

Stanwood President's Day Tourney Registration

Note: MUST FILL OUT A FORM FOR EACH TEAM ENTERED - CAREFUL TO CHECK GRADE/GENDER/SKILL LEVEL

Registration must be turned in with payment before February 8th, 2019

4TH THRU 8TH

TEAM NAME: _____ **GRADE:** _____ (**BOYS / GIRLS**)

Team **SKILL Level** (circle one) 1=Beginner 2=below average 3=average 4= above average 5=club/elite

Contact Person: _____ **Phone:** _____

Email: _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Cost: \$300.00 per team or \$275.00 per team with three or more teams

Checks Payable To: Spartan Girls Basketball Club

Send To: 6908 288th St NW, Stanwood, WA 98292

Team Roster

Player Name	Grade
Coaches' Names	



HEADS UP: CONCUSSION IN YOUTH SPORTS

A FACT SHEET FOR PARENTS, PLAYERS & COACHES

WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall

Symptoms Reported by Athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”

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HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. **Seek medical attention right away.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
2. **Keep your child out of play.** Concussions take time to heal. Don't let your child return to play until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
3. **Tell your child's coach about any recent concussion.** Coaches should know if your child had a recent concussion in ANY sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

It's better to miss one game than the whole season.

For more information and to order additional materials free-of-charge,
visit: www.cdc.gov/ConcussionInYouthSports

For more detailed information on concussion and traumatic brain injury, visit: <http://www.cdc.gov/injury>

U.S DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION

July 2007

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Page Located on the Web at http://www.cdc.gov/ConcussionInYouthSports/english/toolkit_parents_factsheet.htm

DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION
SAFER • HEALTHIER • PEOPLE™

CONCUSSION COMPLIANCE ACKNOWLEDGEMENT

Signatories below declare they have read and understand the materials contained in the CDC's fact sheet for parents, players and coaches. **"Heads Up: Concussion In Youth Sports"** In addition any and all precautions will be observed to insure any player which may have sustained a head injury or trauma will be removed from play until cleared by a physician. Tournament personnel while not responsible for players may require or insist a player get cleared for play if they witness a player who is injured or displays symptoms of a possible concussion.

Parent Signature

Player Signature

Date Signed

PARTICIPANT WAIVER AND CONTRACT

I, _____, wish to participate in **2019 Stanwood's Presidents Day Tournament**. I realize that participating in programs is hazardous and may result in injury. Further, I agree that in consideration for permission to participate in this program:

1. I assume all risks of injury incurred or suffered by me while at, or participating in the above named activity.
2. I waive, release and agree not to sue Stanwood Select Basketball Program, Stanwood School District, Lakewood School District, its elected officials, heirs, agents, executors or administrators; contracted sports officials, scorekeepers, and instructors and any other persons associated with the tournament from any and all rights, claims or losses sustained by me while at, or participating in this activity. I, the undersigned, acknowledge that I have read this statement in its entirety, and understand and agree to the terms of this waiver and contract.

Parent Signature

Player Signature

Date Signed

Address: _____ Phone: _____

City: _____ State: _____ Zip Code: _____

COACH'S COMPLIANCE ACKNOWLEDGEMENT

Coach's signature declares the concussion information and waiver were made available to each Player's Parent/Guardian. Coaches are responsible for the implementation of these materials and guidelines as they relate to individual teams.

Head Coach: _____ Date: _____

Team Name: _____ Gender: _____ Grade: _____