



Skagit Spikers Volleyball League



Mount Vernon Bulldog Team



5th and 6th Graders

Teach your aspiring young volleyball player to pass, set, hit, block, serve and dig the RIGHT way! Players from beginners to those with more experience will have the chance to learn volleyball fundamentals with fun, competitive drills designed to introduce volleyball skills and emphasize teamwork. Participants will play other teams from Mount Vernon, Burlington, Sedro-Woolley and LaConner.

Requests for teams considered, not guaranteed. **REGISTRATION DEADLINE: March 10th!**

Practices: March 28, 29, April 11, 18, 25, May 2 ~ 6:30pm to 8pm

Games: April 13, 20, 27, May 4 **Times:** TBA

Location: Cascade Commons Gym located at 2310 E. Section Street, Mount Vernon

Fee: \$78

***Bring knee pads, water bottles and athletic shoes (white soles) to all practices/games.**

*** Please Print Below * Call MVPR at (360) 336-6213 with questions!**

REGISTRATION FORM FOR MOUNT VERNON TEAM: Skagit Spikers Volleyball League

Girls Name: _____ Grade: _____ DOB: _____ School: _____
 Previous Volleyball Experience: ___ No ___ Yes: _____ Height: _____
 Parent/Guardian: _____ Shirt Size (circle): YS6-8 YM10-12 YL14-16 or Adult S M L
 Address: _____ City _____ Zip _____
 Phone: Day: _____ Evening: _____ Cell: _____
 E-mail Address: _____ Special Request (friend): _____
 List pertinent medical info:(asthma, etc.): _____ Emergency #: _____
 We may need additional coaches/assistant coaches, are you interested in coaching? ___ No ___ Yes
 Best time to contact me is: _____

My experience is: _____

PAYMENT METHOD (Checks payable to MVPR)

* Mail or Deliver To: Mount Vernon Parks and Recreation, 1717 S. 13th St., Mount Vernon, WA 98274

Phone in with Visa or Master Card #: _____ Exp. Date: _____ Check # _____

HOLD HARMLESS AGREEMENT

I (we) am/are the parents(s) or legal guardian of _____ who desires to be a participant in the City of Mount Vernon sponsored recreational volleyball, the Skagit Spikers Volleyball Team/League. It is important to me(us) that this child be allowed to participate in this activity. I (we) understand there are special dangers and risks inherent in this activity, including but not limited to, the risk of serious physical injury, death or other harmful consequences which may arise directly or indirectly from the child's participation in this activity. Being fully informed as to these risks and in consideration of the City's allowing my child to participate in this sponsored activity and/or use of City, Mount Vernon School District facilities, I (we), on behalf of myself(ourselves) and on behalf of the above-named participant child, assume all risk of injury, damage and harm to the child which may arise from the child's participation in the activities or use of City equipment or the Mount Vernon Schools gym facilities. I (we) further agree, individually and on behalf of the above-named child, to release and hold harmless the City of Mount Vernon, its officials, coaches, employees, agents and volunteers and agree to waive any right of recovery that I (we) may have to bring a claim or lawsuit for damages against them for any personal injury, death or other harmful consequences occurring to the above-named child or me arising out of the Child's voluntary participation in this activity. I (we) grant my (our) full and voluntary consent for the above named child to participate in the activity described above. I hereby certify that if I, or the participant, has any physical ailment or condition which might affect my health or the health of the participant through participating in recreational activities or programs, I have consulted with my personal physician or other medical authority and received permission to participate. I understand that the City of Mount Vernon and Mount Vernon Parks and Recreation prohibits discrimination on the basis of sex in community recreation programs under the "Fair Play" law.

I have read, signed, understand and have no questions about the Concussion Information Sheet on the back of this form.

INITIAL

Parent(s) / Guardian Printed Name(s)

Parent(s)/Guardian Signature(s)

Date

This event/activity is NOT being sponsored by the Burlington, Mount Vernon, Conway, LaConner, Anacortes, Sedro-Woolley or Private School Districts, and these Districts assume no responsibility for the conduct or safety of the event/activity. In consideration for the privilege to distribute these materials, the school districts named shall be held harmless from any cause of action, claim, or petition filed in any court or administrative tribunal arising of the distribution of these materials, including all costs, attorney's fees and judgments or awards.



Concussion Information Sheet



A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

-Headaches -“Pressure in head -Nausea or vomiting -Neck pain -Balance problems or dizziness -Blurred, double or fuzzy vision -Sensitivity to light or noise	-Feeling sluggish or slowed down -Feeling foggy or groggy -Drowsiness -Change in sleep patterns -Amnesia -“Don’t feel right” -Fatigue or low energy	-Sadness -Nervousness or anxiety -Irritability -More emotional -Confusion -Concentration or memory problems -Repeating the same questions/comments
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Signs observed by teammates, parents and coaches may include:

-Appears dazed -Vacant facial expression -Confused about assignment -Forgets plays -Is unsure of game, score or opponent -Moves clumsily or displays incoordination -Answers questions slowly	-Slurred speech -Shows behavior or personality changes -Can’t recall events prior to hit -Can’t recall events after hit -Seizures or convulsions -Any change in typical behavior or personality -Loses consciousness
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What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administration, coaches, parents and students is the key for student athlete’s safety.

If you think your child has suffered a concussion:

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new “Zackery Lystedt Law” in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

“a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time.”

and

“...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider.”

You should also inform your child’s coach if you think that your child may have a concussion. Remember, its better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

Adapted from the CDC and the 3rd International Conference on Concussion in Sport - Document Created 6/15/09 - Current information: <http://www.cdc.gov/ConcussionInYouthSports/>

Student Athlete Printed Name

Parent or Legal Guardian Printed Name

Parent or Legal Guardian Signature

Date