



# 2016 Hickman Area Ball Registration

Hickman Parks & Recreation Department - P.O. Box 127, Hickman, NE 68372 - [www.hickman.ne.gov](http://www.hickman.ne.gov)



Participant Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_

Sex:  M  F Current Grade in School \_\_\_\_\_ Special Request (Coach or one child, please) \_\_\_\_\_

Parent Name \_\_\_\_\_ E-Mail Address \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number: Home (\_\_\_\_) \_\_\_\_\_ Cell (\_\_\_\_) \_\_\_\_\_ Work (\_\_\_\_) \_\_\_\_\_

I am Interested in Coaching

- \_\_\_\_\_ \$25 Coed T-Ball - Ages 4, 5, 6 & 7 years old by June 1<sup>st</sup>, 2016 (No Shirt)
- \_\_\_\_\_ \$35 Coed T-Ball - Ages 4, 5, 6 & 7 years old by June 1<sup>st</sup>, 2016 (Includes Shirts)
- \_\_\_\_\_ \$25 Coed Coach Pitch - Ages 6, 7 & 8, Must have played T-Ball one year (No Shirt)
- \_\_\_\_\_ \$35 Coed Coach Pitch - Ages 6, 7 & 8, Must have played T-Ball one year (Includes Shirts)
- \_\_\_\_\_ \$45 Girls 11 & Under Softball - Girls 11 years old & under as of December 31<sup>st</sup>, 2015 (Includes Shirts)
- \_\_\_\_\_ \$50 Girls 14 & Under Softball - Girls 14 years old & under as of December 31<sup>st</sup>, 2015 (Includes Shirts)
- \_\_\_\_\_ \$50 Girls 17 & Under Softball - Girls 17 years old & under as of December 31<sup>st</sup>, 2015 (Includes Shirts)
- \_\_\_\_\_ \$100 Boys 10 & Under Baseball – Boys 10 years old & under as of May 1<sup>st</sup> 2016 (Includes Shirts)
- \_\_\_\_\_ \$100 Boys 12 & Under Baseball – Boys 12 years old & under as of May 1<sup>st</sup> 2016 (Includes Shirts)
- \_\_\_\_\_ \$100 Boys 14 & Under Baseball – Boys 14 years old & under as of May 1<sup>st</sup> 2016 (Includes Shirts)

T-Shirt Size: (check one) Youth:  S (6/8)  M (10/12)  L (14/16)

Adult:  S  M  L  XL

Check here if you DO NOT give permission for your minor child/ward(s) picture(s) to be on the City of Hickman Facebook, Website and/or Newsletter.

**REGISTRATION DEADLINE: February 29, 2016 at 12:00 pm**

**Late Fee of \$10.00 Will Apply to Registrations Received After Feb. 29**

**NO REGISTRATIONS WILL BE ACCEPED AFTER March 14, 2016 at 8:00am**

Financial Assistance Program May Be Available

### WAIVER AND RELEASE OF LIABILITY

Please read this form carefully and be aware that in participating you will be waiving and releasing all claims for injuries that you or your minor child/ward might sustain arising out of this participation.

As a participant or parent/guardian of a participant, I recognize and acknowledge that there are certain risks of physical injury and agree to assume the full risk of any injuries, including death, damages or loss which I or my minor child/ward may sustain as a result of participating in any and all activities connected with or associated with this program.

I agree to waive and relinquish all claims I or my minor child/ward may have against the City of Hickman and its officials, officers, agents, servants and employees as a result of participating. I do hereby fully release and discharge the City of Hickman and its officials, officers, agents, servants, employees and volunteers from any and all claims from injuries, including death, damage or loss which I or my minor child/ward may have or which may incur or may accrue to me or my minor child/ward on account of my participation.

I further agree to indemnify and hold harmless and defend the City of Hickman and its officials, officers, agents, servants, employees and volunteers from any and all claims resulting from injuries, including death, damages and losses sustained by me or my minor child/ward and or arising out of connected with, or in any way associated with the activities of my participation.

In accordance with Nebraska Statute 71-9105 (2011), parents and coaches must review the provided items that address the following:

- 1) The Signs and Symptoms of a Concussion;
- 2) The Risks Posed by Sustaining a Concussion; and,
- 3) The Actions an athlete should take in response to sustaining a concussion, including the notification of his or her coaches.

(More information is available at [www.cdc.gov/concussion/HeadsUp/youth.html](http://www.cdc.gov/concussion/HeadsUp/youth.html))

By signing this form I acknowledge that I have read and fully understand the above warning of Risk and Waiver and Release of All Claims and have received information in accordance with Nebraska Statute 71-9105 regarding concussions.

\_\_\_\_\_  
Parent/Guardian Signature (Required)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness Signature (Required)

\_\_\_\_\_  
Date

**Make Checks Payable to: City of Hickman Parks & Rec. (Only Cash or Checks are Accepted)**

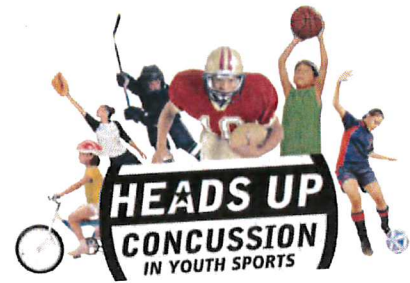
*For Office Use Only*

Date Received \_\_\_\_\_

Fees Paid Total \_\_\_\_\_

Check # \_\_\_\_\_

Cash Receipt # \_\_\_\_\_



# Parent/Athlete Concussion Information Sheet

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by bump, blow, or jolt to the head or body that causes the head and brain to move rapidly 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 listed below after a bump, blow, or jolt to

### Did You Know?

- Most concussions occur *without* 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.

the head or body, s/he should be kept 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.

| SIGNS OBSERVED BY COACHING STAFF                | SYMPTOMS REPORTED BY ATHLETES              |
|---|--|
| Appears dazed or stunned                        | Headache or “pressure” in head             |
| Is confused about assignment or position        | Nausea or vomiting                         |
| Forgets an instruction                          | Balance problems or dizziness              |
| Is unsure of game, score, or opponent           | Double or blurry vision                    |
| Moves clumsily                                  | Sensitivity to light                       |
| Answers questions slowly                        | Sensitivity to noise                       |
| Loses consciousness ( <i>even briefly</i> )     | Feeling sluggish, hazy, foggy, or groggy   |
| Shows mood, behavior, or personality changes    | Concentration or memory problems           |
| Can't recall events <i>prior</i> to hit or fall | Confusion                                  |
| Can't recall events <i>after</i> hit or fall    | Just not “feeling right” or “feeling down” |

## 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 not only does not diminish, but 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*)

## 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.*

It's better to miss one game than the whole season. For more information on concussions, visit: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion).

### *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.

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

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.

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, or 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.