

Forms for Augustana XC Running 2019/2020

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 29 / C061 xc running org meeting or Gerhard's office	Gerhard	
Augustana Vikings athlete profile & bio	<ul style="list-style-type: none"> information for athletics for publicity and ACAC eligibility purposes 	http://augustanarunning.ca has instructions with link to online form	Sep 3 / on-line (profile) & email (bio)	submit on-line (profile) & email to Gerhard (bio)	
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 3 / on-line	submit on-line; email Gerhard certificate confirming completion	
Running questionnaire	<ul style="list-style-type: none"> information about yourself for coaches 	http://augustanarunning.ca	Sep 3/ 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-\$100) 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 (\$80?) Smith Clinic 672-2423 (\$80?) Gemini Clinic 672-9850 (\$80?) 	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	
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 2 / 6:30 pm gym athlete orientation meeting	athletics dept	
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	
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	