



556 – 124th Avenue NE
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Tel 425.401.9874
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www.threecedarswaldorf.org

2015–2016 Ultimate Frisbee Registration Form | Grades 3 – 8

Practice Schedule

Ultimate Frisbee practices are held on days when school is in session as follows:

- **September 23 through November 18:** Wednesdays, 3:30 PM – 5:00 PM, Wilburton Park. Pickup is 5:15 PM at TCWS.
- **December 2 through January 27:** Wednesdays, 3:30 PM – 4:30 PM, Wilburton Park. Pickup is 4:45 PM at TCWS.
- **February 3 through June 8:** Wednesdays, 3:30 PM – 5:00 PM, Wilburton Park. Pickup is 5:15 PM at TCWS.

Game Schedule

Games are played on weekends, typically Saturdays. Dates and times will be announced when schedules are released by DiscNW (<https://www.discnw.org/>). Optional Saturday clinics hosted by coaches may be available. Parents are responsible for transportation of their children to and from games and clinics. Tournament options may include Fall Drizzle (typically November, middle school only) and Spring Reign (typically April).

To Register

Please read and initial the following authorizations and acknowledgements:

_____ I hereby authorize my child to walk to Wilburton Park to participate in Ultimate Frisbee practice.

_____ I acknowledge that it is my responsibility to pick up my child on time at the designated pick-up location unless he or she is registered for after-school care. Children not picked up on time will be placed in after-school care at the drop-in rate.

Please complete and return the following documents to the school office by **Monday, September 14**. Paperwork and payment must be completed before students can participate in the program.

- ☐ Registration form (page 1)
- ☐ TCWS Ultimate Frisbee Waiver (page 2)
- ☐ DiscNW Concussion Information Sheet (pages 3–4)
- ☐ Payment of the \$225 registration and program fee (includes practices, tournament fees, and equipment; uniforms available for purchase separately)
- ☐ Cash ☐ Check # _____ payable to TCWS

Please read and sign the following authorizations and acknowledgements:

I acknowledge that I understand that the information included in the [DiscNW Concussion Information Sheet](#) available from DiscNW and distributed to Ultimate players also applies to TCWS. I acknowledge that I have read and signed the DiscNW Concussion Information Sheet.

Participant Name

Grade

Parent Name (please print)

Parent Signature and Date

Office Use Only	
Date received	
Payment amount	<input type="checkbox"/> Cash <input type="checkbox"/> Check # _____



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TCWS Ultimate Frisbee | Waiver

I, the undersigned, agree to release, defend, hold harmless, and indemnify Three Cedars Waldorf School, its directors, agents, and employees, ("the Releasees"), including, but not limited to, its officers, employees, and instructors, from all actions, causes of action, damages, claims, or demands of negligence, except those of gross negligence and/or intentional or reckless wrongdoing, which the undersigned or any successor may have against the Releasees, for all personal injuries, property damage, or other types of loss or damage of any kind, whether or not presently known or contemplated, which may be incurred by the student during this activity.

The undersigned acknowledges having read this Waiver and understands all of its terms and significance, that he/she has legal authority to provide consent for the participant named below, and that this Waiver is executed voluntarily for the purpose of broadening the educational experience of the below-named student.

Participant Name

Grade

Parent Name (please print)

Parent Signature and Date



DiscNW Concussion Information Sheet

What is a concussion?

A concussion is a brain injury, and all brain injuries are serious. Concussions 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 might 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 experienced by the athlete might include one or more of the following:

- | | |
|---|---|
| <ul style="list-style-type: none">• Headaches• Sensation of pressure in the 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 | <ul style="list-style-type: none">• Amnesia• Not feeling “right”• Fatigue or low energy• Sadness• Nervousness or anxiety• Irritability• Feeling more emotional• Confusion• Concentration or memory problems (e.g., forgetting game plays)• Repeating the same question/comment |
|---|---|

Signs observed by teammates, parents, and coaches might include one or more of the following:

- | | |
|---|---|
| <ul style="list-style-type: none">• Appears dazed• Vacant facial expression• Confused about assignment• Forgets plays• Is unsure of game, score, or opponent• Moves clumsily or displays lack of coordination• Answers questions slowly | <ul style="list-style-type: none">• 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 |
|---|---|

Please continue reading on second page.



DiscNW Concussion Information Sheet

What can happen if my child keeps playing or returns too soon after a concussion?

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 athletes will often under-report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athletes' safety.

What do I do if I think my 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 **Zackery Lystedt Law** in Washington requires the consistent and uniform implementation of 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. A youth athlete who has been removed from play 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 receives 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's better to miss one game than miss the whole season. And when in doubt, sit the athlete out.

For up-to-date information on concussions you can go to:

<http://www.cdc.gov/concussion/HeadsUp/youth.html>

*I have read all **two** pages of this Concussion Information Sheet and understand the nature and risk of head injury and concussion.*

Student-Athlete Printed Name

Student-Athlete Signature

Date

Parent or Legal Guardian Printed Name

Parent or Legal Guardian Signature

Date