City of Ellensburg
Youth Volleyball League

Youth Volleyball Registration Form:

Note: This registration will not be considered valid unless all **FIVE** sections of the registration form as well as the Ellensburg Parks and Recreation Concussion Form have been completed.

1

Youth First Name:_____ Youth Last Name:_____

Male ☐ Female ☐ Birth Date: ___ /___ /_____ Age:___ School Name:_____ Grade:____

Each participant will receive a t-shirt / jersey which is the same color as their team. Please check one:

Youth XS (4-5) ☐ Youth S (6-8) ☐ Youth M (10-12) ☐ Youth L (14-16) ☐ Youth XL (18-20) ☐

Adult S ☐ Adult M ☐ Adult L ☐ Adult XL ☐ Adult XXL ☐

Youth Approximate Height: _____feet ____inches Ethnicity: _____

Will your child play a spring sport such as softball, baseball, or soccer *(This is asked to help schedule games & practices to avoid conflicts)*

Yes ☐ No ☐ Sport(s): _____

Previous Sports Experience/Years:_____

_____

_____

_____

_____

(Example: Indoor Soccer – 2 years; Tiny Tot Sports – 3 years; Youth Basketball – 2 Years; Youth Flag Football – 1 year)

Allergies/Medications:_____

_____

2

Parent/Guardian and Emergency Contact Information:

Parent/Guardian(s)_____

Phone 1:_____ Phone 2:_____ email:_____

Would you like to receive email information about future Parks and Recreation Activities? Yes ☐ No ☐

Address:_____ Apt. #:_____ City:_____ State: _____ Zip: _____

In case of emergency please contact:

Contact 1:_____ Phone 1:_____ Phone 2:_____Relationship:_____

Contact 1:_____ Phone 1:_____ Phone 2:_____Relationship:_____

3

Participant Waiver and Release (to be signed if participant is under age 18):

I hereby grant my full consent and authorization for the above-named minor to engage in activities **offered by the** Ellensburg Parks and Recreation Department. I certify I am the parent or legal guardian of the above-named child; that I have read and understand the foregoing "Participant Waiver and Release; and that, in consideration of the City allowing this child to participate in the Parks Department's activities or use City facilities, I join in the waiver and release without reservation and agree to release and waive any claim or right of recovery I might have arising out of any injury, death or damage this child may sustain as against the City of Ellensburg, its officials, employees and agents. I agree photographs taken of the child during such activities may be used for promotional purposes.

Parent/Guardian Signature: _____ **Date:** _____

Participant Waiver and Release (to be signed if participant is under age 18):

As the parent or legal guardian, I authorize Ellensburg Parks and Recreation Department staff to render first aid to the above-named minor child in the event of an injury. Also, I authorize a licensed medical professional to examine this minor child and, in the event of an injury, to render such care as he or she deems necessary for the treatment of such injury. I further authorize the Parks and Recreation Department to send this child to the hospital or licensed medical professional most accessible in the event of an injury or accident.

Parent/Guardian Signature: _____ **Date:** _____

4

Will your child participate in the Preseason Player Draft on Monday March 16th or Wednesday March 18th, 2015 at Valley View Elementary? Times and dates for each division are To Be Determined. Yes ☐ No ☐

5

Parents/Guardians: Would you be willing to be a head or assistant coach for a team? Yes ☐ No ☐

For Official Use Only:

- Date Received:_____ • Receipt Number:_____ • Transaction Amount:_____
- Payment Amount: Early Registration (Feb. 16 to Mar. 6, 2015): **$60** – Late Registration (Mar 7 to Mar 13, 2015): **$80**
- Multi-Child Discount ($5 off per additional child during Early Registration Only) Yes ☐ No ☐

City of Ellensburg
Youth Volleyball League

The City of Ellensburg Youth Volleyball League is a Coed sports league focused on teaching the proper fundamentals of volleyball to both boys and girls in 3rd through 8th grade in a positive environment.

- **Youth Volleyball League:**
  - Boys and girls in 3rd through 8th grade will participate in a Coed Volleyball league which features a **7 game league (new for 2015),** with games taking place Fridays, Saturdays, and select weekdays, at Ellensburg School District Facilities.
  - Practices begin the week of March 30, 2015.
  - Games will begin April 11, 2015.
  - The City of Ellensburg Parks and Recreation Department will make every effort to schedule games so they do not conflict with Ellensburg Youth Softball / Baseball (EYSB) and/or school sports.

- **Registration:**
  - **Early Registration:** February 16 through March 6, 2015. The Early Registration fee is $60 per child.
    - **Multi-Child Discount:** During Early Registration, families registering multiple siblings will receive a discounted rate of $55 for each additional sibling.
  - **Late Registration**: March 7 through March 13, 2015. The late registration fee is $80 per child. Multi-child discounts do not apply to late registrations.
  - Youth Recreation Scholarships are available through HopeSource (509) 925-1448.
  - Early and Late Registration will take place at the Stan Bassett Youth Center Monday through Friday from 1:00 pm to 7:00 pm. Cash or check is accepted; make checks payable to City of Ellensburg.
  - Parents are also required to complete an Ellensburg School District Concussion Form at the time of registration, the form is also available online at: http://www.ci.ellensburg.wa.us/index.aspx?nid=447
- **Divisions:**
  - Divisions will be formed based upon grade, with every attempt made to balance teams based upon skill level.
  - Divisions will be formed as listed below; however, registration levels will dictate if a specific grade has enough children to form its own league, or if multiple grades must be combined.
    - 3rd and 4th grade
    - 5th and 6th grade
    - 7th and 8th grade
- **Team Formation – All Divisions:**
    - All youth will attend the player draft on **Monday March 16th** or **Wednesday March 18th**, 2015 at Valley View Elementary School.
      - ***Exact times and days for each division will be determined upon the conclusion of registration.
    - Utilizing a player draft to form teams will help create the most equitable teams possible.
    - Coaches will use the player draft to evaluate player's skills, upon the conclusion of the evaluation portion, coaches will select their teams.
    - All registered youth will be placed on a team, regardless of whether or not they attend the player draft.
- **Coaches Meeting:**
  - A coaches meeting will take place Wednesday March 11, 2015 at the Stan Bassett Youth Center, from 7:30 to 8:45 pm. All volunteer coaches are required attend this meeting as well as to complete a Washington State Patrol Background Check.
- **For More Information:**
  - Please contact David Hurn – Youth Programs and Athletics Coordinator
    - phone: (509) 925-8604
    - email: hurnd@cityofellensburg.org
    - visit us at: http://ci.ellensburg.wa.us/parksandrec
    - visit the Stan Bassett Youth Center at 406 E. Capitol
    - mailing address: 501 N. Anderson Street, Ellensburg, WA 98926

City of Ellensburg Parks and Recreation
Concussion Information Form

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

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- 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

Ellensburg Parks and Recreation
Concussion Information Form

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 athletes 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 heath 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 Remember its better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

Signing below confirms that you have read and are aware of what concussions are, the signs and symptoms of a concussion, and what you should do if your Youth Athlete receives a concussion.

_____	_____	_____
Parent or Legal Guardian Printed	Parent or Legal Guardian Signature	Date

_____
Youth Athlete Name Printed