

# ELMIRA COLLEGE

OFFICE OF ATHLETICS

June 21, 2024

For all students planning on participating in the following men's or women's sports: soccer, volleyball, field hockey, ice hockey, basketball, wrestling, cheerleading, baseball, softball and lacrosse.

Dear Incoming Student Athlete:

Welcome to Elmira College, we are looking forward to working with you during your athletic and academic career. Most of the information I am about to share should have been sent to you by your coach. Although I wanted to share this information again. In order to be medically cleared to participate in athletics, a number things must be completed. You can find this information by going to: [https://athletics.elmira.edu/sports/2013/5/10/GEN\\_0510131701.aspx](https://athletics.elmira.edu/sports/2013/5/10/GEN_0510131701.aspx) then click on FIRST YEAR ATHLETES which will explain what is needed and how to report it to us. The sports medicine forms will be available for you to fill out on the student health portal on June 19, 2024 and must be completed before August 1.

The Sports Medicine forms that you will need to fill out on the Elmira Student Health Portal are the following: (If any of these forms are not posted for you to fill out, please contact me at [dtomkalski@elmira.edu](mailto:dtomkalski@elmira.edu) or Maria Market at [mmarket@elmira.edu](mailto:mmarket@elmira.edu)).

- a) Medical History
- b) Sports Medicine HIPPA
- c) Insurance & Emergency Contact Information
- d) Sickle Cell Trait Info
- e) Athletic Participation Statement
- f) Concussion Information

You can access the Student Health Portal by following the directions below:

**Go to:** [elmira.studenthealthportal.com](http://elmira.studenthealthportal.com)

**Username:** Student EC email issued at time of enrollment

**Password:** Student's password issued at the time of enrollment or the present password if updated

Before you arrive on campus, I recommend that you and your parents look at the Sports Medicine web page by going to: [www.elmira.edu](http://www.elmira.edu): click on Athletics/ click on "Inside Athletics"/ scroll down to Sports Medicine (OR click on) [https://athletics.elmira.edu/sports/2013/5/10/GEN\\_0510131701.aspx](https://athletics.elmira.edu/sports/2013/5/10/GEN_0510131701.aspx) .There are a lot of information on the site that will be able to answer many of your questions. If you need to speak with someone, please contact the Clarke Health Center secretary at 607-735-1750.

Dave Tomkalski  
Head Athletic Trainer