

# Welcome to the 2019/20 Winter Marlins Swim Team

It is the mission of Van Wert Marlins Swim Team to provide the youth of our community with a high-quality swim team and to promote the sport of competitive swimming in our area. We will create the opportunity for swimmers of all levels to develop mind, body, character and spirit and achieve the highest levels of personal growth as well as achievement in the sport.

This packet includes:

- Winter 2019/20 Information Sheet (keep for reference during the season)
- Winter 2019/20 Meet Schedule (complete & return one copy by October 4, keep one completed copy for your reference)
- Health Information Form (complete & return by first day of practice)
- Sudden Cardiac Arrest Information & Signature Form (read, sign & return by Oct. 4)
- Concussion Information Sheet & Signature Form (read, sign & return by Oct. 4)

Who is the Marlins Swim Club Boosters?

“The purpose of the Booster Club shall be to support, through programs and other activities, the Van Wert Marlins Swim Club and competitive swimming and diving generally in the Van Wert, Ohio area.”

“The parent(s) or guardian(s) of a swimmer or diver participating in Van Wert Marlins Swim Club programs shall become and remain a Booster Club member.”

President: Julie Burenga

Vice President:

Secretary:

Treasurer: Danni Chiles

At-large Members: Adam Houg, Jessica Baer, Matt Kramer

## Van Wert Marlins Swim Team Winter 2019/2020 Information

It is the mission of Van Wert Marlins Swim Team to provide the youth of our community with a high-quality swim team and to promote the sport of competitive swimming in our area. We will create the opportunity for swimmers of all levels to develop mind, body, character and spirit and achieve the highest levels of personal growth as well as achievement in the sport.

**Coaches:** Danni Chiles 419-771-564 [vanwertmarlins@gmail.com](mailto:vanwertmarlins@gmail.com) & Jeff Rex [jeffreymichaelrex@gmail.com](mailto:jeffreymichaelrex@gmail.com)

### Practice Schedule:

Beginning September 23: Monday, Tuesday, Wednesday & Thursday 4:00-5:00 p.m.

\*\*\*Coach Martha's group will only practice Monday & Thursday 4:00-4:30 p.m.

(If you are unsure as to your child's group placement, please ask Danni)

**Poco Loco Swim Shop @ VW YMCA:** Thursday, October 3 4:30-5:30 to purchase equipment & team suit

### Equipment (all available from Poco Loco, or you can buy wherever you want):

- Snorkel (suggest [swimoutlet.com](http://swimoutlet.com))
- Fins will be provided by the team, but MUST be returned at the end of the season or you will be responsible for replacing them.
- Team suit is *Dolphin Sliver* in blue/black
- You do NOT have to buy the team suit
- Girls MUST have one piece suit
- Boys MUST have swim trunks – no cut offs. It is recommended that boys wear a knee length “jammer” competition suit or a “speedo” style suit. Regular swim trunks are allowed but slow.
- It is recommended that every swimmer have 2 suits with them at meets in case of emergency
- Every swimmer should have 2 pairs of good goggles
- Anyone with hair long enough to get in your eyes should have 2 swim caps
- Do not machine wash (and NEVER machine dry) competition swimsuits. Hand wash and line dry, or better yet, just rinse in the shower after practice

**Dues:** \$295 per swimmer. Yearly dues now include invitationals (\$15 each) and champs fees (\$16). Reduce the fee by \$50 per additional swimmer in the same family (\$245 second child, \$195 third). High school swimmers who will only swim beginning and end of season and then switch to HS team, pay half: \$125

**Checks payable to Van Wert Marlins Parent Booster Club.** All dues need to be paid in full to Danni Chiles, Treasurer/coach by Oct. 31. All Swimmers must also be YMCA members. (The YMCA offers scholarships for memberships for financial hardships.)

### Communication:

- Sign up Genius ([signupgenius.com](http://signupgenius.com)) – meet volunteer sign ups. **ALL PARENTS ARE EXPECTED TO HELP AT MEETS AND DONATE CONCESSION STAND ITEMS FOR HOME MEETS.** Look for notifications in your email and on Facebook.
- We have a Google Calendar with practice and meet schedules detailed. I can add you to sharing or the link is: <https://calendar.google.com/calendar/b/1?cid=dmFud2VydG1hcmxpbnNAZ21haWwuY29t>
- We will use the Remind app for schedule changes/cancellations and quick reminders. To sign up text **@dc3gg3 to 81010** or [www.remind.com/join/dc3gg3](http://www.remind.com/join/dc3gg3)
- Email for meet information and general communication.
- Facebook: Van Wert Marlins (join the group)

### Misc. & FAQ:

- Attendance at all practices is not mandatory. The more you practice, the better you will swim.
- Attendance at all the meets is not mandatory, however, attendance is strongly encouraged. Swimmers must attend **3** meets to compete at the Championship Meet at Bowling Green. Please note there are 7 league meets that every swimmer should attend and two of the invitationals have been included in your fee. Please attend as many meets as possible. Our attendance at meets, especially away dual meets, is crucial to the success of our league.
- **ALL PARENTS ARE EXPECTED TO HELP AT MEETS AND DONATE CONCESSION STAND ITEMS FOR HOME MEETS.** Parent help is very important for swim meets. Please do your share. We need to supply timers and officials at most meets, and at home meets there are lots of additional jobs plus concession donations. Jobs are easy, and make the meets go faster. If you are a first time parent, ask for help and Danni will introduce you to an experience parent to train you.
- Swimmers should sit as a team at meets. This makes it easier for coaches and makes it more fun for the kids.
- Notify Danni as soon as possible if you have a schedule change for a meet. Meet lineups are due several days in advance of meets and if your child is in a relay it is very difficult to change those lineups.
- Most meets have concession stands, but you are welcome and encouraged to pack healthy food for your swimmer. **No PEANUT BUTTER or PEANUTS of any kind are to be brought to meets.** We have several swimmers with allergies.
- Meets are all on Saturdays. Dual meets are generally 3 hours long. Invitationals are longer days, some longer than others. Just ask if you need advice choosing invites that work for you and your family.
- If your child needs transportation to practice or meets, please ask around. Everyone is willing to help out.

### Swim Meet Packing List - suggestions:

- Extra gear: goggles, swim suit, cap, towels, etc.
- Blanket & chairs (many times we are sitting in a gym away from the pool)
- Small games and things to keep the kids entertained during long days
- Healthy snacks and drinks - **NO PEANUT PRODUCTS**
- Sharpies, highlighters and pens
- Cash for heat sheets and concessions if necessary
- Dry clothes including warm clothes (sweatshirt, sweatpants) because sometimes the gyms are cold.

# Van Wert Marlins Winter 2019-2020 Meet Schedule

Swimmer Name: \_\_\_\_\_

Please check if your child will be available to attend the following meets and RETURN to Danni by Oct 4. If you are not sure, please mark YES with a "?". It is much easier to remove a swimmer from a meet then it is to add them. **Bold indicates invitational meets which are included in your dues this year.**

DATE	Event/Location	YES	NO
10/12/2019	<b>Putnam County Aquatoberfest Invitational</b>	_____	_____
10/19/2019	Van Wert @ Bucyrus	_____	_____
10/26/19	<b>Wapakoneta Halloween Invitational</b>	_____	_____
11/9/2019	Defiance @ Van Wert	_____	_____
11/16/2019	<b>Lima Fall Fiesta Invitational</b>	_____	_____
11/23/2019	Van Wert & Bucyrus @ Hardin	_____	_____
12/7/2019	<b>Defiance Polar Poolooza Invitational</b>	_____	_____
12/14/2019	Hardin @ Van Wert	_____	_____
1/4/2020	<b>Marion Pentathlon (Must swim all 4 strokes &amp; IM)</b>	_____	_____
1/11/2020	<i>Swim-a-Thon Fundraiser</i>	_____	_____
1/18/2020	Wapakoneta @ Van Wert	_____	_____
2/1/2020	<b>Tiffin Invitational</b>	_____	_____
2/8/2020	Putnam @ Van Wert	_____	_____
2/15/2020	<b>Bucyrus Invitational</b>	_____	_____
2/22/2020	Van Wert @ Lima	_____	_____
3/7-8/2020	Championships @ Bowling Green	Saturday	_____
		Sunday	_____

Please initial each item below and sign to complete.

\_\_\_\_\_ I give permission to the Van Wert Marlins to use pictures of my child for advertising/ recognition including local print /online media outlets & social media platforms such as Facebook.

\_\_\_\_\_ I have read and understand the information packet provided.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

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Parent Signature \_\_\_\_\_ Date \_\_\_\_\_



# Health Information Form

## Van Wert Marlins

Swimmer First Name \_\_\_\_\_ Middle Initial \_\_\_\_\_ Last Name \_\_\_\_\_

Age as of Dec 1, 2019 \_\_\_\_\_ Birthdate \_\_\_\_\_ Gender \_\_\_\_\_

YMCA Membership Type \_\_\_\_\_ Shoe size \_\_\_\_\_ (child or adult size)

Parent/Guardian First Name \_\_\_\_\_ MI \_\_\_\_\_ Last Name \_\_\_\_\_

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

Email \_\_\_\_\_ Cell Phone \_\_\_\_\_ Text? \_\_\_\_\_N \_\_\_\_\_Y

Parent/Guardian First Name \_\_\_\_\_ MI \_\_\_\_\_ Last Name \_\_\_\_\_

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

Email \_\_\_\_\_ Cell Phone \_\_\_\_\_ Text? \_\_\_\_\_N \_\_\_\_\_Y

### Emergency Contact Authorization

The following people should be contacted in case of an emergency, only if the parent/guardian cannot be reached, and are authorized to pick up the child:

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_

Do you carry family medical/hospital insurance? \_\_\_\_\_N \_\_\_\_\_Y

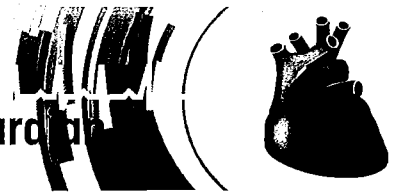
Carrier \_\_\_\_\_ Policy/Group # \_\_\_\_\_

### Parent/Guardian Authorization

Some YMCA Programs may include physical activity that have inherited risk. As parent/guardian of this child, I recognize the inherent risk and agree to hold the YMCA harmless from any and all claims. In the event my child needs medical attention for injuries received while participating in a YMCA program, I authorize YMCA staff to give my child reasonable first aid, and to arrange transport of my child to a health care facility for emergency services as needed. I hereby acknowledge that the YMCA will assume that either parent of child may pick up the child at any time during the program unless there is pertinent court documentation on file at the YMCA that indicates otherwise. I hereby release all pictures of my child taken by the YMCA for promotional purposes and programming materials including the YMCA website. I also support the YMCA Sports Philosophy, which is based on participation, fun, physical fitness and health, skill development, teamwork, fair play, family involvement and volunteer leadership. \*YMCA includes Camp Clay Facility

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

# Sudden Cardiac Arrest and Lindsay's Law Information for the Youth Athlete and Parent/Guardian

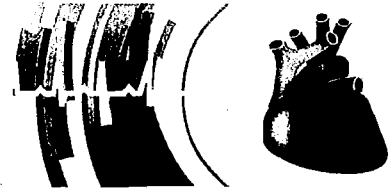


- Lindsay's Law is about Sudden Cardiac Arrest (SCA) in youth athletes. This law went into effect in 2017. SCA is the leading cause of death in student athletes 19 years of age or younger. SCA occurs when the heart suddenly and unexpectedly stops beating. This cuts off blood flow to the brain and other vital organs. SCA is fatal if not treated immediately.
- "Youth" covered under Lindsay's Law are all athletes 19 years of age or younger that wish to practice for or compete in athletic activities organized by a school or youth sports organization.
- Lindsay's Law applies to all public and private schools and all youth sports organizations for athletes aged 19 years or younger whether or not they pay a fee to participate or are sponsored by a business or nonprofit. This includes:
  - 1) All athletic activities including interscholastic athletics, any athletic contest or competition sponsored by or associated with a school
  - 2) All cheerleading, club sports and school affiliated organizations including noncompetitive cheerleading
  - 3) All practices, interschool practices and scrimmages
- Any of these things may cause SCA:
  - 1) Structural heart disease. This may or may not be present from birth
  - 2) Electrical heart disease. This is a problem with the heart's electrical system that controls the heartbeat
  - 3) Situational causes. These may be people with completely normal hearts who are either are hit in the chest or develop a heart infection
- Warning signs in your family that you or your youth athlete may be at high risk of SCA:
  - o A blood relative who suddenly and unexpectedly dies before age 50
  - o Any of the following conditions: cardiomyopathy, long QT syndrome, Marfan syndrome, or other rhythm problems of the heart
- Warning signs of SCA. If any of these things happen with exercise, see your health care professional:
  - Chest pain/discomfort
  - Unexplained fainting/near fainting or dizziness
  - Unexplained tiredness, shortness of breath or difficulty breathing
  - Unusually fast or racing heart beats
- The youth athlete who faints or passes out before, during, or after an athletic activity **MUST** be removed from the activity. Before returning to the activity, the youth athlete must be seen by a health care professional and cleared in writing.
- If the youth athlete's biological parent, sibling or child has had a SCA, then the youth athlete must be removed from activity. Before returning to the activity, the youth athlete must be seen by a health care professional and cleared in writing.
- Any young athlete with any of these warning signs cannot participate in practices, interschool practices, scrimmages or competition until cleared by a health care professional.

- Other reasons to be seen by a healthcare professional would be a heart murmur, high blood pressure, or prior heart evaluation by a physician.
- Lindsay's Law lists the health care professionals who may evaluate and clear youth athletes. They are a physician (MD or DO), a certified nurse practitioner, a clinical nurse specialist or certified nurse midwife. For school athletes, a physician's assistant or licensed athletic trainer may also clear a student. That person may refer the youth and family to another health care provider for further evaluation. Clearance must be provided in writing to the school or sports official before the athlete can return to the activity.
- Despite everyone's best efforts, sometimes a young athlete will experience SCA. If you have had CPR training, you may know the term "Chain of Survival." The Chain of Survival helps anyone survive SCA.
- Using an Automated External Defibrillator (AED) can save the life of a child with SCA. Depending on where a young athlete is during an activity, there may or may not be an AED close by. Many, but not all, schools have AEDs. The AEDs may be near the athletic facilities, or they may be close to the school office. Look around at a sporting event to see if you see one. If you are involved in community sports, look around to see if there is an AED nearby.
- If you witness a person experiencing a SCA: First, remain calm. Follow the links in the **Chain of Survival**:
  - ❖ Link 1: Early recognition
    - Assess child for responsiveness. Does the child answer if you call his/her name?
    - If no, then attempt to assess pulse. If no pulse is felt or if you are unsure, call for help "someone dial 911"
  - ❖ Link 2: Early CPR
    - Begin CPR immediately
  - ❖ Link 3: Early defibrillation (which is the use of an AED)
    - If an AED is available, send someone to get it immediately. Turn it on, attach it to the child and follow the instructions
    - If an AED is not available, continue CPR until EMS arrives
  - ❖ Link 4: Early advanced life support and cardiovascular care
    - Continue CPR until EMS arrives
- Lindsay's Law requires both the youth athlete and parent/guardian to acknowledge receipt of information about Sudden Cardiac Arrest by signing a form.



# Sudden Cardiac Arrest and Lindsay's Law Parent/Athlete Signature Form



What is Lindsay's Law? Lindsay's Law is about Sudden Cardiac Arrest (SCA) in youth athletes. It covers all athletes 19 years or younger who practice for or compete in athletic activities. Activities may be organized by a school or youth sports organization.

Which youth athletic activities are included in Lindsay's law?

- Athletics at all schools in Ohio (public and non-public)
- Any athletic contest or competition sponsored by or associated with a school
- All interscholastic athletics, including all practices, interschool practices and scrimmages
- All youth sports organizations
- All cheerleading and club sports, including noncompetitive cheerleading

What is SCA? SCA is when the heart stops beating suddenly and unexpectedly. This cuts off blood flow to the brain and other vital organs. People with SCA will die if not treated immediately. SCA can be caused by 1) a structural issue with the heart, OR 2) a heart electrical problem which controls the heartbeat, OR 3) a situation such as a person who is hit in the chest or a gets a heart infection.

What is a warning sign for SCA? If a family member died suddenly before age 50, or a family member has cardiomyopathy, long QT syndrome, Marfan syndrome or other rhythm problems of the heart.

What symptoms are a warning sign of SCA? A young athlete may have these things with exercise:

- Chest pain/discomfort
- Unexplained fainting/near fainting or dizziness
- Unexplained tiredness, shortness of breath or difficulty breathing
- Unusually fast or racing heart beats

What happens if an athlete experiences syncope or fainting before, during or after a practice, scrimmage, or competitive play? The coach MUST remove the youth athlete from activity immediately. The youth athlete MUST be seen and cleared by a health care provider before returning to activity. This written clearance must be shared with a school or sports official.

What happens if an athlete experiences any other warning signs of SCA? The youth athlete should be seen by a health care professional.

Who can evaluate and clear youth athletes? A physician (MD or DO), a certified nurse practitioner, a clinical nurse specialist, certified nurse midwife. For school athletes, a physician's assistant or licensed athletic trainer may also clear a student. That person may refer the youth to another health care provider for further evaluation.

What is needed for the youth athlete to return to the activity? There must be clearance from the health care provider in writing. This must be given to the coach and school or sports official before return to activity.

All youth athletes and their parents/guardians must view the Ohio Department of Health (ODH) video about Sudden Cardiac Arrest, review the ODH SCA handout and then sign and return this form.

-----  
Parent/Guardian Signature

-----  
Student Signature

-----  
Parent/Guardian Name (Print)

-----  
Student Name (Print)

-----  
Date

-----  
Date

# Concussion

## INFORMATION SHEET



**CDC HEADS UP**  
SAFE BRAIN. STRONGER FUTURE.

This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

### What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

### How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
  - Work with their coach to teach ways to lower the chances of getting a concussion.
  - Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
  - Ensure that they follow their coach's rules for safety and the rules of the sport.
  - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.



**Plan ahead.** What do you want your child or teen to know about concussion?

### How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

#### Signs Observed by Parents or Coaches

- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the 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 or after* a hit or fall

#### Symptoms Reported by Children and Teens

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not "feeling right," or "feeling down"

**Talk with your children and teens about concussion.** Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious, or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that *it's better to miss one game than the whole season.*



[cdc.gov/HEADSUP](http://cdc.gov/HEADSUP)

## CONCUSSIONS AFFECT EACH CHILD AND TEEN DIFFERENTLY.

While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' healthcare provider if their concussion symptoms do not go away, or if they get worse after they return to their regular activities.

### What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

» **Children and teens** who continue to play while having concussion symptoms, or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious, and can affect a child or teen for a lifetime. It can even be fatal.

### What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's healthcare provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

To learn more, go to [cdc.gov/HEADSUP](http://cdc.gov/HEADSUP)



**CDC HEADS UP**



**Discuss the risks of concussion and other serious brain injuries with your child or teen, and have each person sign below.**

Detach the section below, and keep this information sheet to use at your children's or teens' games and practices to help protect them from concussion or other serious brain injuries.

I learned about concussion and talked with my parent or coach about what to do if I have a concussion or other serious brain injury.

Athlete's Name Printed: \_\_\_\_\_ Date: \_\_\_\_\_

Athlete's Signature: \_\_\_\_\_

I have read this fact sheet for parents on concussion with my child or teen, and talked about what to do if they have a concussion or other serious brain injury.

Parent or Legal Guardian's Name Printed: \_\_\_\_\_ Date: \_\_\_\_\_

Parent or Legal Guardian's Signature: \_\_\_\_\_