

OR YOUTH DEVELOPMENT OR HEALTHY LIVING OR 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

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

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 seri- ous 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.		ason. For more information on concussions,	te Signature Date	Parent or Legal Guardian Signature Date
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 vorniting or nausea Slurred speech Convulsions or selzures 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)	REPORT THEIR SYMPTOMS? If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, she is much more likely to have another concusion. Repeat concussions can increase the time it takes to recover: In zore cases, eneral noncurscincting in vound athletes con-	result in brain swelling or permanent damage to their brain. <i>They can even be fatal.</i>	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	Parent or Legal Guardian Printed Parent or Leg
Iccion		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. 	e head or body, s/he should be kept out of play the by of the injury and until a health care professional, previenced in evaluating for concussion, says s/he is mptom-free and it's OK to return to play.	SYMPTOMS REPORTED BY ATHLETES 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 Just not "feeling right" or "feeling down"

Parent/Athlete Concus Information Sheet

head or body that causes the head and brain to move bell rung," or what seems to be a mild bump or blow rapidly back and forth. Even a "ding," "getting your 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 to the head can be serious.

SYMPTOMS OF CONCUSSION? WHAT ARE THE SIGNS AND

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

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SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETE
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 (even briefly)	Feeling sluggish, hazy, foggy, or groggy
Shows mood, behavior, or personality changes	Concentration or memory problems
Can't recall events prior to hit or fall	Confusion
Can't recall events after hit or fall	Just not "feeling right" or "feeling dow

PLAYER INFORMATION

Name	Age	Sex DOB (REQI	UIRED)	
Address	City	State	Zip	
Home Phone	Grade Scho	ool		
Dad's Name	Cell Number	dob (r	EQUIRED)	
Mom's Name	Cell Number	dob (r	EQUIRED)	
Email Address(es)				
mergency Contact:		Emergency Phone	e #:	
HOW MUCH DO I OWE?				
STEP 1: Is your membership	current? 🗆 No, proceed to S	STEP 2 🗆 Yes, skip	to STEP 3	
To participate in any Y prog are \$40 per year per family have full access to the work Family Facility Memberships	(valid for one year after pur out facility & pool and rece	chase date). Facilit ive discounts on pr	y members	

□ Checked box for \$40 Program Membership on my other child's Baseball registration **MEMBERSHIP FEE TOTAL:** form (only need one membership per family).

□ Purchasing a Family Facility Membership (additional paperwork required).

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.)

STEP 4: Uniform Fee

□\$25

STEP 5: Sponsor another child to play Y baseball

SELECT SIZE:

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!

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ΠYL

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.

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

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Volunteer Name & Phone #

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BASEBALL FEE TOTAL:

\$

UNIFORM FEE:

DONATION:

TOTAL:

\$25

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