



SPORTS MEDICINE TRY-OUT INFORMATION

Student-athletes looking to come to Northern State University for a try-out will need to provide each of the following items to the respective coaches at or before arrival on campus.

Physical: A physical, preferably the NSU physical form, clearing the student-athlete for athletic participation by a physician, and it needs to be dated within 6 months of the try-out date.

Insurance: The student-athlete must have proof of valid health insurance. Photos or photocopies of the front and back of the health insurance card is needed if the physical card is not available.

Sickle Cell Test: The NCAA mandates that all athletes participating in an on-campus try-out have a knowledge of their sickle cell trait status. Student-athletes have the following options: 1) show proof of the sickle cell trait testing that was done at birth if you are born after 2006. 2) have a physician conduct a new blood test checking for the sickle cell trait and provide the results to the respective coach with physical paperwork.