	
<b>Running questionnaire</b>	<ul style="list-style-type: none"> <li>information about yourself for coaches</li> </ul>	<a href="http://augustanarunning.ca">http://augustanarunning.ca</a>	Sep 4/ on-line	submit on-line	
<b>Medical form – returning athlete</b>	<ul style="list-style-type: none"> <li>medical information for coach / athletics only</li> <li>completed by you</li> <li>compulsory for all returning athletes (those who have filled out the new athlete form previously)</li> </ul>	<a href="http://augustanarunning.ca">http://augustanarunning.ca</a>	Sep 7 / on your own	Gerhard	
<b>Medical form – new athlete</b>	<ul style="list-style-type: none"> <li>medical information for coach / athletics only</li> <li>first section (2 pages) completed by you</li> <li>physical examination section (3<sup>rd</sup> page) completed by doctor</li> <li>you will probably have to pay doctor (\$60-\$100)</li> <li>compulsory for first-time varsity athletes only</li> </ul>	<a href="http://augustanarunning.ca">http://augustanarunning.ca</a>	as soon as possible, before first practice or race as team member / doctor's office <ul style="list-style-type: none"> <li>downtown walk-in clinic (\$80?)</li> <li>Smith Clinic 672-2423 (\$80?)</li> <li>Gemini Clinic 672-9850 (\$80?)</li> </ul>	Gerhard	
<b>Health insurance form</b>	<ul style="list-style-type: none"> <li>health insurance information for coach / athletics only</li> </ul>	<a href="http://augustanarunning.ca">http://augustanarunning.ca</a>	Sep 7 / on your own	Gerhard	
<b>Student-athlete code of conduct</b>	<ul style="list-style-type: none"> <li>conduct expectations for student-athletes</li> <li>need to read, initial sections, date and sign</li> <li>compulsory</li> </ul>	athlete orientation mtg -or- <a href="http://augustanarunning.ca">http://augustanarunning.ca</a>	Aug 30 / 5:00 pm gym athlete orientation meeting	athletics dept	
<b>CCAA student-athlete consent form</b>	<ul style="list-style-type: none"> <li>acknowledgment that you will comply with CCAA regulations</li> </ul>	<a href="http://augustanarunning.ca">http://augustanarunning.ca</a>	Sep 7 / on your own	Gerhard	
<b>ACAC Universal transfer form</b>	<ul style="list-style-type: none"> <li>eligibility to compete at Augustana</li> <li>only necessary for those who competed at a different post-secondary institution last year</li> </ul>	Gerhard's office	1 week before first competition / Gerhard's office	Gerhard	