Westfield State University Athletics Department
Preseason Football Camp 2019

Congratulations on being invited to PRESEASON CAMP! Welcome to Westfield State if you are a new student and welcome back if you are a returner. Our coaches and staff are excited for the 2019 season. Please read everything in this letter and print it for your records.

IN ORDER TO ATTEND CAMP the following must be completed by FRIDAY, JULY 19th:

- Online Registration & Payment (see below for instructions)
- Online Athletic Training Requirements (see below for instructions)

If you are not registered and paid by July 19th, your name will be removed from the list and your invitation to preseason camp will be revoked. If you have decided not to play please email or call Coach Kowalski to inform him of your decision.

- Email: pkowalski@westfield.ma.edu, telephone (413-218-3598)

HOW TO REGISTER FOR PRESEASON FOOTBALL CAMP

ONLINE FORMS

- Complete the online Football Registration & Payment:
  [westfield.ma.edu/tickets] - This will take you to University Tickets where you will register and purchase your practice clothing:
    1. Click Team Registration
    2. Choose Football Registration
    3. Choose Login
    4. Choose Westfield State Community
    5. Choose Westfield State University Login – using your My Westfield account information (sent to new students in the mail from Admissions)
    6. Choose one ticket and Add to Order
    7. Check Out
    8. Enter in the Students First and Last name, clothing sizes, email address and then enter in credit card number and continue to Check Out.

- Complete the Medical Requirements for Athletic Training:
  1. All Student-Athletes must have a Physical within six months of the first practice, per NCAA policy. All student-athletes, including returning student-athletes, must have a new physical each year. Physical and immunizations must be uploaded on to the ATS web portal.
  2. Please note you must also send a hard copy of your physical and immunization forms to Westfield State University's Health Services.
  3. For the ATS web portal go to: [https://www.atsusers.com/atsweb/login.aspx?db=atswsc]
5. The online process includes general information, medical history, insurance information, emergency contacts, electronically signing forms for pre participation, assumption of risk, notice of privacy practices, insurance acknowledgement, sickle cell waiver (optional if you are not submitting trait results), concussion acknowledgement, hazing acknowledgement, and uploading of your physical, immunizations, and sickle cell trait.

6. These requirements must be completed for the Westfield State athletic training staff before you are eligible to practice and participate in intercollegiate athletics.

Please read if you have been diagnosed with ADHD:

ADHD (Attention Deficit Hyperactivity Disorder) NCAA Policy

If a student-athlete is being treated for ADHD by a doctor/mental health professional, he/she must provide the following information to the Athletic Trainers:

1) Description of the evaluation process which identifies the assessment tools and procedures.
2) Statement of the Diagnosis, including when it was confirmed.
3) History of ADHD treatment (previous AND ongoing)
4) Statement that a non-banned ADHD alternative has been considered if the stimulant is currently prescribed.
5) Statement regarding follow-up and monitoring visits.

Please contact the Athletic Training staff if you or your physician need additional clarification on what materials need to be provided. This information will be provided to the NCAA in the event of a positive drug-test.

Cheryl Lee-Scecina, Head Athletic Trainer
Email: cleescecina@westfield.ma.edu Telephone: 413-572-5418

ADDITIONAL INFORMATION

MOVE IN: THURSDAY, AUGUST 15th

- If you are an on-campus resident, you will be moving into your permanent room. You may pick up your key from the Residential Life office any time after 9:00am.
- If you are a commuter student, you will be required to live in the Residential Halls on campus during the first part of preseason. Any football players scheduled to live off campus during the school year are considered commuters for preseason camp. These assignments will be made as the date nears and Coach Kowalski will have this information.
- Please have lunch on your own. The Dining Commons is open daily 7am-7pm and the lunch fare is $8.75.
- If you are a new student, and you did not attend Orientation and did not have your photo taken for you ID, you must go to the campus card office in Wilson Hall between 8:30am-2pm to get your ID.
- If you are a returning football player, report to the Woodward Center at 12:30pm. Please wear shorts and a t-shirt.
- If available, Coach Kowalski would like to meet with the parents of new football players at 2:30pm in the Dining Commons.
If you are a new football player, report to the Woodward Center at 3:00pm. Please wear shorts and a t-shirt.

**FIRST PRACTICE: FRIDAY, AUGUST 16th**
- The first practice will be on this day.

**REQUIRED ITEMS FOR PRESEASON TEAM MEETINGS**
- Spiral notebook
- Writing utensil (pen/pencil)
- Three-ring binder

**MORE INFORMATION:**
1. Student-Athletes may want to bring one pair of shoes for natural grass and one pair for athletic field turf. Metal tips are NOT allowed on the field turf.
2. Student-athletes (1st, 2nd, 3rd, or 4th year) are allowed to bring cars to preseason and park in lots designated for students. Access to these cars/keys may be denied throughout camp depending on team rules. Cars must be removed by Saturday, September 1st when regular parking regulations take place.
3. Football players will not be allowed to leave campus during preseason camp unless approved by the coach.
4. It is recommended to bring a fan for your room.
5. Three meals per day are provided during preseason and are mandatory unless you have been excused by your coach. Please do not arrive early to the meals. You must check in with a member of the Athletics Department. Shirts and shoes are required. You are responsible for cleaning up after yourself.

**If you have questions or concerns, please call Coach Pete Kowalski or the Department of Athletics:**

Coach Kowalski  
pkowalski@westfield.ma.edu  
Office 413-572-5420 Cell 413-218-3598  
Department of Athletics  
413-572-5405