

SPORTS MEDICINE TRYOUT GUIDELINES Virginia Tech Baseball

1. Complete and sign SPORTS MEDICINE TRYOUT GUIDELINES form.
2. Complete the NEW ATHLETE PARTICIPATION PHYSICAL EVALUATION (blue).
3. Complete the SPORTS MEDICINE – ATHLETE INFORMATION SHEET.
4. **Sickle Cell Trait:** Per NCAA guidelines, it is mandatory for every student athlete and tryout to be tested for sickle cell trait prior to participation. Most people are tested for this at birth. You will need to do one of the following options:
 - a. Obtain this test result from your pediatrician/primary care doctor.
 - b. If there are no records of this, you can be tested by your primary care doctor.
 - c. Get tested once you arrive on campus
5. If you are needing to get tested for sickle cell trait on campus, Sports Medicine will provide a form to complete blood work at Schiffert Health Center. You must coordinate a time to pick up the form **NO LATER THAN ONE WEEK PRIOR TO THE TRYOUT DATE** to ensure your get results in time.
6. Every tryout needs to meet with Kyle Stagers, ATC at the mandatory meeting at the baseball field one week prior to the tryout date. **Bring completed paperwork, sickle cell trait results and your health insurance card.** Proof of health insurance is mandatory for all try outs.
 - a. If you are unable to obtain sickle cell results prior to this, you will receive the form to get bloodwork done at Schiffert at this meeting.
7. If you have any questions related to medical clearance prior to tryouts, email Kyle Stagers, ATC at kyleas8@vt.edu

I _____, desire to tryout for the Virginia Tech Baseball team. I accept responsibility for any injury that may occur due to this tryout. I have provided the Sports Medicine department a copy of my up to date health insurance card that will cover any expenses which may result should an injury occur. I understand that this tryout is good for only three days and that if I am selected for the team, I must pass a physical exam prior to being placed on the roster .

Signature _____ Date _____