Skagit Spikers Introductory Volleyball League

Skagit Spikers Team

3rd and 4th Grade

Teach your aspiring young volleyball player to pass, set, hit, block, serve and dig the RIGHT way! Beginning players will have the chance to learn volleyball fundamentals with fun, competitive drills designed to introduce volleyball skills, emphasize teamwork and most of all have fun! This introductory league is 4 weeks long and includes four practices and three game days.

Requests for teams considered, not guaranteed. **REGISTRATION DEADLINE: February 26th!**

Practices: March 7, 9 from 6pm-7:30pm at MVHS gym

March 14, 21 from 6pm to 7:30pm at Cascade Commons

Games: March 16, 23, 30 at 6pm at Cascade Commons

Locations: Cascade Commons Gym: 2310 E. Section Street, Mount Vernon

Mount Vernon High School Gym: 314 N. 9th Street, Mount Vernon (March 7 & 9 practices only)

Fee: $50 resident, Includes Team T-shirt

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

*** Please Print Below * Call MVPR at (360) 336-6215 with questions!**

REGISTRATION FORM FOR MOUNT VERNON TEAM: Skagit Spikers 3rd/4th Introductory 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 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	-Feeling sluggish or slowed down	-Sadness
-"Pressure in head	-Feeling foggy or groggy	-Nervousness or anxiety
-Nausea or vomiting	-Drowsiness	-Irritability
-Neck pain	-Change in sleep patterns	-More emotional
-Balance problems or dizziness	-Amnesia	-Confusion
-Blurred, double or fuzzy vision	-"Don't feel right"	-Concentration or memory problems
-Sensitivity to light or noise	-Fatigue or low energy	-Repeating the same questions/comments

Signs observed by teammates, parents and coaches may include:	
-Appears dazed	-Slurred speech
-Vacant facial expression	-Shows behavior or personality changes
-Confused about assignment	-Can't recall events prior to hit
-Forgets plays	-Can't recall events after hit
-Is unsure of game, score or opponent	-Seizures or convulsions
-Moves clumsily or displays incoordination	-Any change in typical behavior or personality
-Answers questions slowly	-Loses consciousness

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 heath 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**