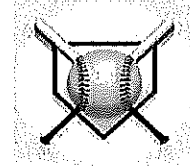


# Pentwater Rec. Summerball



For All Kids 4 Years Old Through 6th Grade.

Forms and payment are due **no later than May 6, 2022**

**Summerball Fee:** 1 Child : \$20   2 Children: \$35   3 Children: \$45   4 or More: \$50

**Child's Name:** \_\_\_\_\_ **Current Grade:** \_\_\_\_\_

Shirt Size: (circle one) YS YM YL AS AM AL

**Child's Name:** \_\_\_\_\_ **Current Grade:** \_\_\_\_\_

Shirt Size: (circle one) YS YM YL AS AM AL

**Child's Name:** \_\_\_\_\_ **Current Grade:** \_\_\_\_\_

Shirt Size: (circle one) YS YM YL AS AM AL

**Parent's Name:** \_\_\_\_\_ **Phone Number:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Email Address:** \_\_\_\_\_

**Interested in Coaching?:** Yes No      **Assisting?:** Yes No

**Grade:** P/K   1st/2nd   3rd/4th Girls   3rd/4th Boys   5th/6th Girls   5th/6th Boys

**Name:** \_\_\_\_\_ **Phone Number:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_ **Shirt Size:** Sm Md Lg XL XXL

**Emergency Contact (other than parent):** \_\_\_\_\_

**Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Medical and Insurance Information:** \_\_\_\_\_

**Family Doctor:** \_\_\_\_\_ **Phone Number:** \_\_\_\_\_

**Insurance Company:** \_\_\_\_\_ **Policy Holder:** \_\_\_\_\_

**Policy Number:** \_\_\_\_\_ **Group Number:** \_\_\_\_\_

**Please Address Any Medical Issues Your Athlete May Have:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Parent's Signature:** \_\_\_\_\_

- \* Please Review and Sign All Pages in Sign Up Packet
- \* Please Make All Checks Payable to the Pentwater Rec Program
- \* Paperwork and Payment can be dropped off at the Village of Pentwater or sent to: Pentwater Rec Program  
P.O. Box 622 Pentwater, MI 49449



**Medical/Liability Waiver**

I/We waive and release the Village of Pentwater, Pentwater Township, Pentwater Public Schools, and Pentwater Recreation Program from any claims of damage, injury, or losses participating. I/We authorize a representative of the Pentwater Recreation Program to give authorization for treatment of my child in the event of a serious injury in my absence. I/We understand authorization will only be given if I cannot be reached and if immediate treatment is necessary. I/We understand Pentwater Recreation Program will authorize doctors to stabilize my child until my arrival, unless, due to degree of injury, further treatment is immediately necessary. I/We understand that sporting activities are physical in nature and that injuries do occur. I/We will not hold the Pentwater Rec, coaches or board members liable. I/We also understand that if my child has a club owned uniform, I am responsible to return the uniform to the club at the end of the season. I/We agree that if it is not returned, I will be assessed a \$25 charge to replace the uniform. If I return a damaged uniform, the club may also assess fees up to \$25 to repair or replace the damaged uniform

Parent's Signature: \_\_\_\_\_

## **Pentwater Rec Player Code of Conduct**

The Pentwater Recreation Program is committed to long term development of all youth sports participants as well rounded athletes, and productive members of society. Excellent gamesmanship is the form of healthy competition coinciding with an overall attitude of community awareness and the desire to be a good citizen. Therefore, each athlete will be expected to follow the Pentwater Rec League Code of Conduct principles and each parent is expected to help enforce these principles.

1. All players understand that soccer/baseball/softball/basketball/football is a team sport and absences from practice or games may hurt the team. Players unable to attend practice or games should let their coach know as soon as the information is available.
2. All players will not use profanity at any time, especially at practices and games.
3. Team Captains will make themselves known to the referee/umpire and assist in the managing of the game as required by the referee/umpire. Team Captains are encouraged to respectfully ask for clarification of referee/umpire decisions during the match if teammates have questions. Team Captains will assist the referee/umpire by helping to manage teammates who exhibit poor behavior during a game. Team Captains are the on-field Representative of the Club and the league.
4. Players will show respect to the referees/umpires. Players will not show dissent to a referee/umpire. Players will accept responsibility for all fouls issued. Players will positively acknowledge the referee's/umpire's effort after a game regardless of the outcome.
5. Players will show respect to the other team's players. Players will not be allowed to taunt an opposing player. Players will shake hands with their opponents after each game.
6. Players accept victory and defeat with dignity.
7. Players will show respect to their coaches.
8. Players will show respect to their parents
9. Players will work to promote a model of a top sports athlete: good skills, sound fundamentals, clean and fair play.

I have read and understand the Pentwater Rec Code of Conduct, and I agree to abide by the principles at all time. I also agree to accept actions taken for failure to abide by these principles, this includes but is not limited to, removal of the game in progress, possible future games, as well as being removed from the team.

Player's Signature: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_

**Pentwater Rec Parent and Family Member Code of Conduct**

1. Parents will learn and understand the rules of the game for each specific sport (division/league/tournament etc.)
2. Parents will respect the integrity and judgement of the referees/umpires. Parents will refrain from challenging referee/umpire calls.
3. Parents will show appreciation of good play by both teams.
4. Parents will respect the Captains of either team and support them throughout the match.
5. Parents will respect the Players, Parents, and Coaches of either team throughout games.
6. Parents will refrain from coaching any player from the sidelines.
7. Parents will cheer and show encouragement at all times.
8. Parents will follow the 48-hour rule before contacting coaches after a game.
9. Parents will help enforce the Player Code of Conduct

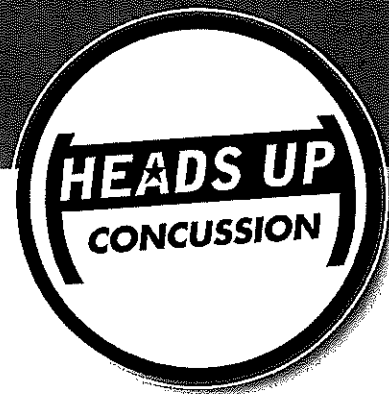
We have read and understand the Pentwater Recreation Program Code of Conduct contract, and we agree to abide by these principles. We also agree to accept actions taken by the league for failure to abide by these principles, this includes but is not limited to, removal of the game in progress, possible future games, as well as the child being removed from the team.

Parent's Signature: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_



# PARENT & ATHLETE CONCUSSION INFORMATION SHEET



## WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly 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 after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury. The athlete should only return to play with permission from a health care professional experienced in evaluating for concussion.

## 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.

## SYMPTOMS REPORTED BY ATHLETE:

- 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 is "feeling down"

## SIGNS OBSERVED BY COACHING STAFF:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

[ INSERT YOUR LOGO ]



**"IT'S BETTER TO MISS ONE GAME  
THAN THE WHOLE SEASON"**

## 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 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.

\_\_\_\_\_  
STUDENT-ATHLETE NAME PRINTED

\_\_\_\_\_  
STUDENT-ATHLETE NAME SIGNED

\_\_\_\_\_  
DATE

\_\_\_\_\_  
PARENT OR GUARDIAN NAME PRINTED

\_\_\_\_\_  
PARENT OR GUARDIAN NAME SIGNED

\_\_\_\_\_  
DATE

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

1. 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.
2. 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, and 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.
3. 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.

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TO LEARN MORE GO TO  [WWW.CDC.GOV/CONCUSSION](http://WWW.CDC.GOV/CONCUSSION)

Content Source: CDC's Heads Up Program. Created through a grant to the CDC Foundation from the National Operating Committee on Standards for Athletic Equipment (NOCSAE).



HEADS UP