



**West Valley High School Softball Skills Camp**  
**April 3-5 2017 9:00am-12:00pm**

**CAMP INFORMATION**

The West Valley Varsity Fastpitch Team will be holding a three day fastpitch camp over Spring Break. It will be held at the Varsity fields at West Valley High School. The emphasis of the camp will be on hitting, pitching, catching, position work and base running.

**GRADES**

All players in grades 1-8 are welcome.

**WHAT TO BRING**

Players are asked to bring their own glove, bat, shoes, water, and snacks. Catchers are encouraged to bring their own gear if possible. All participants need to dress accordingly (sliding gear is not required) and to dress for both warm and cool weather.

**CAMP COACHES**

Head Coach Brad Cramer, Assistant Coach Craig Lacy, and West Valley Fastpitch players.

**COST**

Pre-registration is \$50 per camp participant. Families with 2 or more participants will receive a \$10 reduction on each additional athlete (\$50 first athlete, \$40 each additional athlete.) Pre-registration is required to receive the family rate. Please send the registrations in together. We will also offer a team rate of \$35 per player. To qualify for the team rate you must have at least 6 players FROM THE SAME TEAM and please send registrations in as a team. Camp cost includes a free t-shirt! All proceeds go to the West Valley Fastpitch Program.

**REGISTRATION**

Pre-registration form **and concussion information form** must be received by Wednesday, March 30<sup>th</sup>. Registration on the first day of camp is accepted; however, a t-shirt cannot be guaranteed and the price will increase to \$50. Registration begins at 8:30am on April 3<sup>rd</sup>.

**CONTACTS** (call if you have questions)

**Brad Cramer** 945-5555 **Craig Lacy** 972-5933 wk 728-1855 cell

**WEST VALLEY SPRING BREAK SOFTBALL CAMP**  
**REGISTRATION FORM**

ATHLETE'S NAME \_\_\_\_\_ GRADE \_\_\_\_\_

PARENT/GUARDIAN \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_

EMERGENCY \_\_\_\_\_

CONTACT \_\_\_\_\_ PHONE \_\_\_\_\_

TEAM REGISTRATION ONLY: Team Name: \_\_\_\_\_

COACH: \_\_\_\_\_ CONTACT #: \_\_\_\_\_

**1. I hereby authorize the coaches of WV Softball Camp to act for me according to their best judgment in any emergency requiring medical attention. I hereby waive and release the West Valley School District, the baseball camp, and all directors, coaches, and instructors from liability arising from my child's participation at the camp and I know of no mental or physical problems which might affect my child's ability to safely participate in this camp. I will be responsible for any medical or other charges in connection with my child's attendance at camp. Costs for treatment of injuries or hospitalization for illness or injuries incurred during the camp will be the responsibility of the parent or guardian of the camp participant.**

**2. I have read the material "Heads Up: Concussion in Youth Sports" and by signing below, I am indicating my understanding of it.**

Parent/Guardian Signature \_\_\_\_\_

Student/Athlete Signature \_\_\_\_\_

Date \_\_\_\_\_

**MAKE CHECKS PAYABLE TO "WVHS Softball Camp"**

MAIL TO: WV High School Softball Camp  
9800 Zier Road  
Yakima, WA 98908

T shirt size (choose one): \_\_\_\_\_ youth M \_\_\_\_\_ youth L

\_\_\_\_\_ adult S \_\_\_\_\_ adult M \_\_\_\_\_ adult L \_\_\_\_\_ adult XL

## HEADS UP: CONCUSSION IN YOUTH SPORTS

### WHAT IS A CONCUSSION?

A concussion is a brain injury that is caused by a bump or blow to the head. It can change the way your brain normally works. It can occur during practices or games in any sport. Even a “ding” “getting your bell rung” or what seems to be a mild bump or blow to the head can be serious. A concussion can happen even if you haven't been knocked out. You can't see a concussion. Signs and symptoms of a concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion or if you notice the symptoms yourself seek medical attention right away.

### PARENTS AND GUARDIANS

#### What are the signs and symptoms of a concussion observed by Parents/Guardians:

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to being hit or falling
- Can't recall events after being hit or falling

#### How can a Parent/Guardian help their child prevent a concussion?

Every sport is different, but there are steps your children can take to protect themselves from concussion:

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.

- Learn the signs and symptoms of a concussion.

#### What should a Parent/Guardian do if they think their child has 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.

### ATHLETES

#### What are the symptoms of a concussion?

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light
- Bothered by noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion
- Does not “feel right”

#### What should an athlete do if they think they have a concussion?

**Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates might have a concussion.

**Get a medical check up.** A doctor or health care professional can tell you if you have a concussion and when you are OK to return to play.

**Give yourself time to get better.** If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.

✓ ***IT IS BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.***

#### How can athletes prevent a concussion?

Every sport is different, but there are steps you can take to protect yourself:

- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Use the proper sports equipment, including personal protective equipment (such as helmets, padding, shin guards, and eye and mouth guards). In order for equipment to protect you, it must be:
  - The right equipment for the game, position, or activity
  - Worn correctly and fit well
  - Used every time you play
  - Repaired and maintained

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:

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• Headaches</li><li>• “Pressure in head”</li><li>• Nausea or vomiting</li><li>• Neck pain</li><li>• Balance problems or dizziness</li><li>• Blurred, double, or fuzzy vision</li><li>• Sensitivity to light or noise</li><li>• Feeling sluggish or slowed down</li><li>• Feeling foggy or groggy</li><li>• Drowsiness</li><li>• Change in sleep patterns</li></ul> | <ul style="list-style-type: none"><li>• Amnesia</li><li>• “Don't feel right”</li><li>• Fatigue or low energy</li><li>• Sadness</li><li>• Nervousness or anxiety</li><li>• Irritability</li><li>• More emotional</li><li>• Confusion</li><li>• Concentration or memory problems (forgetting game plays)</li><li>• Repeating the same question/comment</li></ul> |
|--|--|

#### 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

### **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 Remember its 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/>