



## Dear Student Athletes and Parents-

Congratulations on choosing Dakota State University as the institution where you will further your education! We are proud of our university and our athletic programs. We have much to offer you and in turn believe that you have much to offer us. In order that your experience at Dakota State University is the most positive and enriching that it can be, I am asking that you read this letter carefully.

Let me introduce myself; my name is Brad Gilbert, and I am starting my 14<sup>th</sup> year as the Head Athletic Trainer at DSU. Katie Leuthold is entering her second year as our Assistant Athletic Trainer. As such, I am responsible for the health care that our athletes receive both in-season and out-of-season.

We will be making a few changes to our Sports Medicine program. Starting in the fall of 2011, we will be implementing a new concussion protocol for all contact athletes. This will include ImPACT testing (Immediate Post-Concussion Assessment and Cognitive Testing), as well as pre-concussive testing, when the athlete reports to their sport. We will also be implementing some sickle-cell education and recommending that all at-risk athletes get tested for sickle cell anemia. You can get more information of sickle cell by researching it online.

We have been fortunate enough to team up with the Interlakes Medical Clinic, and they will continue to do all of our athletic physicals at a discounted price. They also have agreed to donate half of all the money collected back to the DSU Athletic Training Room. In other words, by getting a physical at IMC you also provide the training room with additional funds to keep your costs down when you need certain things like ankle braces, wraps, and specialty items. This will be a big benefit, as you will not have to worry about trying to get your physical done during the middle of a busy summer. This will keep us from having all of the headaches associated with everyone getting a physical from a different doctor. We will not have to worry about individuals coming in without a physical, and we will make sure all the bases are covered as I will be present if any problems arise. You will also not be responsible for printing out any forms as in the past. The Interlakes Clinic is charging a flat \$40.00 fee that is to be paid to the Interlakes Clinic in cash before the physical. I feel it is very important that all athletes get their physical done by our local physicians, so I can work closely with the physicians and athletes to increase our health care standards to the highest level possible. In short, **ALL** of our physicals will be done at DSU so no one has to go through the hassle of getting a physical at home. These physicals will take place on the day you report for your sport.

These physicals are not covered by health insurance. If you have special circumstances please email me as listed below.

Dakota State University does not provide a Primary or Secondary Insurance policy to cover injuries that may occur to student-athletes competing in their given sport. We do have a catastrophic insurance policy which kicks in after \$25,000 in medical expenses. **You are required to carry your own primary insurance and make sure it stays up to date.** We have had problems in the past where the athletes insurance expires in the middle of the year and then they get injured. It is the athlete's responsibility to pay those bills. Injuries happen often in college athletics and if the athlete requires surgery, it is not inexpensive. A knee surgery can run from \$10,000 to \$20,000 depending on the injury. I would also check into the coverage your son/daughter would have when in Madison or Sioux Falls (our team physician is Dr. Baumgarten from the Orthopedic Institute in Sioux Falls). Some insurance companies are very particular, and the benefits in college are different from that at home. Some companies require you to fill out paperwork when the student moves to college. **A student-athlete will not be allowed to practice without submitting their valid insurance card. Please check with your insurance company on coverage of your son/daughter.**

**If you do not have insurance and need to purchase some, we have some local agents which we can put you in contact with. Please e-mail me for more information on purchasing insurance.**

## **International Student/Athletes**

**If you are an international athlete we are recommending that you purchase a DakotaCare One personal policy with the value care plus option. The value plus rider adds repatriation and evacuation of remains coverage which is required by the state of South Dakota. You can get a quote online at [www.dakotacare.com](http://www.dakotacare.com). Again, please e-mail me with questions.**

**In order to complete your Health Information Packet you will need the following:**

- ✓ \$40.00 cash for the physical.
- ✓ Copy of the front and back of your valid Insurance Card.
- ✓ Proof of the insurance effective dates. **You must provide a copy of the insurance card and the dates that the policy is in effect before you can participate in any athletic related function.**

**Please email questions to: [Brad.Gilbert@dsu.edu](mailto:Brad.Gilbert@dsu.edu)**

**Thank you,**

**Brad Gilbert, ATC, LAT, CSCS  
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