

2010 Tennis Team Registration Form

Please Print Clearly

Father's Name _____ Mother's Name _____

Email _____ Email _____

Day Phone # _____ Evening Phone # _____

Address _____ City _____ Zip _____

Name	Birth Date	Age	M / F	T-shirt Size	Mem.	NM
_____	_____	_____	_____	_____	\$110	\$275
_____	_____	_____	_____	_____	\$105	\$275
_____	_____	_____	_____	_____	\$100	\$275
_____	_____	_____	_____	_____	\$100	\$275
_____	_____	_____	_____	_____	\$100	\$275
_____	_____	_____	_____	_____	\$100	\$275

*coaches will fill in after time trials. Total Due _____

T-shirt Sizes: YM, YL, AS, AM, AL, AXL, AXXL

Waiver of Liability

In consideration of the right and privilege for my child to participate, we hereby release, waive, and agree to hold harmless the Midlakes Swim League, Newport Hills Swim and Tennis Club, its members, directors, and employees, the club hosting the event, its members, directors, and employees, and coaches, organizers, and parent volunteers for any and all liability, claims, legal actions, and demands of any nature whatsoever which may arise from or in connection with the tennis team or related activities. I understand that events may take place away from our club. I understand that the coaches are not responsible for transportation to tennis matches or related tennis team activities. I understand this activity involves an element of risk of bodily injury, including, but not limited to, activities occurring on and around the court and around the facility. We will assume all risks associated with and incidental to participating on a tennis team.

I have read and agree to the release. I have received and read the concussion information sheet and understand the requirements of the Lystedt Law and have communicated this with the above named team participants.

Parent/guardian's signature

Date

Parent/guardian's printed name

For office only Membership # _____

Newport Hills Swim and Tennis Club

Emergency Information and Medical Release

I hereby consent to participation by my child/children listed below on our club team in the Midlakes Swim League.

My child/children have no special medical conditions, except those described below, and are fit to participate on all teams circled. I hereby authorize emergency medical/dental care and treatment for my child as necessary.

Swim Team

Diving Team

Tennis Team

Water Polo

Name of Parent/Guardian _____

Home Address _____ City _____ Zip _____

Home Phone _____ Work/Cell Phone Number _____

Child's Name _____ Date of Birth _____ Age _____ Sex _____

Child's Name _____ Date of Birth _____ Age _____ Sex _____

Child's Name _____ Date of Birth _____ Age _____ Sex _____

Child's Name _____ Date of Birth _____ Age _____ Sex _____

Child's Name _____ Date of Birth _____ Age _____ Sex _____

In Case of Emergency, Notify _____ Phone _____

Doctor's Name _____ Phone _____

Preferred Hospital _____

Any Limitations of athletics due to physical (list) _____

What physical limitations does applicant have? (such as asthma, hay-fever, tendonitis, diabetes, etc.)

Please explain: _____

Allergies: _____ Special Instructions for Allergies: _____

Subject to seizures? _____ Special instructions relative to seizures? _____

Is applicant taking medication at present time? yes _____ no _____ If yes, explain:

Parent/Guardian Signature: _____ Date: _____

Newport Hills Swim and Tennis Club

Summer 2010 Tennis Information

Newport Hills Jr. Tennis Team Information: Sign-up starting Friday, May 14th.. The Tennis Team will hold its Kickoff Days starting Monday, June 14th. Coaches will use these days to place team members on the A, B, and C teams for the summer. 12&u will play from 4:00 – 5:00 PM and 13&over will play from 5:00 PM – 6:00 PM. Summer Tennis team practice will start Monday, June 21st. Newport Hills Swim and Tennis Club participates in the Junior Eastside Tennis League. It is the top league on the Eastside for unranked players. As a member of the NHSTC Tennis Team, our players will experience competition with clubs around the Eastside and focus on improving their fundamentals, all the while making their summer tennis experience enjoyable. The team format is very flexible and works around vacation plans. Team Practices are held from 11 AM - 2:30 PM, Monday through Thursday. The Team is divided into three groups, practicing 3 days a week Mon. through Thurs. Matches are played on Fridays vs. other Eastside clubs. Practices include singles and doubles play, drills, activities, and competition.

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Summer Practice Schedule: starting Monday, June 21st.

Jet League: 14-16 players per team					
3 teams:	Monday	Tuesday	Wednesday	Thursday	FRIDAY
Team A	--	1:05-2:30	1:05-2:30	1:05-2:30	Matches
Team B	1:05-2:30	--	11:05-12:30	11:05-12:30	Matches
Team C	11:05-12:30	11:05-12:30	--	11:05-12:30	Matches

Matches

League play will take place on the Fridays beginning the week of June 21st and continues through the first week of August. A championship tournament follows league play.

Junior Ladder: (Flights)

The tennis team will be using a ladder system to promote friendly competition between the teams. The challenge matches will determine which team each player practices with for the week. It will be posted on the tennis board or by the front desk. Returning Tennis Director Steve Bergquist is gearing up for the biggest summer of tennis Newport Hills has ever experienced! Questions about any tennis information?

Please E-mail Steve Bergquist at yuop@aol.com The end of season tournament and Jet League Party are on TBA, (check with Steve for match times/locations). The Jet League party follows from 4-6pm at Tam O'Shanter in Bellevue/Redmond. The tennis team banquet is on Wednesday August 11th from 6:30-8pm at NHSTC

2010 Summer Tennis Lessons

Tennis lessons are available as listed below. Classes are held on a weekly basis, with sign-up for all sessions beginning Monday, June 7th. Classes are limited to six or eight students per class (see below). There are four one-hour classes per session Monday - Thursday. Students are asked to provide their own rackets and wear proper tennis attire. Tennis shoes only on the courts please. In the event of a rainout, the lesson will be made up on the Friday of that week at the normal lesson time. Private Tennis lessons are also available and are recommended for all ages and abilities. Talk to the Head Pro or leave a message for him at the front desk and he will schedule the date, time and the pro that will be working with you. Sign-up for all Sessions will begin Monday, June 7th at 8:00 A.M. On sign-up day we will not take over the phone sign-ups until 11 AM. Payment is due at sign-up. You can sign-up for Tennis lessons anytime after June 7th if there is space in the class. Fee: \$38 per session - Members Only. Weekly sessions begin Monday, June 21st.

Junior Tennis Lesson Levels

Minnows: (5-7 year olds) - Beginning players (6 max) Class

Halibuts: (7 -10 year olds) – Advanced beginner (8 max) Class times

Salmon: (9-12) Intermediate - Participants should be able to hit backhands, forehands, and serve.

Sharks: (12 - 16 year olds) – older players new to the sport, or out to improve their skills. Experienced players should join the summer tennis team.

Class Times

Monday through Thursday: 8 – 9 AM 9: - 10 AM, 10 - 11 AM, 2:30 - 3:30 PM (Times subject to change, rain makeup day is Friday) Fee: Group lessons \$38 per session. Private lessons: \$25 per ½ hour, \$40 per hour

Ladies Tennis Night, Mondays (Starting May 24th)

Any ladies interested in playing competitively or recreationally should join in the ladies night each Monday. There is time for drills and/or matches each Monday night. This could also carry over to the winter months as you have the opportunity to join one of our Women's USTA team's. Mondays from 6:30PM until Dark Ladies Night will be held every Monday through the end of August

Men's Tennis Night, Wednesdays (Starting May 26th)

All guys interested in playing competitively or recreationally should join in the men's night action. There is time for drills and/or matches each Wednesday night. This could carry over to the winter months as you have the opportunity to join one of our Men's USTA team's. Wednesdays from 6:30PM until Dark. Men's Night will be held every Wednesday through the end of August

Adult Tennis Night Fee:(includes the mixed doubles mixer nights) Members \$50 for the summer. Non-members \$90 for the summer

MIXED DOUBLES MIXERS

On the last Friday of June, July, and August, the club hosts themed mixed doubles mixers. Everyone is welcome to join in the fun as we start play at 5pm. After tennis, we will have a social in the Banquet facility, some themes include BBQ, wine-tasting and cheeses, or a poker night. The fun starts at 5pm and will continue into the night. Bring your kids to swim and play while you participate. More information will be available at the front desk the week prior to the event. Please sign-up at the front desk at that time. Mixed Doubles Dates: Friday, June 25th, Friday, July 30th and Friday, August 2th. Fee: Members \$7, Non-members \$15 (Free for those participating in the Ladies and Men's Nights)

More information is available on our website www.nhstc.com

Newport Hills Swim and Tennis Club

Concussion Information Sheet

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)

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 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, it is better to miss one game than miss the whole season. 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/>