

# JEFFERSON COUNTY PARKS AND RECREATION



## FALL 2019 YOUTH SOCCER



**Registration Deadline – August 3**



- Our rec league focuses on age-appropriate play, equal playing time, building fundamentals and having fun!!
- Separate divisions for **Pre-K (ages 4-5) through 8<sup>th</sup> grade.**
- Fee includes T-shirt, game equipment, field preparation and maintenance, and referees (3<sup>rd</sup> grade and up).
- Practices begin mid-August. Coaches will contact families with details.
- League games are **Sundays at 1 p.m. at H.J. Carroll Park** for 8 weeks, starting September 8 and ending October 27.
- Every team plays one game on a Wednesday evening under the lights at Memorial Field.

[www.countyrec.com](http://www.countyrec.com)

### **Fees** **TAX INCLUDED**

**June 3 – July 19** *Early Bird Registration* **\$65.00**  
**July 20 – August 3** *Regular Registration* **\$70.00**  
**August 4 and later** *Late Registration/Waitlist* **\$75.00**

....Tax included

**Discounts:** \$5 per child for families with more than one child registered

**Fees are non-refundable.**

**Youth scholarships:** Support local youth by adding \$5 or more to your payment. Contribution \$ \_\_\_\_\_

Cash Total \_\_\_\_\_

Check Total \_\_\_\_\_ CK# \_\_\_\_\_

Register online (non-refundable 3% credit card fee applies)

### **Registration** **HOW TO REGISTER**

**\*\*NEW ONLINE PAYMENT OPTION!!\*\***

Online at CountyRec.com – view the CART to check out with a major credit card (non-refundable 3% credit card fee applies).

**OR**

In person at the Rec Center, 620 Tyler St., PT or at Jefferson County Public Works, 623 Sheridan St., PT.

***Check or cash ONLY***

**OR**

Mail a CHECK with your completed registration form to Jefferson County Public Works  
623 Sheridan St., Port Townsend, WA 98368.

***Please make checks payable to Jefferson County Parks and Recreation***

***\*REGISTRATION FORMS RECEIVED AFTER August 3 WILL BE PLACED ON A WAITING LIST AND A \$10 LATE FEE WILL APPLY.***

Call or email anytime for more information:  
360-385-2221 ~ [cmacklin@countyrec.com](mailto:cmacklin@countyrec.com).



### **Volunteer to Coach!**

Volunteer coaches are at the center of the program. Have fun while helping to nurture young soccer players.

Name \_\_\_\_\_ Shirt Size \_\_\_\_\_

Phone \_\_\_\_\_

Email: \_\_\_\_\_

**\*\*All Parks and Recreation volunteers working with youth must complete a voluntary background check form. Please go to [www.countyrec.com](http://www.countyrec.com) to download a background check form or stop by the Public Works office 623 Sheridan St. in PT. All Jefferson County Parks and Recreation Volunteers must submit this form at least two weeks prior to volunteering.**

### **Volunteer Coach's Meeting Dates**

Pre-K/Kinder	Wednesday, August 7	5:30 pm
1-2 grades	Wednesday, August 7	5:30 pm
3-4 grades	Wednesday, August 7	6:30 pm
5-8 grades	Wednesday, August 7	6:30 pm

**Location:** Jefferson County Rec Center, 620 Tyler Street, PT.

We will have your team rosters, equipment, and go over all of the relevant information for the upcoming soccer season!! Please mark your calendars. We look forward to seeing you at the meetings!!

**For more information:** [www.countyrec.com](http://www.countyrec.com)  
or call 385-2221, or email Chris Macklin, [cmacklin@co.jefferson.wa.us](mailto:cmacklin@co.jefferson.wa.us)

\*\*\*\*\* **SIGN WAIVER ON PAGE 2** \*\*\*\*\*



Dear Families:

Please find below our Concussion Information Form. Please go over this information with your participant(s) Thank You, Rec Staff



## 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.

<ul style="list-style-type: none"><li>• Headaches</li><li>• “Pressure in head”</li><li>• Nausea or vomiting</li><li>• Neck pain</li><li>• Balance problems or dizziness</li><li>• Blurred, double, or fuzzy vision</li><li>• Sensitivity to light or noise</li><li>• Feeling sluggish or slowed down</li><li>• Feeling foggy or groggy</li><li>• Drowsiness</li><li>• Change in sleep patterns</li></ul>	<ul style="list-style-type: none"><li>• Amnesia</li><li>• “Don’t feel right”</li><li>• Fatigue or low energy</li><li>• Sadness</li><li>• Nervousness or anxiety</li><li>• Irritability</li><li>• More emotional</li><li>• Confusion</li><li>• Concentration or memory problems (forgetting game plays)</li><li>• Repeating the same question/comment</li></ul>
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<ul style="list-style-type: none"><li>• Appears dazed</li><li>• Vacant facial expression</li><li>• Confused about assignment</li><li>• Forgets plays</li><li>• Is unsure of game, score, or opponent</li><li>• Moves clumsily or displays in-coordination</li><li>• Answers questions slowly</li></ul>	<ul style="list-style-type: none"><li>• Slurred speech</li><li>• Shows behavior or personality changes</li><li>• Can’t recall events prior to hit</li><li>• Can’t recall events after hit</li><li>• Seizures or convulsions</li><li>• Any change in typical behavior or personality</li><li>• Loses consciousness</li></ul>
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### **What can happen if my child keeps on playing with a concussion or returns to soon?**

Adapted from the CDC and the 3rd International Conference on Concussion in Sport

Document created 6/15/2009

\*\*\*\*OVER\*\*\*\*

## Concussion Information Sheet

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 student-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 its better to miss one game than miss the whole season. And 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/>

Adapted from the CDC and the 3<sup>rd</sup> International Conference on Concussion in Sport  
Document created 6/15/2009