



EASTMONT PARKS & RECREATION
2009 BOYS YOUTH BASKETBALL REGISTRATION

Register by October 9 or a \$5 late fee will be assessed

1st/2nd Grade - \$35 (space is limited)

This program will cover the basic fundamentals of youth basketball and after each scheduled practice; the gym will be open for parents to practice with their children.

WHEN: October 31 – December 12 No practice Nov. 28
 Saturdays, 10-11:30am

WHERE: EHS Gymnasium

PICTURES: November 7 at the EJHS Gym
 1st Grade at 9:10am & 2nd Grade at 9:30 am

NOTE: We do not call and remind you about practice!

3rd-6th Grade - \$50 (space is limited)

Each team will have 2 practices a week and games will be on Saturdays, starting Oct. 31. Teams will be divided up after the Skills Assessment and players will be contacted by your coach by the end of that week and practices will start the following week. Registrations will not be taken at the Skills Assessment.

3rd/4th GRADE SKILLS ASSESSMENT:

WHEN: October 12, 7:30-8:30 PM Check-in starts at 7 PM

WHERE: EJHS Gymnasium

5th/6th GRADE SKILLS ASSESSMENT:

WHEN: October 14, 7:30-8:30 PM Check-in starts at 7 PM

WHERE: EJHS Gymnasium

COACHES MEETING: October 5th, 7:00 PM at the EMPD Meeting Room

Anyone interested in coaches is required to attend.

2 coaches per team and only 1 may be an AAU coach.

Refunds: Full refund before Oct. 12, 50% refunded before Oct. 31, no refunds will be given after Oct. 31

Participant Name: _____ Birthday: ___/___/___ Age: ___ Grade: _____

School: _____ Plays AAU?: **Y N** Shirt size: **Y-SM Y-M Y-L A-S A-M**

Address: _____ City: _____ Zip: _____

Parents Name: _____ Phone: (H) _____ (W) _____ (C) _____

Email: _____

Allergies, medications or other health needs:

Emergency Contact: _____ Phone: _____

I am interested in: Coaching: _____ Assistant Coaching: _____

In consideration of accepting my child's registration, I hereby, for myself and my child, our heirs, executors and administrators waive and release any and all rights and claims I or my child may have against Eastmont Parks and Recreation Department, its elected officials, employees and agents, Eastmont No. 206 & Wenatchee No. 246 School Districts for any and all personal injuries suffered by myself or my child at our registered activities sponsored by Eastmont Parks and Recreation Department. I further authorize my child for pictures, which may be used in program activity.

Parent/Guardian Signature: _____ Print: _____ Date: _____

If mailing please send to: Eastmont Parks & Recreation Department 884-8015
(Please do not mail cash) 255 N. Georgia Ave. East Wenatchee, WA 98802 www.eastmontparks.com



PARQUIS Y RECREACION DE LA EASTMONT
REGISTRACIONES JUVENILES PARA BASKETBALL 2009



El registro antes del 9 de octubre o un último honorario \$5 será determinado

1st/2nd Grado - \$35 (espacio limitado)

Este programa cubrirá los fundamentales básicos del baloncesto de la juventud y después de cada práctica programada; la gimnasia estará abierta para los padres a la práctica con sus niños.

- CUANDO:** octubre 12 – diciembre 12 Ninguna práctica nov. 28
 Sábados, 10:30-11:00 AM
DONDE: EHS gimnasio
CUADROS: 7 de noviembre en la gimnasia de EHS
NOTA: ¡No le llamamos y no recordamos sobre práctica!

3rd-6th Grado - \$50 (espacio limitado)

Cada equipo tendrá 2 prácticas a la semana y los juegos serán el sábados, comenzando el 31 de octubre. Dividirán a los equipos para arriba después de las habilidades gravamen y a su coche entrarán en contacto con a los jugadores antes de fin de esa semana y las prácticas comenzarán la semana siguiente. Los registros no serán tomados en el gravamen de las habilidades.

3RD/4TH EVALUACION DE HABILIDADES:

- CUANDO:** octubre 12, 7:30-8:30 PM La entrada empezara a las 7 PM
DONDE: EJHS gimnasio

5TH/6TH EVALUACION DE HABILIDADES:

- CUANDO:** octubre 14, 7:30-8:30 PM La entrada empezara a las 7 PM
DONDE: EJHS gimnasio

ENCUENTRO DE LOS COCHES: 5 de Octubre en 7 PM en la sala de reunión de EMPD

Cualquier persona interesada en coches se requiere para atender.

2 coches por el equipo y solamente el 1 de mayo sean un coche de AAU.

*****Reembolsos:** Reembolso completo antes del oct. 20, el 75% consolidado antes del 1 de nov., el 50% consolidado antes del 17 de nov., después del 17 de nov. ningunos reembolsos serán dados.***

Nomre del Participante: _____ fecha de Nascimento: ___/___/___ Edad: ___ Grado: ___
 Escuela: _____ Jugado o interesado en jugar AAU? Y N

Tamaño de la camiseta Y-SM Y-M Y-L A-S A-M

Dirección: _____ Ciudad: _____ Código Postal _____

Nombre de los Padres: _____ Telefono:(H) _____ (W) _____

Alergias a Medicamentos u otras necesidades:

Contacto de Emergencia: _____ Telefono: _____

Estoy interesado en entrenar: **El Entrenar** **Asistente de entrenador**

In consideration of accepting my own or my child's registration, I herby, for myself and my child, our heirs, executors and administrators waive and release any and all rights and claims I or my child may have against Eastmont Parks and Recreation Department, its elected officials, employees and agents, Eastmont No. 206 & Wenatchee No. 246 School Districts for any and all personal injuries suffered by myself or my child at our registered activities sponsored by Eastmont Parks and Recreation Department.

Firma del Padre/Guardian: _____ escribir su nombre: _____ fecha: _____

Porfavor de enviara a: Eastmont Parks & Recreation Department 884-8015
(Porfavor no enviar en efectivo) 255 N. Georgia Ave. East Wenatchee, WA 98802 www.eastmontparks.com

EASTMONT PARKS & RECREATION

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:

- | | |
|--|--|
| <ul style="list-style-type: none">• 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 | <ul style="list-style-type: none">• Amnesia• “Don’t feel right”• Fatigue or low energy• Sadness• Nervousness or anxiety• Irritability• More emotional• Confusion• Concentration or memory problems (forgetting game plays)• Repeating the same question/comment |
|--|--|

Signs observed by teammates, parents and coaches 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

EASTMONT PARKS & RECREATION

Concussion Information Sheet

What can happen if my child keeps on playing with a concussion or returns to 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 administrators, 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.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date