

ROCHESTER **RAIDERS**



2024 REGISTRATION

ROCHESTER RAIDERS

FOOTBALL & CHEER REGISTRATION CHECKLIST

These items will be completed & electronically signed with your TeamSnap online registration by February 29, 2024:

- Volunteer Agreement** (deposit check due at Equipment Handout)
- Equipment Usage Agreement** (deposit check due at Equipment Handout)
- Attendance & Participation Policy**
- Code of Conduct**
- Waiver of Liability, Release**
- Concussion Information**
- Credit or Debit Card Payment**

Questions regarding payment, please contact rochesterfootballandcheer@gmail.com

By Equipment Handout, the following must be completed:

- Birth Certificate**- uploaded to Team Snap or hard copy- *NEW ATHLETES ONLY*
- Equipment Deposit Check**- \$300 made out to Rochester Football, Inc. to be cashed only if the equipment isn't returned at Equipment Hand-in. There is a \$35 fee for all returned checks. Please postdate the check to November 1, 2024.
- Volunteer Deposit Check**- \$500 made out to Rochester Football, Inc. to be cashed only if volunteer duties are not fulfilled. There is a \$35 fee for all returned checks. Please postdate the check to November 1, 2024.

Before the first practice, the following must be scanned and uploaded to TeamSnap or provided as a hardcopy:

- Physical & Medical Information Forms**
- Varsity Players Only: Proof of Grade**- report card or previous year's Student ID

****IF PHYSICAL AND CONCUSSION FORMS ARE NOT TURNED IN BEFORE THE FIRST DAY OF PRACTICE, YOUR CHILD WILL NOT BE ABLE TO PARTICIPATE IN THE FIRST PRACTICE, AND WILL BE DISQUALIFIED FROM IRON MAN/SPIRIT AWARD, NO EXCEPTIONS. EQUIPMENT WILL NOT BE HANDED OUT TO ANY PLAYER UNLESS IT IS CONFIRMED THAT EQUIPMENT DEPOSIT AND VOLUNTEER DEPOSIT CHECKS HAVE BEEN SUBMITTED. NO EXCEPTIONS****

2024 ROCHESTER RAIDERS FOOTBALL & CHEER PROGRAM

- Our program prides itself on teaching and developing football and cheerleading skills and instilling discipline and commitment both on and off the field.
- Guaranteed football playing/cheerleading time, NO tryouts, NO experience is necessary.
- We offer an experienced coaching staff – ideal football/player coach ratio is 5 to 1. Football coaches are required to undergo training through USA Football and are often former college football players. Cheer coaches are required to undergo stunt certification training. Safety and proper technique are our primary goals.
- We are a member of The Michigan Youth Football and Cheer Conference (MYFCC) and play a competitive schedule. Games are played on Saturday or Sunday. The season is comprised of seven regular-season games and up to three playoff rounds, including one Super Bowl. Regular practice takes place on weekday evenings.
- The season typically begins the first full week of August and may continue through the second week of November; attendance at all games and practices is essential to continue with the Rochester Raiders tradition of excellence.
- Cheerleaders cheer at our football games and compete in the MYFCC Super Cheer Competition.
- Cheerleaders practice basic tumbling and stunting based on their age. The VP of Cheer reserves the right to place your child on the appropriate team for his/her development.
- Football players will need to purchase mandatory sundries (practice pants, practice jersey, practice shorts, undergarments with hip and tailbone pads, mouthpiece, chinstrap, etc.). The cost averages \$75-150, and an order form will be provided.
- Cheerleaders will need to purchase mandatory sundries (practice uniform, cold weather uniform, bodysuit, shoes, bows, etc.) at an estimated cost of \$250-\$300.
- Rochester Raiders is a volunteer organization. Parent/family volunteering is mandatory and critical to the success of our program and is expected of every family. Volunteer activities include, but are not limited to: chain gang, spotters, announcer, action pictures, game clock, and 50/50 raffle. A volunteer deposit is required per family to ensure the fulfillment of volunteer duties. The volunteer deposit check will be shredded upon completion of volunteer activities at the end of the season. If volunteer activities are not fulfilled, returning participant status may be rescinded.
- Rochester Raiders requires equipment deposits for football or cheer equipment that your child uses on loan from us. An equipment deposit is required for every football player and cheerleader. The equipment deposit will be shredded upon return of equipment at the end of the season.
- Rochester Raiders requires everyone to abide by our Rochester Football & Cheer Code of Conduct. A signature is required as acceptance of the terms of our policies.
- Full payment is expected with online registration. Returning players are given priority to roster position if their registration is completed by the deadline. Returning players who have not completed their online registration by the deadline will be placed in the lottery with new applicants. New applicants will be placed on a roster, space permitting, by a random lottery.
- Applicants will be notified whether or not they have been placed on the roster by **mid-March**.
- All coaches, assistant coaches, unit directors, board members, etc., are required to submit and pass a background check.

ROCHESTER RAIDERS

FREQUENTLY ASKED QUESTIONS

1. What is the registration refund policy?

There is a **No Refund Policy** for registration fees once the participant is placed on the roster. The No Refund Policy includes optional third party insurance. If your child is waitlisted, registration fees will be returned, however, optional third party insurance is non-refundable.

2. When does the season start?

The season typically begins the first full week of August. Please plan vacations accordingly; refer to the 2024 Rochester Raiders Attendance Policy.

3. How many days a week do the football players & cheerleaders practice?

Click here for [Football Practice Schedule](#)

Click here for [Cheer Practice Schedule](#)

4. Where is practice?

Practices take place on the fields at Musson Elementary School on Dutton Road.

Location can change depending on the availability of the fields. Cheer may hold practices at additional facilities including RCS schools, Eagle Creek Academy, Deborah's Stage Door, etc.

5. Does my athlete need to be at all practices and games?

Every participant is expected to attend **every** practice and **every** game.

Please refer to the 2024 Rochester Raiders Attendance & Participation Policy for details.

6. Where are the games played?

Home games will be played at one of the Rochester Community High Schools or other local high school stadiums. Away games are played at various [MYFCC league home fields](#).

7. What are the game times?

Jr. Freshman- 10:00 am

Freshman- 12:00 pm

JV- 2:00 pm

Varsity 4:00 pm

Game times subject to change based on field availability. Coaches require participants to arrive an hour to an hour and a half prior to game time to warm up and practice.

8. What other costs are there outside of the registration fee?

Football: Mandatory Sundries \$75 - \$150

Cheer: Mandatory Sundries \$250 - \$300

Optional Items: Spirit Wear, Yearbook, Banquet Admission

9. Do returning players need to submit a birth certificate?

No. Birth certificates are required for new athletes only.

2024 ROCHESTER RAIDERS FOOTBALL & CHEER ELIGIBILITY & ROSTERING

FOOTBALL PROGRAM			
SQUAD	AGE AS OF 9-1-24*	WEIGHT RESTRICTIIONS	COST
Jr. Freshman	7 - 8 years old	110 lbs	\$400.00
Freshman	9 - 10 years old	130 lbs	\$450.00
Jr. Varsity	11 - 12 years old	150 lbs*	\$450.00
Varsity	13 - 14 years old (All 8 th Graders will be on Varsity)	190 lbs*	\$450.00
<i>*Squad has special "X-men" weights based on grade and age</i>			

CHEER PROGRAM		
SQUAD	GRADE AS OF 9-1-24 (2024-25 School Year)	COST
Jr. Freshman	Grades 1 - 2	\$325.00
Freshman	Grades 3 - 4	\$375.00
Jr. Varsity	Grades 5 - 6	\$375.00
Varsity	Grades 7 - 8	\$375.00

FAMILY DISCOUNT: The cost for the first child per family is at the regular price. Each additional child is \$50 off.

REGISTRATION FEES ARE NON-REFUNDABLE once your child is placed on a roster. There is a \$35 fee for all returned checks.

In order to accommodate the large demand for our program, we have 2 football teams (Maroon & Gold) for the Jr. Freshman, Freshman and JV levels. Immediate family members in the program are placed on the same team – Maroon or Gold – and will stay with that team throughout their time in the Rochester Raiders program. Requests for moving from the Gold team roster to the Maroon team roster, or vice versa, will not be honored. Athletes are not placed on teams based on school and requests to play with friends or classmates cannot be guaranteed.

Athletes may not participate with any other football & cheer organization, including recreational, competitive or school programs, during the current Rochester Raiders season.

ROCHESTER RAIDERS VOLUNTEER PARTICIPATION AGREEMENT

Rochester Raiders is a youth organization that functions best with the assistance of volunteers.

I understand that my child's participation in the Rochester Raiders Football & Cheer program is contingent upon my participation as an adult volunteer. I understand that if I do not fulfill the volunteer requirements for the current season (for home and away games) as set forth by the Board of Directors and described below, my volunteer deposit check will be cashed and my child may lose their returning player status for the following season.

Every family will be required to submit a separate \$500 volunteer check at Equipment Handout as a deposit to ensure volunteer participation. Volunteer sign-ups will be available online.

Each family is required to sign up for a specified number of required volunteer commitments as set each year by the Board of Directors. Deposit checks will be cashed under the following circumstances:

1. If you do not COMPLETE the required volunteer commitments for the season as set each year by the Board of Directors.
2. No Call/No Show: If you miss a scheduled volunteer commitment without 48 hrs notice. If you do give a 48-hour notice cancellation of a scheduled volunteer commitment, you will try to find a replacement and immediately sign up for an additional volunteer commitment for the season.

Game day & special event volunteers are absolutely necessary to the success of our program. Game day volunteer positions include, but are not limited to: chain gang, spotters, booth announcer, booth assistant, photographer, game clock operator, concessions, and 50/50 raffle. Online sign-up for these activities will take place once the game schedule is set by the league. At the end of the season, deposit checks will be shredded after your volunteer commitments have been confirmed. If you have an assignment that you would like to commit to for the entire season, please email the volunteer coordinator.

I agree to the above terms and understand I am obligated to show up when I am scheduled to volunteer. If I do not fulfill my volunteer obligations as set forth above, I authorize Rochester Raiders to cash my volunteer deposit check.

This form should be read as part of the online registration process and will be agreed to upon completion of registration. \$500 volunteer deposit check is due at Equipment Handout.

ROCHESTER RAIDERS EQUIPMENT USAGE AGREEMENT

All families will be required to submit a separate \$300 equipment check at Equipment Handout for each athlete as a deposit for football or cheer equipment. This deposit will guard our program against having to unnecessarily spend its resources to replace unreturned, damaged or dirty equipment and/or uniforms. (NOTE: normal wear & tear does not equate to damaged equipment). Upon submitting the check, your child will receive their equipment (football helmet, pads, practice/game pants, belts, jerseys, etc.) or (cheer skirt & cheer vest). Your deposit check will then be securely filed. At the end of the season, your deposit check will be shredded in exchange for your player's equipment unless otherwise requested. **Equipment will NOT be issued without submitting the mandatory deposit check, NO EXCEPTIONS!**

All equipment and uniforms MUST be cleaned and washed before returning.

I agree to the above terms and understand I am obligated to return all loaned equipment at the end of the current season in undamaged condition. I understand that if I fail to do so, Rochester Raiders will cash my equipment deposit check.

This form should be read as part of the online registration process and will be agreed to upon completion of registration. \$300 equipment deposit check is due at Equipment Handout.

2024 ROCHESTER RAIDERS ATTENDANCE & PARTICIPATION POLICY

In Article II of the Bylaws, Rochester Raiders sets out its purpose:

“This corporation is organized to educate and instruct juvenile boys and girls without regard to race, color, or religion in certain sports and athletic endeavors so that they may increase their capabilities as individuals, improve their physical, mental, and moral well-being, and develop a sense of fair play and good sportsmanship.”

Both football and cheerleading are physically intensive, team-oriented sports that depend on a high level of physical conditioning and group coordination for success. As such, attendance at every practice and game is expected by the Board and the respective coaching staff.

ATTENDANCE POLICY

Once the Rochester Football & Cheer season begins, every participant is expected to attend every practice and game. There are instances where absences from practice may be excused; all of these instances should be discussed with the appropriate VP of Football or VP of Cheer beforehand (whenever possible).

Examples:

- Death in the family
- Child Sickness (with doctor's note on the 3rd day)
- Academic Commitments
- Religious Commitments

If any child incurs three (3) unexcused absences during the year, they are subject to dismissal from the team. Additionally, if any cheerleader incurs more than three (3) absences, they are subject to removal from competition rounds.

Our organization prides itself on instilling the value of time into our athletes. We refer to this as “Raider Time”. All athletes will strive to adhere to “Raider Time”, which is 15 minutes prior to the scheduled time. This allows athletes to prepare for practice, tie shoes, and be ready to start promptly at the scheduled time.

PARTICIPATION POLICY

Any child who misses two or more practices during the week will not participate in that week's game but is expected to attend. Additionally, any cheerleader with an unexcused absence will not participate in the first half of that week's game but is expected to attend.

This form should be read as part of the online registration process and will be agreed to upon completion of registration

ROCHESTER RAIDERS

IRON MAN & SPIRIT AWARD ELIGIBILITY

Any child who meets the stringent attendance expectations will be rewarded with an Iron Man (Football) or Spirit Award (Cheer) at the year-end banquet. There are several circumstances where participants cannot attend every practice or game because of a more important family, religious, or academic commitment (i.e., 5th Grade Camp). Although these instances count as excused absences for Attendance Policy purposes, they are not exceptions to the Iron Man and Spirit Award eligibility. The Iron Man and Spirit Awards are not meant to punish those who cannot attend every practice and every game but instead to recognize those participants who are able to meet the strict attendance requirements.

Iron Man Award

Recipients must attend every practice in its entirety and the entirety of every game, including playoff games and Super Bowl, to be eligible for the Iron Man Award. Please note that walk through practices for Freshman, JV, and Varsity count as a regularly scheduled practice and will take place either on Friday night or Saturday before the games as determined by the Head Coach. The only exception for a missed practice is an unscheduled voluntary practice.

Spirit Award

Cheer participants are required to attend every scheduled practice in its entirety, the entirety of every game where they are scheduled to cheer, the entirety of dress rehearsal and the entirety of Super Cheer to be eligible for the Spirit Award. Cheer participants are also required to attend every playoff game in its entirety with the exception of Super Cheer weekend. The only exception for a missed practice is an unscheduled voluntary practice.

Lifetime Achievement Award

Football Lifetime Achievement

Any football player who gave **six (6) consecutive** years of hard work and dedication to the Rochester Raiders organization will be given a Lifetime Achievement Award at the year-end banquet. In order to receive the Lifetime Achievement Award, a player must have completed the required years in the program and exhausted, due to age or grade, his eligibility as set forth by the current year League Rules.

Cheer Lifetime Achievement

Any cheerleader who gave **six (6) consecutive** years of hard work and dedication to the Rochester Raiders organization will be given a Lifetime Achievement Award at the year-end banquet. In order to receive the Lifetime Achievement Award, a participant must have completed the required years in the program and exhausted, due to age or grade, his or her eligibility as set forth by the current year League rules. (Example: Must Cheer through the 8th grade if eligible).

This form should be read as part of the online registration process and will be agreed to upon completion of registration

ROCHESTER RAIDERS CODE OF CONDUCT

All coaches, families, athletes and team officials are looked upon as potential role models by the participants. Coaches are the ambassadors of the Conference, and in many cases will be the only contact that a player, cheerleader or parent will have with the Conference. Coaches create the opinions that participants and parents will perceive the Michigan Youth Football & Cheer Conference (MYFCC) either positively or negatively and can significantly impact the organization's future success.

Therefore, all coaches, players, cheerleaders and team officials will abide by the Code of Conduct and Rules. If any rules or codes of conduct should be broken, the Rochester Raiders Board of Directors shall have the authority to impose a penalty. The Board of Directors, depending on the violation and the severity of its impact, shall determine this penalty, which may result in suspension or expulsion from the Rochester Raiders organization.

These categories are generally descriptive of the most obvious types of misconduct and are not to be construed as an exclusive list or as a limitation upon the authority of the Rochester Raiders Board of Directors to deal appropriately with any other types of conduct, which interfere with the good order of the organization.

The following behaviors will not be tolerated by any Rochester Raiders Board member, coach, director, football player, cheerleader, parent/guardian, or fan, and will be considered a violation of our Code of Conduct:

1. Insubordinations, disrespect, or disregard of verbal instruction or direction of the coaches or any board member.
2. Open persistent defiance of the authority of a staff member.
3. Taunting players, coaches, officials, board members, or other parents/spectators by means of baiting, ridiculing, bullying, harassment, stalking, verbal and/or non-verbal, including written and social media, threats of physical violence, or displaying physical violence. *Law enforcement authorities may be notified in cases of this misconduct.*
4. Larceny/petty theft/vandalism
Any theft or vandalism of money, personal or public property; and/or theft involving unlawful entry. *Law enforcement authorities may be notified in cases of this misconduct.*
5. Offensive speech/displays
Speech, communication (written or verbal), or displays that tend to disrupt the orderly conduct of practices or games, including:
 - a. The use of vulgar acts, obscenities, or gestures.
 - b. Racial or ethnic slurs and/or intimidation.

6. Fighting
 - a. The act of physical bullying or quarreling, including bodily contact.
 - b. Incitement – the act of inciting or prompting others to actions (including a coach or player to do so).
7. Possession, consumption, or under the influence of alcoholic beverages, alleged drugs, or performance-enhancing drugs are prohibited at all times. *Law enforcement authorities may be notified in cases of this misconduct.*
8. The use of smoking materials or substances (cigarettes, cigars, chewing tobacco, etc.) on school grounds is strictly prohibited. *Law enforcement authorities may be notified in cases of this misconduct*
9. Possession or use of weapons

The term weapons shall mean any object or instrument of which the principal use is to inflict injury or physical harm upon the person of another, or the use of which may result in pain or suffering. *Law enforcement authorities may be notified in cases of this misconduct.*
10. Refuting decisions of the game officials on the field as being fair and called to the best ability of said officials.
11. Criticizing an opposing team, players, coaches or fans by word of mouth, gesture or in writing.
12. Acting out of control or becoming a nuisance. Any fan exhibiting these behaviors will be asked to leave.
13. Abusing or destroying equipment or property.
14. Deliberately inciting unsportsmanlike conduct.

IN ADDITION, COACHES SHALL:

1. Follow the rules as prescribed for coaches in the Michigan High School Athletic Association rules and the of the Michigan Youth Football & Cheer Conference. These rules shall be the governing rules of the Rochester Raiders. The rules listed below shall apply if they are not already within the rules and guidelines of the above-mentioned MYFCC.
2. Criticize only in a constructive manner, with the intent to benefit and never to humiliate a participant. Coached should look for ways to compliment and always offer positive reinforcement where possible
3. Refrain from making negative comments regarding fellow coaches, programs, or players of the MYFCC teams in front of football/cheerleading participants, other coaches, and parents while on the practice field, games or Conference sponsored events. If it is felt that fellow coaches are making mistakes, offer assistance by means of communicating your observations to the Vice President of Football or Cheer Operations. The Vice President of Football or Cheer Operations will determine if your observation warrants further action.

4. Strive to make every football/cheerleading activity serve as a training ground for life and a basis for good mental and physical health.
5. Emphasize that winning a game is the result of good TEAMWORK.
6. Treat all participants equally. There shall not be any favoritism shown or special privileges given to one participant that cannot be given to another.
7. When scores are such that leads are commanding, refrain from “piling it on,” but use this as an opportunity to let all players receive more playing time.
8. Uphold all rules and regulations adopted by the Michigan Youth Football & Cheer Conference.
9. Coaches alone do not make the team or conference policy. However, on the playing and practice fields, the coaching staff is in complete charge and shall not be interfered with except in cases of rule violations and any other conduct deemed by the Board of Directors to be contrary to the welfare of youth participants.

We expect all Rochester Raiders participants to enjoy the game and support and respect all players, cheerleaders, coaches, officials, Board members, and parents (regardless of team affiliation).

For situations not covered specifically above, Rochester Raiders will follow the Code of Responsible Behavior and Student Conduct-Plus Student Athletic Code for the applicable year.

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Rochester, MI 48307
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I understand that failure to comply with the above code of conduct will result in 1 warning unless the Rochester Raiders Board of Directors decides that a violation of this code merits immediate suspension or expulsion from the program.

This form should be read as part of the online registration process and will be agreed to upon completion of registration

ROCHESTER RAIDERS

WAIVER OF LIABILITY, RELEASE

For and in consideration of the participant's registration with **Rochester Football, Inc.** (Name of Organization) ("Organization") and being allowed to participate in events and member activities, participant and the parent(s) or legal guardian(s) of participant waive, release and relinquish any and all claims for liability and cause(s) of action, including for personal injury, property damage, includes possible exposure to and illness from infectious diseases including but not limited to MRSA, influenza, and COVID-19 or wrongful death occurring to participant or participant's parent(s) or legal guardian(s) arising out of participation in events, or sports, and/or activities incidental thereto, whenever or however they occur and for such period said activities may continue, and by this agreement any such claims, rights, and causes of action that participant and/or participant's parent(s) or legal guardian(s) may have are hereby waived, released and relinquished, and participant and participant's parent(s)/guardian(s) do so on behalf of their heirs, executors, administrators and assigns.

Participant and participant's parent(s)/guardian(s) acknowledge, understand and assume all risks relating to events or sports participation and activities incidental thereto, and understand that activities incidental thereto involve risks to participant's and participant's parent(s)/guardian(s) person including bodily injury, illness from infectious diseases partial or total disability, paralysis and death, and damages which may arise therefrom and that we have full knowledge of said risks. These risks and dangers may be caused by the negligence of the participant, participant's parent(s)/guardian(s) or the negligence of others, including the organization, its affiliates, members, event hosts, other participants, other parents and legal guardians, coaches, officials, sponsors, advertisers, owners and operators of the premises used to conduct any event and each of them, their officers, directors, agents, and employees (collectively, "releasees"), and include risks arising from the conditions and use of facilities and related premises. I/We further acknowledge that there may be risks and dangers not known to us or not reasonably foreseeable at this time.

Participant and participant's parent(s)/guardian(s) acknowledge, understand and assume the risks, if any, arising from the conditions and use of facilities and related premises, whether as a participant or a spectator, including without limitation, the risks involved with participating in the Organization's activities. Participant and participant's parent(s)/guardian(s) further acknowledge and understand that included within the scope of this waiver and release is any cause of action (including any cause of action based on negligence) arising from the performance, or failure to perform, maintenance, inspection, supervision or control of said areas and for the failure to warn of dangerous conditions existing at said facilities, for negligent selection of certain releasees, or negligent supervision or instruction by releasees.

Participant and participant's parent(s)/guardian(s) acknowledge, understand The Organization reserves the right to photograph facilities, activities, and program participants for potential future use. All photos remain the property of the Organization and may be used for publicity and promotional services.

Consent to Medical Treatment of Minor: I hereby give my consent to have the above applicant treated by a physician or surgeon in case of sudden illness or injury while participating in the above event. It is understood that the Organization provides no medical insurance for such treatment under its liability insurance coverage. Medical benefits for such treatments/injuries may be provided with proof of medical coverage purchased through the Organization. The location of the activity or the nature of the illness or injury may require the use of emergency medical personnel.

Participant and participant's parent(s)/guardian(s) agree if any claim for personal injury, illness from infectious diseases or wrongful death is commenced against releasees, he/she shall defend, indemnify and save harmless from any and all claims or causes of action by whomever or wherever made or presented for his/her personal injuries, property damage, possible exposure to and illness from infectious diseases including but not limited to MRSA, influenza, and COVID-19 or wrongful death.

Participant and participant's parent(s)/guardian(s) acknowledge that they have been provided and have read the above paragraphs and have not relied upon any representations of releasees, that they are fully advised of the potential dangers and risks and understand these waivers and releases are necessary to allow the activities of the Organization to exist in its present form.

This form should be read as part of the online registration process and will be agreed to upon completion of registration

CONCUSSION INFORMATION

WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If an athlete reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury. The athlete should only return to play with permission from a health care professional experienced in evaluating for concussion.

DID YOU KNOW?

- Most concussions occur without the loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

SYMPTOMS REPORTED BY ATHLETE:

- Headache or “pressure” in the head
Becomes increasingly confused, restless, or
- Nausea or vomiting agitated
- Balance problems or dizziness Has unusual behavior
- Double or blurry vision Loses consciousness (even a brief loss of
- Sensitivity to light consciousness should be taken seriously)
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just “not feeling right” or is “feeling down”

SYMPTOMS REPORTED 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

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 is 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
- 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 YOU 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.

Information garnered from the Michigan Department of Community Health and the CDC's Heads Up Program. To learn more please visit www.cdc.gov/concussion.

This form should be read as part of the online registration process and will be agreed to upon completion of registration