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HILLSDALE RECREATION VOLLEYBALL

3RD GRADE – 6TH GRADE

**REGISTRATION FEE: \$55 Includes team shirt and shorts
PLAYERS PROVIDE KNEE PADS**

Registration Deadline: January 31, 2025

PAYMENT MUST BE MADE AT THE TIME OF REGISTRATION

PRACTICES TO BEGIN WEEK OF FEBRUARY 10, 2025

GAMES PLAYED SATURDAYS, GIER ELEMENTARY BEGINNING FEBRUARY 22, 2025

PLEASE PRINT

Player's Name: _____ Grade in Fall 2024: _____

Address: _____ City/Zip: _____

Shirt Size (Adult Sizes Available) 6/8 ____ 10/12 ____ 14/16 ____ 18/20 ____ AS ____ AM ____ AL ____ AXL ____ OTHER ____

Pant Size (Adult Sizes Available) 6/8 ____ 10/12 ____ 14/16 ____ 18/20 ____ AS ____ AM ____ AL ____ AXL ____ OTHER ____

E-mail Address: _____

Parent(s): _____

Home #: _____ Cell #: _____ Work #: _____

Emergency Contact: _____ Phone #: _____

I am willing to be a volunteer coach _____

WAIVER: I, the undersigned, hereby agree to release the City of Hillsdale and their staff, coaches and other volunteers of all claims of damages, demands, or actions whatsoever in any matter arising from my child's participation in this program. I also understand that at any time I may be asked and must provide proof of my child's age. I clearly understand that if I cannot provide proof of my child's age in a timely manner, he or she will be suspended from play until I do so. Photographs may be taken at certain Recreation Department activities, and, unless the department receives signed, written objections, photos may be reproduced for publication.

Parent's Signature: _____ Date: _____

Hillsdale Recreation Department - 97 N. Broad St., Hillsdale, MI 49242 - (517) 437-6457
Website: cityofhillsdale.org - Find us on Facebook at Hillsdale Recreation

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

1. If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.
2. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, and playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.
3. Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

STUDENT-ATHLETE NAME PRINTED

STUDENT-ATHLETE NAME SIGNED

DATE

PARENT OR GUARDIAN NAME PRINTED

PARENT OR GUARDIAN NAME SIGNED

DATE

JOIN THE CONVERSATION  www.facebook.com/CDCHeadsUp



HEADS UP

TO LEARN MORE GO TO >> WWW.CDC.GOV/CONCUSSION

Content Source: CDC's Heads Up Program. Created through a grant to the CDC Foundation from the National Operating Committee on Standards for Athletic Equipment (NOCSAE).

**SEXUAL ABUSE AND MOLESTATION
PREVENTION**

HILLSDALE RECREATION



As a youth-serving organization, Hillsdale Recreation considers the safety and well-being of the youth in its programs a top priority. We prohibit abuse and strive to proactively address reports of this type of conduct, even if it means that someone will be embarrassed or upset. We want to hear about problems or concerns and we will strive to act on them in a fair way in accordance with our policies.

WHAT SHOULD YOU DO IF YOU SUSPECT ABUSE?

If you suspect that an athlete has been abused (physical, sexual, or emotional) or other inappropriate conduct has occurred, report the incident to the Recreation Director who shall then report the violation to his/her supervisor.

We will report suspected abuse to the proper law enforcement agencies.

In order to address the prevention of abuse and any reports of such abuse, the City of Hillsdale has adopted a Youth Sexual Abuse Prevention Policy. A copy of the Policy is made available to the participant's parent/guardian at the Recreation Department as well as online at cityofhillsdale.org.

PARENT/GUARDIAN NAME - PRINTED

PARENT/GUARDIAN NAME – SIGNED

DATE