



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



T-Ball & Coach Pitch Baseball May-June 2015

Registration: March 9th - April 27th

T-ball Ages: 3 & 4 (parent involvement required)

Coach Pitch Ages: 5-7

Practices: Tues & Thurs Evenings, May 12th-28th

Games: Tues & Thurs Evenings, June 2nd-25th

Prices: \$95 facility members

\$105 program members

(includes uniform)

Annual Program Membership: \$40/family

FINANCIAL ASSISTANCE AVAILABLE BASED ON NEED.

Deadline to turn in applications for financial assistance: April 20th

Covington Family YMCA * 2140 Newton Drive * Covington, GA 30014

(P) 770.787.3908 (F) 770.787.3909

Website: www.quickscores.com/covingtony Register Online: www.ymcaregistration.com



Parent/Athlete Concussion Information Sheet

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF 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 an athlete reports **one or more** symptoms of concussion listed below after a bump, blow, or jolt to

Did You Know?

- Most concussions occur *without* loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

the head or body, s/he should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETES
Appears dazed or stunned	Headache or "pressure" in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (<i>even briefly</i>)	Feeling sluggish, hazy, foggy, or groggy
Shows mood, behavior, or personality changes	Concentration or memory problems
Can't recall events <i>prior</i> to hit or fall	Confusion
Can't recall events <i>after</i> hit or fall	Just not "feeling right" or "feeling down"

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (*even a brief loss of consciousness should be taken seriously*)

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. *They can even be fatal.*

Remember

Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

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

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse.

After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

It's better to miss one game than the whole season. For more information on concussions, visit: www.cdc.gov/Concussion.

Student-Athlete Name Printed _____ Student-Athlete Signature _____ Date _____

Parent or Legal Guardian Printed _____ Parent or Legal Guardian Signature _____ Date _____

Keep this page for your information. Know the risks and signs. It's better to miss one game than the whole season!



T-Ball & Coach Pitch Baseball

PLAYER INFORMATION

Name _____ Age ____ Sex ____ DOB (REQUIRED) _____

Address _____ City _____ State ____ Zip _____

Home Phone _____ Grade ____ School _____

Dad's Name _____ Cell Number _____ DOB (REQUIRED) _____

Mom's Name _____ Cell Number _____ DOB (REQUIRED) _____

Email Address(es) _____

Emergency Contact: _____ Emergency Phone #: _____

HOW MUCH DO I OWE?

STEP 1: Is your membership current? No, proceed to STEP 2 Yes, skip to STEP 3

To participate in any Y programs you must have a membership: Program memberships are \$40 per year per family (valid for one year after purchase date). Facility members have full access to the workout facility & pool and receive discounts on programs. Family Facility Memberships are \$60 per month (plus \$99 joining fee).

STEP 2: Purchase Membership

- \$40 Family Program Membership
- Checked box for \$40 Program Membership on my other child's Baseball registration form (only need one membership per family).
- Purchasing a Family Facility Membership (additional paperwork required).

MEMBERSHIP FEE TOTAL:
\$ _____

STEP 3: Baseball Fee

SELECT AGE GROUP: T-Ball (3 & 4yrs) Coach Pitch (5-7yrs)

- \$70 (facility member price)
- \$80 (program member price)
- \$5 Multi-child discount (I have more than one child playing baseball.)

BASEBALL FEE TOTAL:
\$ _____

STEP 4: Uniform Fee

\$25 **SELECT SIZE:** YS YM YL AS AM

UNIFORM FEE:
\$25

STEP 5: Sponsor another child to play Y baseball

The Y is a charitable organization that provides scholarships to people who otherwise couldn't afford to pay for Y programs. If you would like to help a child in need play Y baseball, please designate your amount (\$5+) in the box to the right. Thank you for your contribution!

DONATION:
\$ _____

STEP 6: Volunteer Coach Team Parent

All YMCA coaches are volunteers. If you are willing to coach or help as a team parent please check one of the boxes above.

Volunteer Name & Phone #

STEP 7: Add Totals for Steps 2, 3, 4 & 5

TOTAL:
\$ _____



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It's Georgia Law: Sign this page acknowledging you received a copy of this information & turn it in with your registration form.