

# 2019 YOUTH BASEBALL



The City of Fircrest  
Parks and Recreation

Phone: 253-564-8177

Fax: 253-238-4173

Email: cwells@cityoffircrest.net

CIRCLE ONE

COED T-BALL (K/1)

COACH PITCH (2/3)

GIRLS  
4 / 5TH GRADE  
MODIFIED FASTPITCH

BOYS  
4 / 5TH GRADE  
INCREDIBALL

Name: \_\_\_\_\_

Grade : \_\_\_\_\_ Age: \_\_\_\_\_ M or F \_\_\_\_\_ Phone: \_\_\_\_\_

Parents Name: \_\_\_\_\_ E-mail: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ ZIP: \_\_\_\_\_

Youth T-Shirt Size: YS\_\_ (size 6-8) YM\_\_ (size 10-12) YL\_\_ (size 14-16)

Adult T-Shirt Size: AS\_\_ AM\_\_ AL\_\_ AXL\_\_ AXXL\_\_

(Please order correct size as shirts will not be exchanged)

I want to Coach  Preferred Coach or Friend \_\_\_\_\_

**\*Note:** 4/5th grade Boys and Girls teams will be competing against Metro Parks teams. Practices will begin in April and games in early May.

**REFUND POLICY:** You may only request a refund within two weeks of payment. After two weeks no refunds will be given. There will be a \$10 administrative fee for each refund processed.

**PARENT/GUARDIAN AGREEMENT:**

I assume all risks and hazards of my child participating in your indoor soccer or baseball programs and release from responsibility any persons providing transportation to and from activities. In cases of injury, I do hereby waive all claims and legal actions, financial or otherwise, against the city of Fircrest, it's elected officials and employees, the organizers, supervisor, coach or any volunteer connected with the program. In absence of my signature, payment and fees and participation in the program shall constitute acceptance of the conditions set forth in the release. I also grant full permission to use any photographs, videotapes, motion pictures, recordings or any other record of this program for promotional and documentary purposes.

By signing below, I acknowledge I have read, understand and agree with the concussion protocol outlined on the back or attached to the registration form.

Parent/Guardian Signature: \_\_\_\_\_

**Cost :**

**\$40 Fircrest Residents (K-5th grade)**

**\$65 Non-Residents (K-3rd Grade)**

**\$70 Non Residents (4-5th Grade)**

Date Received: \_\_\_\_\_ Receipt # \_\_\_\_\_

For official use: Amount Paid: \_\_\_\_\_ Amount Due: \_\_\_\_\_

**REGISTRATION**

**RESIDENTS:**

**JAN 28 - MARCH 2**

**Non-Residents :**

**Feb 11 - March 2**



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.

<b>Symptoms may include one or more of the following:</b>	
<ul style="list-style-type: none"> <li>• Headaches</li> <li>• “Pressure in head”</li> <li>• Nausea or vomiting</li> <li>• Neck pain</li> <li>• Balance problems or dizziness</li> <li>• Blurred, double, or fuzzy vision</li> <li>• Sensitivity to light or noise</li> <li>• Feeling sluggish or slowed down</li> <li>• Feeling foggy or groggy</li> <li>• Drowsiness</li> <li>• Change in sleep patterns</li> </ul>	<ul style="list-style-type: none"> <li>• Amnesia</li> <li>• “Don’t feel right”</li> <li>• Fatigue or low energy</li> <li>• Sadness</li> <li>• Nervousness or anxiety</li> <li>• Irritability</li> <li>• More emotional</li> <li>• Confusion</li> <li>• Concentration or memory problems (forgetting game plays)</li> <li>• Repeating the same question/comment</li> </ul>

<b>Signs observed by teammates, parents and coaches include:</b>
<ul style="list-style-type: none"> <li>• Appears dazed</li> <li>• Vacant facial expression</li> <li>• Confused about assignment</li> <li>• Forgets plays</li> <li>• Is unsure of game, score, or opponent</li> <li>• Moves clumsily or displays incoordination</li> <li>• Answers questions slowly</li> <li>• Slurred speech</li> <li>• Shows behavior or personality changes</li> <li>• Can’t recall events prior to hit</li> <li>• Can’t recall events after hit</li> <li>• Seizures or convulsions</li> <li>• Any change in typical behavior or personality</li> <li>• Loses consciousness</li> </ul>

**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 athletes 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 \_\_\_\_\_

Parent or Legal Guardian Printed \_\_\_\_\_

Parent or Legal Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_