

NORTH LAKE SCHOOL VOLLEYBALL CONTRACT

Welcome to North Lake School's volleyball season! Boys and girls in grades 6, 7 and 8 are eligible to sign up now.

A \$75.00 activity fee is being charged for each player, along with \$12.00 for a team t-shirt. You can write one check for \$87.00 made payable to North Lake School. This signed contract and t-shirt order form is due **no later than Monday, January 28th.** This will allow the shirts to be ordered and received prior to the first game. The player will keep the t-shirt at the end of the season.

Transportation for all practices and games is the responsibility of each individual family. Please sign and return the permission slip and the code of conduct agreement as soon as possible if your son/daughter is going to participate in the volleyball program.

This contract, the concussion agreement, along with the pink Athletic Emergency Form must be completed, signed and returned to the school office before the first practice.

A "Medical Form for Extra-Curricular Sports" and the Parent/Athlete Concussion agreement must be on file in the office prior to participation.

VOLLEYBALL

_____(name)_____(grade) has permission to participate in volleyball at North Lake School for the 2018-2019 school year. I understand that the school district will not be held liable or responsible for any injury due to participation. I have read the Activities Handbook.

I have read the information regarding transportation and will see to it that my son/daughter is at the games. I understand that the district will not be held liable or responsible for injury due to transportation. I also understand that the "Medical Form for Extra-Curricular Sports" must be on file in the school office prior to participation.

I have enclosed the t-shirt order form along with \$87.00 to cover the activity fee and t-shirt fee. Please be aware that there will be no refunds of the activity fee after the first game of the season.

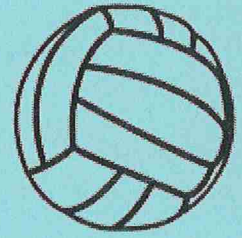
As a North Lake School team player I will remember that I am a representative of my school at all times. I will display good sportsmanship regardless if I win or lose. I will be respectful of the officials, coaches, opposing team members, and other adults present.

Student Signature/Date

As a North Lake School fan I understand that we are trying to encourage sportsmanship at all times. When I am in the stands at a sporting event I will keep my participation positive. I will appreciate the achievements of both teams. I will be supportive of the officials and the coach's efforts.

Parent Signature/Date

North Lake School ~ Volleyball T-Shirt Order Form



Name _____

Size (based on adult sizes)

Circle One: XS S M L XL

Number: choice 1 _____ choice 2 _____ choice 3 _____

ATHLETIC EMERGENCY FORM

NAME _____ GRADE _____

SPORT _____ COACH _____

EMERGENCY CONTACT PERSON(S)

Name _____ Relationship _____

Home Phone _____ Cell Phone _____

Name _____ Relationship _____

Home Phone _____ Cell Phone _____

PHYSICIAN/CLINIC

Physician _____

Clinic _____

Phone # _____

Have you ever had a concussion? _____ If yes, how many? _____

Have you ever experienced concussion symptoms? _____ Did you report them? _____

ALLERGIES

COMMENTS

E-MAIL ADDRESS

**NORTH LAKE SCHOOL MEDICAL FORM
FOR EXTRA-CURRICULAR SPORTS (Good for two years)**

School Year _____

Student Name _____ Date of Birth _____
(Last, First, Middle Initial)

Grade _____ Age _____ Sex _____ Height _____ Weight _____

Present Address _____

Home Phone _____ Parents Work Phone _____

Family Physician (Name/Phone) _____

Family Dentist (Name/Phone) _____

Name of Private Health Insurance Carrier _____

Policy Number(s) and Address _____

The above named student has been examined and there are no apparent contraindications to participating in inter-scholastic athletic activities. (Check here if yes) _____

Exceptions are as follows: sports or school activities in which this student cannot participate are (if none - write NONE): _____

If student is restricted or disqualified, please indicate reason(s): _____

If approved for one year of competition, instead of two, please check here: _____

Signature of Licensed Physician or Surgeon _____

Address _____

City and State _____

Telephone _____ Date of Examination _____

ALL BOYS AND GIRLS PARTICIPATING IN INTERSCHOLASTIC ATHLETICS MUST HAVE THIS FORM ON FILE AT NORTH LAKE SCHOOL PRIOR TO PRACTICE OR PARTICIPATION.

1. I, as a parent or legal guardian of the above athlete, have read, understand, and therefore agree to support the policies and rules set forth for athletes at North Lake School and give my son/daughter permission to participate under those conditions.
2. I also give permission for school personnel, in an emergency situation at a school athletic event, to make decisions on certified medical assistance, first aid and care to my child should he/she require such assistance or emergency first aid by the coach.
3. As parent (or legal guardian) of the above named student, I agree to be financially responsible for the safe return of all athletic equipment issued to him/her. I further agree to hold my son/daughter financially accountable for any and all equipment which he/she may lose, misplace, or damage through carelessness or intent.
4. I realize that there is a risk of injury inherent in all sports. I realize the risk may be severe, including the risk of fractures, brain injuries, paralysis or even death. I have sufficient accident insurance and am willing to take full financial responsibility for any and all injuries sustained by my child while participating in the athletic program under the direction of North Lake School.

Parent Signature/Date

KNOW YOUR CONCUSSION ABCs

Assess
the
situation

Be alert for
signs and
symptoms

Contact a
health care
provider

Wisconsin Concussion Fact Sheet for Athletes

What is a concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious. Concussions can occur during practices or games in any sport or recreational activity.

What are the signs and symptoms of a concussion?

Unlike a broken arm, you can't see a concussion. Most concussions occur without loss of consciousness. Signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in how you are feeling, if symptoms are getting worse, or if you just "don't feel right." If you think you or a teammate may have a concussion, it is important to tell someone.

COMMON SYMPTOMS OF A CONCUSSION:

Tell someone if you see a teammate with any of these symptoms:

- Appears dazed or stunned
- Forgets sports plays
- Is confused about assignment or position
- Moves clumsily
- Answers questions slowly
- Repeats questions
- Can't recall events prior to the hit, bump, or fall
- Can't recall events after the hit, bump, or fall
- Loses consciousness (even briefly)
- Shows behavior or personality changes

Tell someone if you feel any of the following:

Thinking/Remembering:

- Difficulty thinking clearly
- Difficulty concentrating or remembering
- Feeling more slowed down
- Feeling sluggish, hazy, foggy, or groggy

Physical:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Fatigue or feeling tired
- Blurry or double vision
- Sensitivity to light or noise
- Numbness or tingling
- Does not "feel right"

Emotional:

- Irritable
- Sad
- More emotional than usual
- Nervous

Changes in your normal sleep patterns.



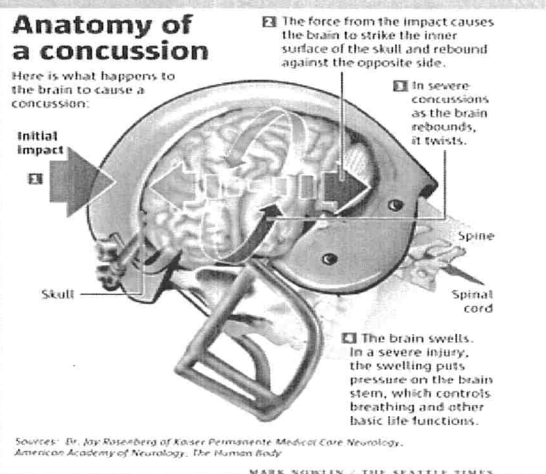
Materials adapted from the U.S. Department of Health and Human Services Centers for Disease Control and Prevention



WISCONSIN DEPARTMENT OF
PUBLIC INSTRUCTION



- *Wear the proper equipment for each sport and make sure it fits well.
- *Follow the rules of the sport and the coach's rule for safety.
- *Use proper technique.



If you have a suspected concussion, you should NEVER return to sports or recreational activities on the same day the injury occurred. You should not return to activities until you are symptom-free and a health care provider experienced in managing concussion provides written clearance allowing return to activity. This means, until permitted, not returning to:

- Physical Education (PE) class,
- Sports conditioning, weight lifting, practices and games, or
- Physical activity at recess.

What should you do if you think you have a concussion?

1. Tell your coaches and parents right away. Never ignore a bump or blow to the head even if you feel fine. If you experience symptoms of a concussion, you should immediately remove yourself from practice/play. Tell your coach right away if you think you or one of your teammates might have a concussion.
2. Get evaluated by a health care provider. A health care provider experienced in evaluating for concussion can determine if you have a concussion, help guide management and safe return to normal activities, including school (concentration and learning) and physical activity. If you have been removed from a youth athletic activity because of a suspected or confirmed concussion or head injury you may not participate again until evaluated by a health care provider and you receive written clearance to return to activity. You must provide this written clearance to your coach.
3. 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 repeat concussion. It is important to rest until you receive written clearance from a health care provider to return to practice and play.

Why should you tell someone about your symptoms?

1. Your chances of sustaining a life altering injury are greatly increased if you aren't fully recovered from a concussion or head injury.
2. Practicing/playing with concussion symptoms can prolong your recovery.
3. Practicing/playing with a concussion can increase your chances of getting another concussion.
4. Telling someone could save your life or the life of a teammate!

Tell your teachers

Tell your teachers if you have suffered a concussion or head injury. Concussions often impair school performance. In order to properly rest, many students often need to miss a few days of school immediately following a concussion. When you return to school after a concussion you may need to:

- Take rest breaks as needed,
- Spend fewer hours at school,
- Have more time allowed to take tests or complete assignments,
- Suspend your physical activity (PE class and/or recess)
- Suspend your extracurricular activities (band, choir, dance, etc)
- Reduce time spent reading, writing, or on the computer.

To learn more about concussions, go to:
www.cdc.gov/Concussion; www.wiaawi.org; www.nfhs.org





PARENT & ATHLETE AGREEMENT

Related to Concussion Law WI Stat. 118.293

As a Parent and as an Athlete it is important to recognize the signs, symptoms, and behaviors of concussions. By signing this form you are stating that you understand the importance of recognizing and responding to the signs, symptoms, and behaviors of a concussion or head injury. *This form must be on file for every sports season and every youth athletic organization the athlete is involved with and must be renewed each school year (clubs- every 365 days).*

Parent Agreement:

I _____ have **read** the Parent Concussion and Head Injury Information and **understand** what a concussion is and how it may be caused. I also understand the common signs, symptoms, and behaviors. I agree that my child must be removed from practice/play if a concussion is suspected.

I understand that it is my responsibility to seek medical treatment if a suspected concussion is reported to me.

I understand that my child cannot return to practice/play until providing written clearance from an appropriate health care provider to his/her coach.

I understand the possible consequences of my child returning to practice/play too soon.

Parent/Guardian

Signature _____ Date _____

Athlete Agreement:

I _____ have **read** the Athlete Concussion and Head Injury Information and **understand** what a concussion is and how it may be caused.

I understand the importance of reporting a suspected concussion to my coaches and my parents/guardian.

I understand that I must be removed from practice/play if a concussion is suspected. I understand that I must provide written clearance from an appropriate health care provider to my coach before returning to practice/play.

I understand the possible consequence of returning to practice/play too soon and that my brain needs time to heal.

Athlete

Signature _____ Date _____

DIRECTIONS TO CONFERENCE SCHOOLS FROM NORTH LAKE SCHOOL

ERIN SCHOOL

North on Hwy 83 to Hwy O. Left on Hwy O. The school is ½ mile ahead on the left.

LAKE COUNTRY SCHOOL

Take Hwy 83 south – just past Hwy 16 to stoplight which is Capitol Drive. Turn left on Capitol Drive. Street curves around and turn right on Vettelson Road. The school is on the left (south) side of the road about 2 miles down.

MERTON SCHOOL

Take VV east to Dorn Road – turn right on Dorn. Turn right on Sussex Road (also called Hwy EF) (They play at the Intermediate School, which is the first one you come to on the right).

NORTH SHORE MIDDLE SCHOOL

Take Hwy 16 east to North Shore Drive/Jungbluth Exit. Turn right and head south. The road curves to the right and the school is about 1 mile down on the right (north) side of the road.

SWALLOW SCHOOL

Take VV east to Hwy E – turn right on E. E curves around to the left – at stop sign turn right to stay on Hwy E. Take to Hwy K – Swallow is on the northeast corner.

RICHMOND SCHOOL

Take VV east to Hwy E – turn right on E. E curves around to left – at stop sign turn right to stay on Hwy E. Take to Hwy K – turn left (Swallow School is on this corner). Take K past Bristlecone Pines subdivision. At stoplights, proceed through that intersection and the school is on the left (north) side of the street.

KETTLE MORaine

I94 W to 67 – South on 67 past Hwy 18 to Ottawa Avenue (Hwy Z) – Turn Right (west)
On Hwy Z 301 East Ottawa