



FLAG FOOTBALL PLAYERS WANTED

COMMUNITY FOOTBALL CLUB REGISTRATION

What: Cozad Flag Football

Who: All 3rd & 4th Grade Cozad Students that are not 11 years old as of August 1, 2019

When: Monday August 19, 2019 at Community Wellness Center in Cozad at 5:30-6:30 p.m.

Fee: \$35.00 at registration.

What is Provided: Flags, Mouth Piece, Head Gear and Team Camp Insurance.

PARENT or GUARDIAN signature is REQUIRED

*The participant is not required to be present at the registration

PRACTICES: Tuesdays and Thursdays beginning Tuesday August 27, 2019 at 5:30
at Muni Park (south of Swimming Pool)

Please wear: shirts, shorts and cleats or running shoes.

GAMES: Sunday Afternoons beginning Sunday September 15th

Games will also be held at Muni Park

Questions call Eric Ide or Adam Boryca at 308/784-2000 (daytime)



For schedules, pictures & updates, like us on Facebook (Community Football Club – Nebraska)

Community Football Club Registration Form for Participants

Cozad

Gothenburg

Lexington

Elwood

Overton

SEM

PLAYER NAME: _____

Grade in School _____ Birth date _____ Age as of 8/1 _____ Weight _____

Father/Guardian

Mother/Guardian

Name: _____

Name: _____

Physical Address: _____

Physical Address _____

City: _____

City _____

Home Phone: _____

Home Phone _____

Work Phone: _____

Work Phone _____

Email: _____

Email: _____

Physician _____ Phone _____

Medical Insurance _____

Name of Company _____ Group Number _____ ID Number _____

History of diabetes or epilepsy? Yes No (please circle one)

Please List Any Drug Allergies (sulfa, penicillin, etc.) _____

All football players and their parents are expected to exhibit good sportsmanship and act as ambassadors of their community at all practices and games. Community Football Club reserves the right to banish any player and/or parent from participation in the football program for failure to exhibit good sportsmanship. In the event of banishment of a player from the football program, all registration fees will be forfeited and the player will be required to return the equipment to the Community Football Club.

At the end of this season, equipment must be turned in. (Check in date will be posted at practice and/or the final game). **If the equipment is not returned to the Community Football Club at year end, by signing this document you are personally liable for the amount of the replacement cost of the equipment checked out. This amount owed to the Community Football Club will be due and payable immediately. If not paid immediately the Community Football Club has the right to pursue collection action against you.**

I hereby certify that I have the legal authority to enroll the below named child in the Community Football Club youth program run by the Community Football Club (herein referred to as CFC) and that I have legal custody of said child as either guardian or parent, or as otherwise explained herein. I hereby hold CFC harmless from any and all liability arising from or connected to my status with regard to the above-named child.

I agree that in case of illness, accident or injury, emergency medical care may be given if necessary. If the doctor named herein cannot be reached, it will be acceptable to call another doctor, and I hereby agree to pay all medical and hospitalization charges and hold CFC harmless from responsibility for the same.

I/We, the parents and/or guardian of the above named child for a position on a Community Football Club league team, give my/our approval to participate in any and all league activities. I/We assume all risks & hazards incidental to such participation & I/We do hereby waive, release, absolve, indemnify, & agree to hold harmless the Community Football Club, the league, the chartering organization, the organizers, sponsors, coaches, referees & any other participants for any claims arising out of an injury to my/our child, whether the result if negligence or from any other cause, except to the extent and in any amount covered by accident & liability insurance. I/We understand that the insurance carried by this league covers only non-insured participants and liability insurance. I/We will furnish a certified birth certificate of the above named candidate to local officials on request.

I hereby certify that the participant information listed above is true and correct and by signing, I am taking personal liability for the care and return of the equipment checked out to the participant. I also certify that I have received educational material from CDC "HEADS UP Concussion", provided by the Community Football Club, and that I have read and understand "What is a concussion"; "What are the signs and symptoms"; "What to do if you think a participant has a concussion". I also certify that I received a copy of the rules of the Community Football Club.

Parent or Guardian Signature

Date

Amount Paid: \$ _____
Flag \$35; Tackle \$65

Cash / Check # _____
Circle if cash

Concussion

INFORMATION SHEET



This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - Work with their coach to teach ways to lower the chances of getting a concussion.
 - Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
 - Ensure that they follow their coach's rules for safety and the rules of the sport.
 - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.



Plan ahead. What do you want your child or teen to know about concussion?

How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents or Coaches

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

Symptoms Reported by Children and Teens

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not "feeling right," or "feeling down"

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious, or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that *it's better to miss one game than the whole season.*



CONCUSSIONS AFFECT EACH CHILD AND TEEN DIFFERENTLY.

While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' healthcare provider if their concussion symptoms do not go away, or if they get worse after they return to their regular activities.

What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

Children and teens who continue to play while having concussion symptoms, or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious, and can affect a child or teen for a lifetime. It can even be fatal.

What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's healthcare provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

To learn more, go to cdc.gov/HEADSUP



Discuss the risks of concussion and other serious brain injuries with your child or teen, and have each person sign below.

Detach the section below, and keep this information sheet to use at your children's or teens' games and practices to help protect them from concussion or other serious brain injuries.

I learned about concussion and talked with my parent or coach about what to do if I have a concussion or other serious brain injury.

Athlete's Name Printed: _____ Date: _____

Athlete's Signature: _____

I have read this fact sheet for parents on concussion with my child or teen, and talked about what to do if they have a concussion or other serious brain injury.

Parent or Legal Guardian's Name Printed: _____ Date: _____

Parent or Legal Guardian's Signature: _____

HEADS UP CONCUSSION



SIGNS AND SYMPTOMS

Athletes who experience one or more of the signs or symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

> SIGNS OBSERVED BY COACHING STAFF

- 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 mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

> SYMPTOMS REPORTED BY ATHLETE

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"



ACTION PLAN

As a coach, if you think an athlete may have a concussion, you should:

- 1. Remove the athlete** from play.
- 2. Keep an athlete with a possible concussion out of play on the same day of the injury and until cleared by a health care provider.** Do not try to judge the severity of the injury yourself. Only a health care provider should assess an athlete for a possible concussion.
- 3. Record and share information about the injury,** such as how it happened and the athlete's symptoms, to help a health care provider assess the athlete.
- 4. Inform the athlete's parent(s) or guardian(s)** about the possible concussion and refer them to CDC's website for concussion information.
- 5. Ask for written instructions from the athlete's health care provider** about the steps you should take to help the athlete safely return to play. Before returning to play an athlete should:
 - > Be back to doing their regular school activities.
 - > Not have any symptoms from the injury when doing normal activities.
 - > Have the green-light from their health care provider to begin the return to play process.

IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.



For more information and to order additional materials **free-of-charge**, visit: www.cdc.gov/HEADSUP.

You can also download the CDC **HEADS UP** app to get concussion information at your fingertips. Just scan the QR code pictured at left with your smartphone.



Centers for Disease
Control and Prevention
National Center for Injury
Prevention and Control

The information provided in this document or through linkages to other sites is not a substitute for medical or professional care. Questions about diagnosis and treatment for concussion should be directed to a physician or other health care provider.