

May 2009

To All Incoming and/or Returning Student-Athletes:

PLEASE READ THIS LETTER CAREFULLY

**MEET THE DEADLINES/REQUIREMENTS HERE IN.
IT IS YOUR RESPONSIBILITY.
IT IMPACTS COACHES, TRAINERS, HALL STAFF & YOUR TEAM**

As the director of athletics, fitness and recreation, I would like to congratulate all newcomers on your acceptance to the University of Maine at Farmington. You are receiving this letter because we have been notified of your interest in participating in our fall varsity athletics program by our Office of Admission, coaching staff or personal inquiry.

This letter will provide the information you need and **THINGS YOU MUST DO PRIOR TO COMING TO CAMPUS** to participate in the 2009 fall preseason tryouts, beginning on **Thursday, August 27**. At UMF, preseason is your opportunity to show the coaches and potential teammates what your skills are and how well you have conditioned all summer. The few days of preseason are too little too late for getting in shape. If you haven't started a summer workout program yet ... you better get moving!

I also wish to congratulate all returnees on the many successes achieved in UMF Athletics last year. We had another banner year with team and individual achievements in competition, the classroom, and the community. UMF continued to make great strides in many areas and kept our eyes on established personal, team and program goals throughout. This fall, our teams will reassemble, set new goals, develop new leadership, and challenge each other to be the best student-athletes they can be ... one by one and everyone as one. At UMF, we value the pursuit of excellence on all fronts -- academics, athletic skill, teamwork, competitiveness, sportsmanship, healthful living, leadership, personal integrity and community service. Athletics makes a significant impact on the Farmington campus and in the surrounding community. Our goal is for that impact to be a very positive one; that way we all have fun and get the most out of our experience. The key to our success is everyone's attention to making good choices in and out of season.

Both new and returning athletes will find important details herein that **MUST BE ATTENDED TO ON TIME** for the best chance at success for a smooth preseason. Please read carefully and complete the assigned tasks by the dates specified.

If this e-mail has reached you in error or you do not plan on trying out for a fall varsity sport, please notify Wendy Allen (info. at the end of this letter), so we can adjust mailing lists and notify the respective coach if they were expecting you to try out.

1. Academic Eligibility:

New, first-time students just need to be enrolled full-time (16 credits hours/minimum 2).

Transfers need to send UMF official transcripts and to have been eligible to continue to participate at the school they transferred from. Plus, a release/waiver form needs to be initiated and sent to them.

Returnees: have earned hour and GPA minimums that must be met.

UMF holds membership in the NCAA Division III and our student-athletes must comply with these standards to be eligible to participate in varsity athletics. To participate in tryouts for the fall season you must be eligible. For more detailed information check our web page <http://athletics.umf.maine.edu> under Eligibility. Read carefully and know where you stand before you proceed. If you have any questions, contact me at 207-778-7264 or jadavis@maine.edu.

2. Required forms: We require fall sports' athletes to complete some of the longer compliance, eligibility, and medical history forms prior to arrival on campus and participation in our programs. **All forms are available online at the UMF web site:** http://athletics.umf.maine.edu/Sports_Medicine/medicalforms.html. Please read the instructions, complete the forms, either email to wjallen@maine.edu or write "Required Forms" on the outside of an envelope, and drop off or send **via mail by August 10 to:**

Wendy Allen, Administrative Assistant, Athletics
University of Maine at Farmington
111 South Street
Farmington, ME 04938.

* If for some reason you cannot access the web to do this, contact Wendy at 207-778-7147 or wjallen@maine.edu

3. Physical Exam: You must have a physical examination that clears you for participation in competitive athletics. **There are no exceptions.** You will be held out of practice/tryouts until it is received and reviewed. **Make an appointment with your doctor now and explain that you are seeking "clearance to participate in intercollegiate athletics."** The note should say this specifically, with or without spelled out limitations. **The note must be dated within six months of participation but is good for this academic year if you are a multi-sport athlete.** Keep a backup hard copy to hand-carry with you the first day of tryouts. A few appointments may be available at the Student Health Center the morning of August 27. Call ahead to them to make an appointment at 207-778-7200. It is YOUR responsibility to make an appointment. Appointments are limited.

Returning student-athletes who had a physical done at the UMF Health Center last year need only to fill out the Interval Health History form to meet the physical exam requirement. It is critical that we get these forms ASAP so they have time to process them. http://athletics.umf.maine.edu/Sports_Medicine/medicalforms.html.

4. If you will be living in the residence halls -- PLEASE READ AND ATTEND TO THE FORM entitled, "Early Arrival Policies," located on our website with the required medical forms. Read the flyer carefully. Reserving a room in advance and knowing when to check in are your responsibility. The date and time is Thursday, August 27 from 10:00 A.M.- noon. You will need to check in and pick up keys during this time regardless of when you plan to unpack. **Lunch this day is on your own.** Eat/hydrate appropriately for afternoon practice.

5. Meals: All student-athletes involved in preseason will have meals provided at the cafeteria and are expected to utilize this benefit. No meal money will be distributed. It is an important time to get to know each other and make sure new students feel welcome.

6. The first night: Coaches will have varying schedules for you in the afternoon that they will have informed you about in advance. All incoming student-athletes are expected to attend an all-sport meeting the first evening; roll call will be taken. I and other Athletics staff members along with Student Athlete Advisory Committee members will conduct a mandatory orientation. The program will be educational and to get everyone started on the right foot.

7. Last, but not least: Spend the rest of the summer getting in shape. Cross-train, lift, and stretch according to your sport's needs. Eat right, rest, and drink lots of water. Tryouts are too late to get in shape for collegiate athletics. Most of our coaches will send you a web link to a sport specific summer workout program. Remember, doing this helps prevent injury and your teammates are depending on you.

Note: We continue to warn athletes about over-the-counter nutritional supplements. In short, steer clear of the ultra-energy drinks and products containing stimulant combinations. Just because it's herbal or over-the-counter, doesn't mean it is safe or not on the NCAA banned substance list—check www.drugfreesport.com/rec.

See you in August!

Julie A. Davis

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Director of Athletics, Fitness & Recreation