

MHS Fall Volleyball Clinic

5th and 6th grade girls: Grab your friends and attend the MHS fall volleyball clinic at Marshfield High School! This clinic will introduce/review volleyball skills and provide an opportunity for you to play in mini-tournaments each Monday.

When: Monday's—September 10, September 17, October 8, and October 15 from 6-7:30 pm. Please pick up no later than 7:45.

Where: MHS Field House—Enter through commons doors

Cost: \$20/Checks made payable to USDOM and send with registration to:

Dawn Sadowska
Marshfield High School
1401 E. Becker Avenue
Marshfield, WI 54449

Return registration form by Friday, September 7—At the door registrations will be accepted.

Please sign below to indicate that your child is covered by a family insurance plan, and you will accept full responsibility for any injury incurred while participating in the MHS Fall Volleyball Clinic.

We/I have **read** the Parent Concussion and Head Injury Information (on back) and **understand** what a concussion is and how it may be caused. We/I also understand the common signs, symptoms, and behaviors. We/I agree that my child must be removed from practice/play if a concussion is suspected.

We/I understand that it is my responsibility to seek medical treatment if a suspected concussion is reported to me. We/I understand that my child cannot return to practice/play until providing written clearance from an appropriate health care provider to his/her coach. We/I understand the possible consequences of my child returning to practice/play too soon.

I hereby consent to having my child participate in the MHS Fall Volleyball Clinic. I understand that there are physical risks in such participation, and I hereby release the camp director and assistants for any claims on account of any injuries that may be sustained during camp. I also understand that any medical bills incurred by my daughter while in attendance at the camp will be my responsibility or the responsibility of my family insurance plan.

SIGNATURES of CONSENT

PARENT _____ STUDENT _____

DATE _____ Grade _____ School _____

Please read before signing and sending in registration form.

What you need to know about concussion:

- A concussion is an injury to the brain that disturbs its normal functioning.
- Concussion can be caused by a bump to the head or a blow to the body.
- Concussion may occur during practices or games in any sport.
- Concussion does not always result in, or from, a loss of consciousness.

All concussions are serious.

- Recognition and proper management of concussions when they first occur can help prevent further injury or even death.
- Signs and symptoms of a concussion may be apparent right after the injury, but in some instances, the symptoms may not present for hours or days following the initial injury.

To reduce concussion risk:

- Ensure all athletes follow the safety rules and rules of the sport
- Practice good sportsmanship at all times
- Make sure the proper protective equipment is worn and fitted correctly, and maintained properly
- Review the signs and symptoms of a concussion before every sports season

If a concussion is suspected:

- Do not ignore the symptoms of a head injury.
- Seek medical attention right away.
- Stay out of play to allow the brain to heal and to help avoid permanent brain damage.
- Make sure coaches and parents are aware of any concussion injury.
- Allow time for rest to help the brain heal. (Sleeping is permitted ensuring the athlete can be awakened.)
- Avoid taking pain medications soon after a concussion to keep from covering up symptoms.
- Modifications also may need to be made at school and can be directed by your healthcare provider

Prevent long-term problems:

- Do not play with a concussion. Discourage athletes from pressuring injured athletes to play and persuade athletes to admit if they are not "just fine."
- Avoid repeat concussion. Concussions that occur before the brain recovers from a first concussion can result in long term conditions:
- **Proper recognition and management of a sports concussion can allow athletes to safely participate in sports they enjoy. Remember – "If in doubt, sit out!"**

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