



## 2012 BECOMING A BEAR TAHOMA CHEER CAMP



Join the Tahoma Varsity & JV Cheer squads for 4 days of Fun, Cheerleading, and Tahoma Spirit!!

At this camp young cheerleaders will learn a routine, Cheers & Chants, and Stunting. There will be a performance for families on the final day of camp! Cheerleaders will be placed in groups based on age. Whether you are a brand new cheerleader or just want to improve and sharpen your skills, this is a great camp for you!!

**Date: 7/23/12-7/26/12 Monday-Thursday**

**Time: 6:00PM-8:00PM Location: Tahoma High School Gym**

**Check in begins at 5:30pm on Monday 7/23/12**

**Age: Entering K-8th Grade**

**Fee: \$70/cheerleader**

**Camp T-Shirt included**

**(T-shirt size not guaranteed if registered after July 8th.)**

**Wear comfortable clothes & Tennis shoes, bring water bottle.**

**To Register go to:** [www.tahomasd.us/community](http://www.tahomasd.us/community) click on Tahoma Learning Community and the TLC register online button. Login into your account/or create one, then register. You will get automatic confirmation of registration and payment via email.

**You can also register in person at:** Tahoma Learning Community  
25720 Maple Valley/Blk Diamond Rd. SE, Maple Valley, WA 98038 or Call: 425-413-3405  
Cash and checks accepted at the TLC office.

A \$3 registration fee will be added to all registrations not submitted online.

# ASSUMPTION OF RISK/PERMISSION TO PARTICIPATE

Parents please fill out this form and sign at the bottom.

As a parent or guardian of a student requesting to voluntarily participate in the Becoming A Bear Cheerleading Camp through the Tahoma Learning Community, I hereby acknowledge that I have read, understood and agreed to the following:

I hereby give my permission for **(Print Full Name)** \_\_\_\_\_ who will attend \_\_\_\_\_ School in the 2012/2013 school year, to participate in the Cheerleading Camp run through the Tahoma Learning Community and the Tahoma High School Cheer Squad.

Grade: \_\_\_\_\_  Girl or  Boy (Check One) Email: \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Home phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Date of birth: \_\_\_\_\_ Family Physician \_\_\_\_\_ Dr. Phone #: \_\_\_\_\_

**Medical conditions, medication information or allergies district should be made aware of:** \_\_\_\_\_

In the event of an emergency, I wish the following person to be notified in case I cannot be contacted:

Name \_\_\_\_\_ Phone Number \_\_\_\_\_

Name \_\_\_\_\_ Phone Number \_\_\_\_\_

I acknowledge that this activity entails known and unanticipated risks, which could result in physical or emotional injury, paralysis or death, as well as damage to property, or to third parties. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity. I certify that my child has no medical or physical conditions, which could interfere with his/her safety in this activity. I authorize qualified emergency medical professionals to examine and in the event of injury or serious illness, administer emergency care to the above named student. I understand every effort will be made to contact me to explain the nature of the problem prior to any involved treatment. In the event it becomes necessary for the school district staff-in-charge/volunteer coach to obtain emergency care for my student, neither she/he nor the district assumes financial liability for expenses incurred because of the accident, injury, illness and/or unforeseen circumstances. I have read the attached itinerary and code of conduct (detailing dates, places, events, etc.) and understand that the Tahoma Learning Community will make every reasonable effort to provide a safe environment. I am fully aware of the special dangers and risks inherent in participating in these activities, including physical injury, or other consequences arising from these activities. Being fully informed as to these risks, I hereby consent to my child participating in the activities.

**Signature of parent /guardian** \_\_\_\_\_ **Date** \_\_\_\_\_

## Tahoma School District—Concussion Information Sheet

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.

### Symptoms may include one or more of the following:

- Headaches  "Pressure in head"  Nausea or vomiting  Neck pain  Balance problems or dizziness
- Blurred, double, or fuzzy vision  Sensitivity to light or noise  Feeling sluggish or slowed down
- Feeling foggy or groggy  Drowsiness  Change in sleep patterns  Amnesia  "Don't feel right"
- Fatigue or low energy  Sadness  Nervousness or anxiety  Irritability  More emotional  Confusion
- Concentration or memory problems (forgetting game plays)  Repeating the same question/comment

For current and up-to-date information on concussions you can go to: <http://www.cdc.gov/ConcussionInYouthSports/>

Athlete Name Printed: \_\_\_\_\_ Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Legal Guardian Printed: \_\_\_\_\_ Parent/Legal Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_