



Lopez Island Family Resource Center Fall 2017 After School Soccer Program



Fall Soccer program starts the week of September 11th. The state of Washington requires that all participants in school sports programs read the attached Concussions Guidelines and agree to abide by them. Please indicate consent on registration form.

- ❖ **Shin guards required for all practices and games!** We will have some available for sale the first week of classes for \$10.
- ❖ Cleated shoes not required but suggested, especially for 3rd -5th graders.
- ❖ The coach is willing to explore possibilities for a few games with Orcas and/or Friday Harbor if there is enough interest and parental support. If arranged, parents will be responsible for game transportation.

PARENT VOLUNTEERS are critical to help make these programs successful. Please indicate on the registration form if you can help.

Program:	Soccer for 1st - 2nd Graders
Meets:	Tuesdays and Thursdays
Start/End Dates:	September 12 th /October 26 th
Coaches:	Christopher O'Bryant & Coen Willemsen (& team parent Megan Constable)
Time:	Tuesday: 1:55 – 3:10 pm Thursday: 3:15 – 4:30 pm
Place:	Kids meet in MPR and parents pickup at field near hoop houses or middle school soccer field
Fee:	\$45 due upon receipt of Registration

Program:	Soccer for 3rd – 5th Graders
Meets:	Mondays and Wednesdays
Start/End Dates:	September 11 th /October 25 th (not Wednesday, September 13)
Coach:	Steven Miller, Monica Bettinger, & Brian Kvistad (& team parent Karly Leyde)
Time:	Mondays and Wednesdays: 3:15 – 4:30 pm
Place:	Kids meet in MPR and parents pickup at field near hoop houses or middle school soccer field
Fee:	\$45 due upon receipt of Registration

To help make the first day go smoothly, please return forms on or before September 11th.
You may also register online at www.lifrc.org. Credit or debit card required for online registration.

- Please wear loose shorts, shin guards, and tennis or soccer shoes. We have a few shin guards available for sale for \$11. Bring a water bottle. Kids should meet the coaches in the School Multi-Purpose Room and will then walk to the playing fields.
- **Confidential scholarships are available if needed.** For more information, contact Patsy Haber at the Family Resource Center, 468-4117.
- The instructors who lead the After School Programs and the Lopez Island Family Resource Center are committed to children's safety and it is our intention to take appropriate precautions to keep these workshops accident-free. Nonetheless, it is possible that in the best of circumstances, accidents can happen. Hence, I am asking you to sign and return the attached release of liability as recognition of that fact.

~Barbara Gurley, Executive Director, Lopez Island Family Resource Center

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

What can happen if my child keeps on playing with a concussion or returns to 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 athlete 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. It’s 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/>



*Lopez Island Family Resource Center
Fall 2017 After School Soccer Programs
Registration Form*

Participant's Name: _____ Date of Birth (Date/Month/Year): __/__/____
Age: ____ Grade: ____ Fee: \$ _____ Youth T Shirt Size (S, M, L, XL): _____

Participant's Name: _____ Date of Birth (Date/Month/Year): __/__/____
Age: ____ Grade: ____ Fee: \$ _____ Youth T Shirt Size (S, M, L, XL): _____

(Attach additional sheet if more than 2 participants)

Total of all Fees: \$ _____

Parent's/Guardian's Name: _____ Phone: _____ Email: _____

Address: _____

List Allergies or medical conditions: _____

Emergency Contact: _____ Phone: _____

Release of Liability and Concussion Guidelines Consent:

This is to affirm that my child(ren), _____ is/are in good physical condition. I understand that there are inherent risks in the learning process of this activity and agree to hold the After School Program, the Lopez School, the workshop coordinator and instructors blameless from any liabilities they may incur from the above-named child in connection with this workshop. I also acknowledge that I have read and agree to abide by the Lopez Island Family Resource Center's Concussion Guidelines Sheet included with this registration packet.

Parent Signature: _____ Date: _____

Yes, I am willing to help the coaches out with soccer!

Name: _____ Phone Number: _____

I would like to help assist coaches at practices: _____ Yes _____ No

I would like to help with the end of the season party: _____ Yes _____ No

I may be able to help transport kids to games on Orcas and/or San Juan Island: _____ Yes _____ No

Please make checks out to LIFRC and return Registration forms to the Elementary Office or the Family Resource Center.

You may also register online at www.lifrc.org. Credit or debit card required for online registration.