

Welcome, Incoming Student-Athlete!

In order for you to become medically eligible to participate in Varsity Athletics at UMD, there are a few items you need to complete as soon as possible.

1. A **PHYSICAL FORM** (attached to this email) should be given to your physician, completed by them and turned in by one of the following methods:

- scan and email to [UMDsportsmed@d.umn.edu](mailto:UMDsportsmed@d.umn.edu)
- fax to 218-726-8440
- mail the hardcopy to:  
Rachel Swichtenberg  
Department of Intercollegiate Athletics  
1216 Ordean Ct. SpHC 170  
Duluth, MN 55812

This physical needs to be on the attached form and the NCAA requires it to have been conducted on or after April 1, 2024. Please return **all 4** physical forms through any process listed above.

2. You need to submit your **SICKLE CELL TRAIT RESULT**. Most states required newborn sickle cell trait testing beginning in 1990. Therefore, athletes may contact their hospital of birth/pediatrician's office and request a copy of their sickle cell trait status from birth. You can submit your results via email, fax or mail through one of the listed methods above.

3. You need to submit a **COPY or PICTURE OF YOUR INSURANCE CARD** (front and back) and email, fax, or mail it through one of the above methods as well.

4. An online medical record and ARMS account is being created for you with basic demographic information (sport, name, birth date, etc.). There will be an email sent to your UMD email address near the end of April/first week of May, which will include all of the instructions necessary to login to your ARMS account. Please e-sign the **4 forms on ARMS** mandated by the NCAA and UMD to complete the eligibility process.

Please complete this process as soon as possible to ensure you are eligible for participation. Participation includes virtual workouts over the summer or in person workouts as well. Without ALL forms (both hardcopy and online) being complete, you WILL NOT be able to participate in UMD sanctioned activity. Attached is a New Athlete Check Sheet to help make sure you have completed all of the necessary steps towards eligibility.

We look forward to working with you all soon! Please contact Rachel Swichtenberg with any questions you may have. Email: [swich005@d.umn.edu](mailto:swich005@d.umn.edu)