

WESTCONN FOOTBALL



COMMITTED PLAYER PACKET

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2026 SCHEDULE

	Sep 5 (Sat)	at William Paterson	1 pm
	Sep 12 (Sat)	vs. Christopher Newport	1 pm
	Sep 19 (Sat)	at Gettysburg	1 pm
	Sep 20 (Sun)	vs CT State Wildcats (JV)	12 pm
	Sep 26 (Sat)	vs Kean	12 pm
	Sep 27 (Sun)	vs Wesleyan (JV)	1 pm
	Oct 3 (Sat)	vs Moravian	1 pm
	Oct 11 (Sun)	at New Haven (JV)	1 pm
	Oct 17 (Sat)	at Catholic	1 pm
	Oct 24 (Sat)	at Lycoming	1 pm
	Oct 31 (Sat)	vs Juniata	1 pm
	Nov 7 (Sat)	at Susquehanna	12 pm
	Nov 14 (Sat)	vs Wilkes (Senior Day)	12 pm

STAFF CONTACTS

Kevin Jones - Head Coach

Cell: 203-820-5764

Email: joneskp@wcsu.edu

Drew Hennessy - Offensive Coordinator/Offensive Line

Cell: 845-721-4347

Email: hennessya@wcsu.edu

Nick Crowley - Defensive Coordinator/Linebackers

Cell: 860-681-4312

Email: crowleyn@wcsu.edu

Mike Lago - Special Teams Coordinator/Offensive Backfield

Cell: 203-240-0221

Email: lagom@wcsu.edu

Keion Jones - Quarterbacks/Wide Receivers

Cell: 914-546-3608

Email: joneske@wcsu.edu

Donovan LeBlanc - Defensive Line

Cell: 845-978-8197

Email: leblancd@wcsu.edu

Colin Pawlak - Defensive Back

Cell: 203-721-4726

Email: pawlakc@wcsu.edu

Creating your Sportsware account



- On a computer or your phone Go to <https://www.swol123.net>.
- Select the **Join Sportsware** tab.
- Create an account with your @wcsu.edu email address.
- You will be asked to provide a school code: use "WestConnWolves".

Once created, your account will be accepted by an athletic trainer within 24 hours.

Sportsware checklist

- Complete General Information.
- Upload all Insurance Information.
 - *Husky Insurance Requires Additional Information.
- Sign all 6 electronic forms (see next page).
- Upload all Paperwork.
 - Sports Physical.
 - Cardiac Clearance.
 - Sickle Cell Lab Report.
- Complete medical history questionnaire. **All “yes” answers REQUIRE an explanation.**

This is a challenging process for 1st year players. DO NOT wait until August – you WILL NOT get cleared and will not be allowed to report to camp.

Sportsware E-Forms

There are **6 forms that have to be electronically signed**, they are found in the “Forms” tab. Each form is required to be signed **TWICE**.

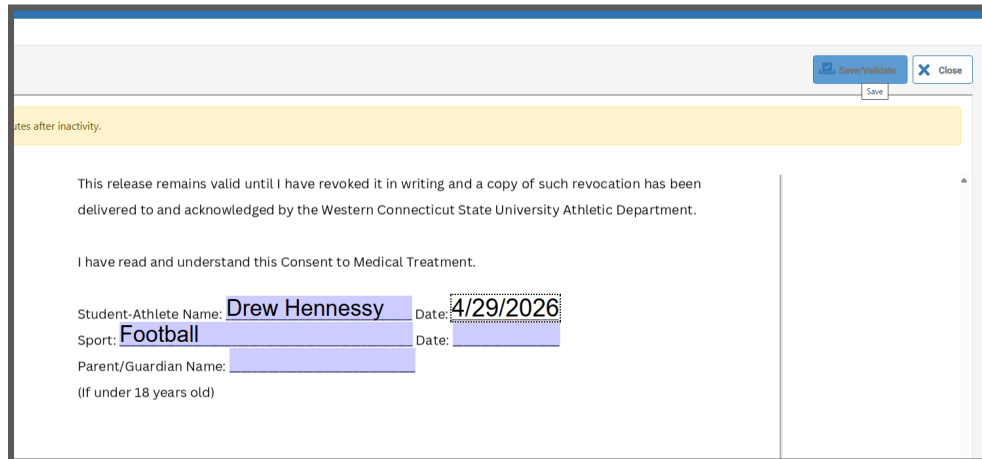
1. Affirmation of Medical History.
2. Assumption of risk.
3. Authorization for release of medical information.
4. Consent to medical treatment.
5. Injury Acknowledgement form.
6. Acknowledgement of Insurance.
(if you have HUSKY insurance, see explanation on page 9)

- To **sign a form**, you must first **select a form** and click “**open**”.
- Once open, **fill out** your information and then **click sign**.
- **Once signed, another signature pop-up will appear at the top of the page.**

(See examples on next page)

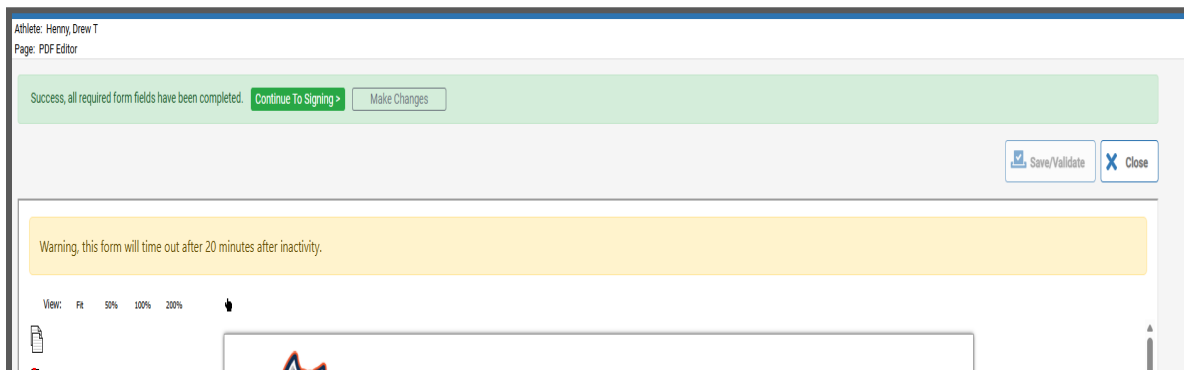
Electronic Paperwork (cont'd)

Step 1 (First Signature)



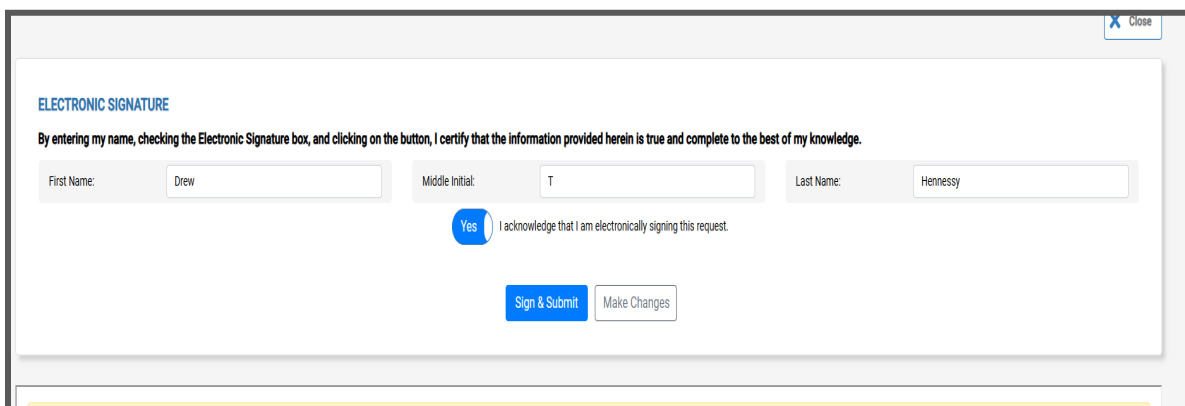
This screenshot shows the first step of the electronic paperwork process. At the top right, there are buttons for 'Save/Validate' and 'Close'. A yellow warning bar at the top states 'Warning, this form will time out after 20 minutes after inactivity.' The main text area contains a disclaimer: 'This release remains valid until I have revoked it in writing and a copy of such revocation has been delivered to and acknowledged by the Western Connecticut State University Athletic Department.' Below this, it says 'I have read and understand this Consent to Medical Treatment.' The form includes several input fields: 'Student-Athlete Name' with the value 'Drew Hennessy', 'Date' with the value '4/29/2026', 'Sport' with the value 'Football', and 'Parent/Guardian Name' which is currently empty. A note '(If under 18 years old)' is present below the parent name field.

Step 2 (Pop up)



This screenshot shows a confirmation pop-up window. At the top left, it identifies the athlete as 'Athlete: Henry, Drew T' and the page as 'Page: PDF Editor'. A green success bar at the top states 'Success, all required form fields have been completed.' and includes buttons for 'Continue To Signing >' and 'Make Changes'. On the right side, there are 'Save/Validate' and 'Close' buttons. A yellow warning bar at the bottom states 'Warning, this form will time out after 20 minutes after inactivity.' Below the warning bar, there is a 'View:' section with a zoom slider set to 50% and a small thumbnail image of the document.

Step 3 (Final Signature)



This screenshot shows the final signature step. At the top right is a 'Close' button. The section is titled 'ELECTRONIC SIGNATURE' in blue. Below the title, a statement reads: 'By entering my name, checking the Electronic Signature box, and clicking on the button, I certify that the information provided herein is true and complete to the best of my knowledge.' There are three input fields for the signature: 'First Name' with the value 'Drew', 'Middle Initial' with the value 'T', and 'Last Name' with the value 'Hennessy'. Below these fields is a blue 'Yes' button with a checkmark icon, followed by the text 'I acknowledge that I am electronically signing this request.' At the bottom, there are two buttons: 'Sign & Submit' and 'Make Changes'.

Husky Insurance Process



- For Husky Insurance users, you must login to your Access Health account via <https://www.accesshealthct.com/>
- For your insurance to be accepted, you must screen shot your active coverage dates and upload them to the Forms tab

Health Coverage	Coverage Start	Coverage End*
Qualified to buy health insurance for 2026. The household is qualified for premium tax credits. Details are provided later in this letter. ✓ You picked a health insurance plan. ✓ You keep your current health coverage until December 31, 2026.	April 01, 2026	December 31, 2026
Qualified to buy health insurance for 2026. ✓ You picked a health insurance plan.	April 01, 2026	December 31, 2026

Sportsware Physical Paperwork

We require three forms of paperwork that you must upload to Sportsware in order to play.

1. A **Sports Physical** completed within 6 months of the first day of camp. This must be done on our forms and must be signed AND stamped by a M.D or D.O. (2 pages, see pages 11 & 12)
2. A **Cardiac Clearance** form. This must be done on our forms and must be signed AND stamped by a M.D or D.O. (see page 13)
3. **Sickle Cell Lab report.** You must provide lab results that state whether or not you have the Sickle Cell Trait. If you have not been tested for sickle cell at any point of your life, the most common tests are done via hemoglobin electrophoresis or solubility tests.

APRN, PA or any other signatures are NOT acceptable by the NCAA, it must be a M.D. or D.O.

Physicals must be performed within 6 months of the start of the season: on or after February 12, 2026.



Western Connecticut State University Athletic Training
 William A. O'Neill Athletic & Convocation Center
 181 White Street – Danbury, Connecticut – 06810
 Sports Medicine Department: (203) 837-9063/9032

Pre-Participation Sports Physical

.....
 This form must be completed within 6 months of participation and signed by a MD/DO

Student Name : _____ Date of Birth: _____
 Height: _____ Weight: _____
 BMI: _____ Pulse: _____
 Blood Pressure: _____ Sport(s): _____

	Normal	N/A	Abnormal Findings
Appearance			
Skin			
HEENT			
Lymph Nodes			
Heart			
• Supine			
• Upright			
• Valsalva			
• Squatting			
Lungs			
Abdomen			
Genitalia			
Neurological			
Musculoskeletal			
• Neck			
• Back			
• Shoulder/Upper Arm			
• Elbow/Forearm			
• Wrist/Hand			
• Hip/Thigh			
• Knee			
• Lower Leg			
• Ankle			
• Foot			

Assessment:



Western Connecticut State University Athletic Training
William A. O'Neill Athletic & Convocation Center
181 White Street – Danbury, Connecticut – 06810
Sports Medicine Department: (203) 837-9063/9032

Pre-Participation Sports Physical

.....

After review of medical history and examination the patient is:

- ☐ Cleared for full participation in intercollegiate athletics.
- ☐ NOT cleared for athletic participation at this time.
- ☐ *Cleared provisionally, but with additional specialty clearance*

Medical Doctor/DO Printed Name: _____ Phone: _____

Medical Doctor/DO Signature: _____

Date exam was performed (NCAA requirement): _____

Office Stamp required:

If cleared provisionally please obtain appropriate specialist signature below

Cardiologist signature: _____

Date: _____

Stamp required:

Phone: _____

Neurologist signature: _____

Date: _____

Stamp required:

Phone: _____

Orthopedist signature: _____

Date: _____

Stamp required:

Phone: _____

WestConn AT 2023



Western Connecticut State University Athletic Training

William A. O'Neill Athletic & Convocation Center – 181 White Street – Danbury, Connecticut – 06810

Athletic Training Staff: Mark Allen, Patrick Hull, Peter Algarin, and Gillian Grahame

☎ (203) 837-9016, 9032, or 9063 Fax: (203) 837-9050

Cardiac Clearance Form

Student Name: _____

Date of Birth: _____

(Patient name) _____ has been cardiac evaluated by our office and is cleared to participate in sports activity without restrictions. If any additional cardiac clearance directions have been required of the student athlete, please attach those notes to this form.

Date: _____

Medical Doctor/DO (Print): _____

Medical Doctor/DO (signature): _____

Office Stamp Here: (Required)

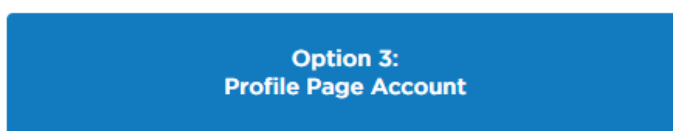
Creating your NCAA ID



****NCAA ID Requirement:** Beginning with the 2026–27 academic year, all D3 student-athletes must have an NCAA ID number.**

If you have already created a profile and an NCAA ID, then you do not need to repeat the process. **The process to create a profile and an NCAA ID is FREE.**

1. Go to [NCAA.org](https://www.ncaa.org)
2. Under the STUDENT-ATHLETES tab, click on the *NCAA Eligibility Center*.
3. Scroll down and select *Option 3: Profile Page Account*.



Who should create this account?

4. Follow the on-screen instructions to create your account and receive your NCAA ID.

Creating your FRONTRUSH account & completing NCAA paperwork

We use a program called **FrontRush** to receive and complete NCAA paperwork. The process is split into two parts:

1. Create your FRONTRUSH Account

****This can only be done after paying your admissions deposit.****

- a. Go to westconnfootball.org/frontrush
- b. Scroll down and select *Click Here to Set Up your FrontRush Account*
- c. Complete the form using your [wcsu.edu](mailto:info@wcsu.edu) email

2. Completing your NCAA Forms

****You will receive emails periodically over the summer with the link to complete your NCAA forms. You must open the link within 36 hours or it will time-out, and you will have to wait until the next email is sent out.****

- a. Open the email from info@frontrush.com sent to your @wcsu.edu email account.
- b. Click on the link within 36 hours of the email being sent.
- c. *****First time users must “Reset” your password*****
- d. Under the FORMS tab, click and submit ALL 15 forms.

More information is available at westconnfootball.org/frontrush

groupme (team messaging app)



- Go to the app store on your phone.
- Download the **groupme** app.
- You will receive a text with the invitation to groupme from Coach Jones.
- Follow the instructions to join the app.

NO NICKNAMES – only full First-Last names will be approved.

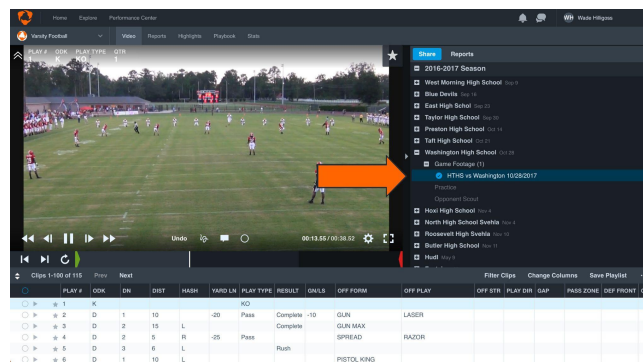


Hudl (game and practice film)



- Hudl works on any desktop, laptop, ipad or smartphone.
- Go to the app store on your phone.
- Download the **Hudl** app.
- Coach Jones will post the link to sign up in the group chat.
- Follow the instructions in the link.
- Use your @wcsu.edu email address to create your account.

NO NICKNAMES - only full First-Last names will be approved.

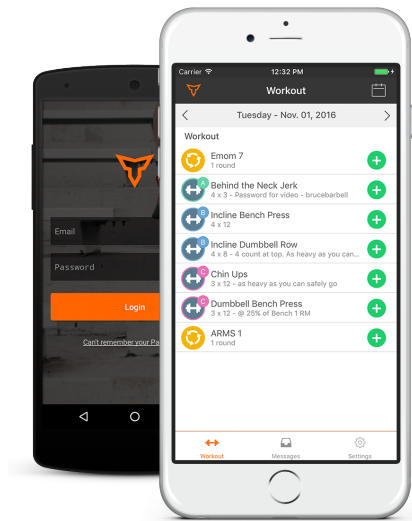


Teambuildr (strength & cond. app)



- Go to the app store on your phone.
- Download the **Teambuildr** app.
- Open your @wcsu.edu email and search for the invitation to Teambuildr from Coach Jones.
- Follow the instructions to join the app.

NO NICKNAMES - only full First-Last names will be approved.



JustPlay (playbook app)



- Go to the app store on your phone.
- Download the **JustPlay** app.
- Open your @wcsu.edu email and search for the invitation from @JustPlay.com
- Follow the instructions to join the app.

NO NICKNAMES - only full First-Last names will be approved.



Team Store

- Our **Team Store** will open soon.
- Coach Jones will post the dates on the **groupme team chat**.

Team Store

Is there a team store to purchase WestConn gear?



Yes. It is open for two weeks in May, and we will also have it open a few other times as we head into camp. We have everything you need - shorts, shirts, sweats, cleats, backpacks, hats, and much more. Players will receive notification in the group chat when the store is open. Feel free to share the link with your family.

Am I obligated to purchase WestConn gear?

No. At this time, there is nothing you are required to purchase to participate. The store is there for anyone that desires to purchase gear. Anyone can order gear, players or family members as each order is shipped to the address of the buyer.

SUMMER F.A.Q.

Classes

What times should I schedule my classes for in-season?

If you are a freshman the advisors at WestConn will schedule your classes for you around our fall practice schedule. For returning players and incoming transfers, you should meet with your advisor and inform them of our practice schedule:

- MONDAY: Players off
- TUESDAY: 8:00–10:00 am
- WEDNESDAY: 8:00–10:00 am
- THURSDAY: 8:00–9:30 am
- FRIDAY: 8:00–9:30 am

When do classes begin?

The first day of classes will be Wednesday, August 27th.

Medical Clearance

Is there a medical clearance process for football?

Yes! This packet contains everything you need to **begin the process as soon as possible**. Do NOT wait - you may not report to camp until you are cleared by our Athletic Training Staff. This is for ALL players (new and returning).

Housing

Do I have to room with a football player?

Many of our players room with each other, many do not. We do not have a preference either way.

Is there a list of football players looking for a roommate?

There will be an “Freshman Player” group on groupme. Please feel free to use this chat to seek out the other players looking for roommates.

I know who I want to room with, now what?

You can choose your roommate as long as you both meet all the HOUSING DEADLINES and you BOTH put each other as the top choice.

Questions: housing@wcsu.edu

Hours: 8AM-4PM Monday-Friday

<https://www.wcsu.edu/housing/>

Student I.D.

You need your Student ID for training camp!

<https://www.wcsu.edu/westconnect/photo-submission/>

Use this link to get your ID during the summer before you arrive.

You can get your ID card during Summer Orientation

Orientation

Is there any football commitment during summer orientation?

No. The Coaching Staff will not be part of your Orientation. It is strictly an academic and social experience and we strongly recommend that you attend one of the sessions.

Football Equipment

Can I get my equipment (helmet, shoulder pads, etc.) prior to training camp?

Yes. Our head equipment manager will fit equipment on designated dates this summer (dates will be posted in the group chat when they are available).

AVAILABLE EQUIPMENT ISSUE DATES

You MUST make an appointment with our Equipment Staff by emailing Al Trimpert trimperta@wcsu.edu or call (203) 837-9030. The equipment room is located on the ground floor of the O'Neill Center (basketball arena, opposite the stadium).

Appointment hours for all dates are between 9am and 2pm.

****ALL DATES WILL BE POSTED IN THE GROUP CHAT WHEN AVAILABLE****

What if I can't make those dates?

You will be issued equipment on the day you report for camp.

What if I have my own helmet?

You must drop off your helmet to the Equipment Room **prior to July 1st**.

Can I mail my helmet?

We would prefer you drop your helmet off to avoid delays in shipping. However, if you need to send it in, please address it to:

WCSU Football Equipment Room
Attn: Al Trimpert
191 White Street
Danbury, CT 06810

Fundraiser

Is there a Team Fundraiser?

Yes. We ask each player to participate in one fundraiser per year. Funds raised are used to enhance the student-athlete experience. This will take place on our report date in August (1st day). Each player should come to camp with ten emails or cell phone numbers of relatives, or close friends, that may be interested in donating to our program (We cannot use any WCSU employees, professors or administrators to raise funds). No amount is too small (and no amount is too great!). We would love each player to attempt to raise \$100 - some will, some won't - we just want everyone to participate. Some parents have asked if they can opt out and simply make a contribution - this is also an option. In those cases, the player simply puts the parent name on the fundraising form.

Camp F.A.Q.

Pre-Season Training Camp

What is training camp?

Training camp is the period of time before the start of the regular season where the team will practice, meet and bond for the upcoming season.

What does a typical camp day look like?

Mornings: Practice

Afternoons: Review practice film / lift

Evenings: Install new plays / Team Building / Walk-thru's

When does training camp start?

Wednesday, August 12th. Check in is between 9:00 am.

Is there a cost to attend camp?

No. Players will be provided with meals and housing until the academic year begins.

What meals are provided during camp?

Breakfast, Lunch and Dinner. Players may bring snacks and drinks from home to keep in their rooms if they choose.

Where do players live during camp?

IF YOU LIVE IN THE DORMS: All players will move into their permanent fall campus housing (Midtown or Westside). Parents should bring their players to the dorm to move in, then drop them off in front of the stadium. The shuttle bus will start running in the evening of Day 1.

IF YOU ARE A COMMUTER: You will be assigned a room for camp, then move to your off-campus housing on move-over day near the end of camp.

I have a car, can I bring it to camp?

Yes. Players may use cars during camp to get back and forth to the dorms. We do not want players driving during camp unless it is necessary.

I don't have a car, do I need one?

No. Shuttle buses will run from the stadium to Midtown during camp.

Do I need money (cash) for camp?

No. It is strongly recommended that you do not bring cash to camp. Many players will order food for delivery (pizza, etc) later at night. In this day and age we recommend using an app attached to a credit or debit card and leaving your cash at home.

What type of clothing do I need for camp?

Game/practice cleats, sneakers, shorts, T-shirts. Other clothing to wear in between practices, as well as something to sleep in would also be appropriate to bring.

What else do I need to bring?

Bed linens (dorm beds are twin size extra long), towels and personal toiletries.

What about laundry?

All issued practice clothing will be laundered on a daily basis. Personal items will not be cleaned by the staff. Laundry facilities are available in the dorms for a nominal fee. Players should bring laundry detergent.

I am in the EAP Scholars program, how does that work with camp?

The EAP Orientation Program is designed as a morning program - we make attempts to manipulate practice times to accommodate the EAP program when we can.

When is the first time a player can go home during the fall semester?

After our scrimmage on either Friday August 28th or Saturday August 29th - players will be off until our team meeting on Monday, August 31st at 4 pm.