

Becoming A Bear Football Camp 2012



This Summer Football Camp will teach skills and a love of the game to both beginner and advanced levels. Younger kids will get an introduction to the game and learn basic football skills while older players in Middle School & Junior High will work on strategies and THS offense & defense schemes.

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

Time: 6:00PM-8:00PM

Age: Entering 2nd-8th Grade (7-15 years old)

Location: Tahoma High School Stadium

Fee: \$70/player T-Shirt included

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

No pads or helmets will be used at this camp.

Players should wear T-shirt, Shorts or Sweats, & Cleats or Tennis Shoes.

To Register go to: 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 Football 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 attends _____ school to participate in the Football Camp through the Tahoma Learning Community.

Grade: _____ Girl or Boy (Check One)

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: _____