

2011 Water Polo Team Registration Form

Please Print Clearly

Father's Name _____ Mother's Name _____

Email _____ Email _____

Father's Ph# _____ Mother's Ph# _____ Home Ph# _____

Address _____ City _____ Zip _____

Name	Birth Date	Age	M / F	T-shirt Size	Cost
_____	_____	_____	_____	_____	\$75
_____	_____	_____	_____	_____	\$75
_____	_____	_____	_____	_____	\$75
_____	_____	_____	_____	_____	\$75
_____	_____	_____	_____	_____	\$75
_____	_____	_____	_____	_____	\$75

Total Due _____

T-shirt Sizes: YS, 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 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 games or related water polo team activities. I understand this activity involves an element of risk of bodily injury, including, but not limited to, activities occurring in a pool, on a pool deck, around the facility, and/or while playing. We will assume all risks associated with and incidental to participating on a water polo team. I have read and agree to the release. Our family has discussed the league's Code of Conduct and understands what is expected of parents and athletes. We understand the Eligibility rules of the league and certify that our family meets these guidelines of club membership. I have received and read the concussion information sheet and understand the requirements of the Lystedt Law and have communicated this will the above names team participants.

Parent/guardian's signature

Date

Parent/guardian's printed name

For office only Membership # _____

Midlakes club affiliation: Newport Hills Other: _____

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 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: _____

Other Information:

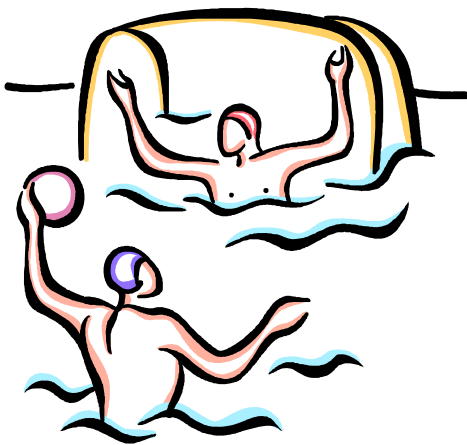
The Midlakes Water Polo season runs from July 25th to August 21st. Practice times are Monday – Friday except when 12&U or 10&U game times conflict with practice times on Thursday and/or Friday each week. Coaches will keep you up to date on practice schedule each week.

- ◆ 17&U practice time is 8-9 AM with games Sunday mornings 7/31, 8/7, 8/14
- ◆ 14&U and 12&U practice time is 9-10 AM with 14&U games Saturday mornings – 7/30, 8/6, 8/13 and 12&U games Thursday mornings – 7/28, 8/4, 8/11
- ◆ 10&U practice time is 10-11 AM with games Friday mornings – 7/29, 8/5, 8/12
- ◆ The Men's and Women's open games are held in the evening from 9-10 PM Games will be held between 8/2 and 8/19

The game schedule will not be finalized until Wednesday, July 27th as each club will finalize the teams that they are fielding on Tuesday, July 26th.

Championship Tournament Week: August 16th – 21st. The top eight teams in each age group compete in the final tournament. Each age group tournament takes one day with semi final game on Saturday and the Final game on Sunday. Please visit the Midlakes water polo website for all game and tournament information at www.midlakeswaterpolo.com Please note that the season changes constantly with team not having enough players one week to pool becoming unavailable so check the website daily as the schedule you see on the 30th may change at any time. The league has found that using the website is the fastest way to communicate with all clubs when changes occur.

More Information is available on the club's website: www.nhstc.com
And at the league website: www.midlakeswaterpolo.com Please check the league website daily during the season for any changes to the game schedule.



Newport Hills Water Polo

**“Swimming is a lot more fun
when you can score a goal!”**

Newport Hills Swim and Tennis Club & Midlakes Swim League 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/>