- Returning Athletes - Please fill out and return (mail or fax) the enclosed Annual Health Update to the Athletic Training Room prior to your return in August. Also, enclose a photocopy of your insurance card. *You are required to maintain insurance coverage to participate in Athletics. See "Incoming Athlete Letter" for more details.*

Dan Sheffer 315-792-5298 office
Utica College Athletics 315-223-2403 fax
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Utica, NY 13502

See the Utica College website for replacement forms at http://www.utica.edu/ucpioneers/forms/index.cfm