



May 1, 2012

TO: USA HOCKEY National Team Development Program Athletes

RE: Medical Information and Vaccinations

Dear USA Hockey Athletes,

We are pleased to be providing medical services to you this season. The following information may be helpful in planning for the 2012-2013 season.

I. Medical Forms

To assist the medical staff in providing for all of your routine or emergency needs while practicing, competing, and traveling please complete the following forms. These forms need to be turned in by **June 15, 2011**. Medical information shared will be protected as required by HIPAA federal regulations.

Please go to <http://www.usahockey.com/usantdp/forms.aspx> to download and complete the following forms. If you are unable to access these forms please contact the medical staff.

- 1) Player Medical Packet
- 2) Preparticipation History and Examination Form

If you download and complete the medical packet on your computer many of the items will fill in automatically to help reduce some of the redundancy. Much of this information was already asked prior to the tryout camp but please complete again so we have the latest information. Also please supply a complete vaccination record from your primary care physician (see below section on Vaccines). A physical by your primary physician from the last year is also strongly recommended. A copy of our form is included to download and have completed by your doctor.

II. Medications and Therapeutic Use Exemptions/Declaration of Use Applications

The medical staff will also be coordinating obtaining therapeutic use exemptions (TUE) for athletes taking necessary banned medications. There are many over-the-counter and prescription medications that contain substances banned by the World Anti-Doping Agency. If you have a medically necessary reason to take a banned medication, a physician needs to approve of the use, and you will need to apply for a therapeutic use exemption (TUE) to keep you in compliance with the IIHF and the U.S. Anti-Doping Agency regulations. As an example, some steroid inhalers for asthma, long acting beta agonist asthma inhalers, and ADHD medications require a TUE. You must provide all physician documentation and testing which supports the diagnosis of asthma or exercise-induced asthma or ADHD in order for the IIHF to approve the use of these medications in competition. Specifically, you must send your previous physician records, pulmonologist's records, pulmonary function testing results, ADHD scores, etc. You may arrange to obtain this testing on your own, or we can assist in scheduling at the University of Michigan, if you have not had it done previously.

We can assist you with the filing of these documents with USADA and the IIHF if you forward the necessary records to us at USA Hockey. If you will require an update to an existing TUE or a new TUE application, we will need a copy of the supporting medical records and documentation to send with the application. We will keep a copy on hand in the event you are drug tested. If you have received approval



for a prior TUE or abbreviated TUE application, please provide us with a copy of those applications and decision letters.

More information is available at www.usada.org and <http://www.wada-ama.org/en/>. The current rules and regulations will be updated with new guidelines on January 1, 2013.

We wish to remind you that no ongoing reliable quality assurance of products, purity, or labeling exists in the unregulated supplement industry, even those that are NSF certified. Supplements could contain harmful and/or unknown banned substances that may not be itemized on the label, and may be variably present from one lot number to another from the same company. We advise that you do not take supplements. Please ask the advice of your team physician or athletic trainer prior to taking any new medications.

III. Concussion Baseline Testing and Preparticipation Examinations

This year we will utilize CogSport neuropsychiatric testing to assist in the care of any concussions sustained. Baseline testing will be coordinated prior to the beginning of the season. We will also schedule each athlete for a physical examination on June 15th and provide you with the opportunity to discuss any specific medical concerns or needs.

IV. Vaccinations

Due to the close quarters of the team and staff while traveling, and exposure to those from other parts of the world, we recommend that you update your vaccinations. In particular, an influenza vaccine should be obtained when it becomes available in the early fall of 2012. We also recommend completing the Hepatitis A series which protects against hepatitis obtained through eating contaminated food. In addition I recommend that you be sure to have up-to-date diphtheria, tetanus, pertussis, Meningococcus, polio, and Measles/Mumps/Rubella vaccinations. Hepatitis A vaccine is recommended for travel to Eastern Europe and Russia, where we will be traveling during the two years that you will be in Ann Arbor. It is possible that you may have received a combination Hepatitis A and B vaccine- please check your records. The Hepatitis A vaccine should ideally be finished earlier than 2-4 weeks before travel. Further CDC recommendations for travel can be found at <http://wwwnc.cdc.gov/travel/destinations/list.htm>.

Please obtain all of the vaccinations prior to the start of the season (and as the flu vaccine is available), if you have not previously obtained them. You may have them administered by your primary care physician or your County Public Health Clinic. For further information please visit: <http://www.cdc.gov/vaccines/recs/schedules/child-schedule.htm>.

Vaccines can be given while at USA Hockey, but will need to be arranged either through one of the University of Michigan Health Centers or the County Health Department. To best identify which vaccines your child is due for, please bring a complete vaccination record from your doctor (vaccination name, date, lot number, etc) at the time of physicals on June 15th.

Please contact us with any questions, concerns, suggestions, or medical needs that arise. We look forward to meeting each of you at the upcoming USA Hockey events.



Sincerely,

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