Sport: LUFC SOCCER 2016-17

This form must be signed by the parent/guardian and athlete prior to participation.
If you have any questions you may call 920-207-1167.

Name of Athlete: _____

Parent & Athlete Concussion Information Sheet

Reformatted from the Center for Disease Control's Heads Up Concussion in Youth Sports Program

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 the head or body, s/he must 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

- 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

Symptoms Reported by Athletes

- Headaches or "pressure" in the head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- 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.

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.

For further information go to www.sheboyganrec.com and click on "Youth Programs."

PARENT/GUARDIAN AGREEMENT STATEMENT

I have read the Concussion Awareness Information and I agree that if it appears that my child may have sustained a concussion or head injury that he/she is to be removed from any program activity until such time that a trained medical professional can examine him/her and approve their return to play in the activity, pursuant to Section 118.293 Wisconsin Statutes relating to concussions and other head injuries. In such case, I understand that I am to provide a written clearance from a trained medical professional for my child to return to play in the activity.

I have read and fully understand this statement regarding concussions.

NAME OF PARENT OR LEGAL GUARDIAN (please print)_____

SIGNATURE OF PARENT OR LEGAL GUARDIAN: _____ DATE: _____

ATHLETE AGREEMENT STATEMENT

I have read the Concussion Awareness Information and I agree that if it appears that I may have sustained a concussion or head injury that I am to be removed from any program activity until such time that a trained medical professional can examine me and approve my return to play in the activity, pursuant to Section 118.293 Wisconsin Statutes relating to concussions and other head injuries. In such case, I understand that I am to provide a written clearance from a trained medical professional for me to return to play in the activity.

I have read and fully understand this statement regarding concussions.

NAME OF ATHLETE (please print) _____

SIGNATURE OF ATHLETE: _____ DATE: _____

SHEBOYGAN AREA SCHOOL DISTRICT
COMMUNITY RECREATION

LUFC SOCCER

LAKESHORE UNITED FC

(Formerly SAYSO)
Recreation Soccer League for Grade Kindergarten- Grade 8
Fall 2016 & Spring 2017

Boys or Girls Leagues

- Games will be scheduled on Saturdays. There may be a possibility of 1 or 2 evening games per season.
- Fee is used to cover the cost of a shirt, officials, coach's equipment, supplies, fields and State WYSA registration.
- Fee covers both Fall 2016 & Spring 2017 League. Play begins late August & early April.
- Players who withdraw prior to October 1 for any reason shall be assessed a $20.00 service fee. ***NO REFUNDS of any amount will be given after October 1.***
- Players MUST wear shin guards. Soccer shoes and ball are recommended.
- Players cannot be rostered on two teams concurrently, select or recreational.
- Age groups will be combined if there is not sufficient enrollment. The Board of Directors reserves the right to place a player in an appropriate age bracket based on skill level and interest.

When will I hear from my coach?

Players will be contacted by their coach after the mid August coaches meeting.

Questions? Call 207-1167 and leave a message for a LUFC Board member OR go to the LUFC website for Board member emails - ***www.lakeshoreunitedfc.org***

Sign up for text message alerts via **Twitter** when activities have been cancelled!
Go to www.sheboyganrec.com for instructions.

DEADLINE:

Returning Players: All returning players should turn in their form and fee to their coach on or before ***Friday, June 3, 2016.***

Important Information for Returning Players!

- If you are a returning player and wish to play on the same team, turn in your registration form and payment to your coach. ***The coach will collect and turn in a completed team roster including player registration forms by June 3.***
- If you choose to register individually at the Rec. Dept. and want to remain on the same team, advise your coach to place your name on his/her roster. Turn in your registration form and payment to the Rec. Dept. by June 3.
- Player(s) not listed on a team roster at the registration deadline may not be placed on their team of choice. If you are a returning player and wish to play on a different team, you need to talk to the coach of the other team and ask to be on that team's roster. Player placement on a different team may be reviewed by the LUFC Board.

New Players: Completed registration form and payment should be returned to Community Recreation Department, 607 S. Water St., Sheboygan, WI 53081 by ***Monday, June 6, 2016.***

FEE: $60

Late Fee will be in effect after June 6, 2016 - $80
Registrations received after June 6 will be assigned on a "space available basis" only! Make check payable to: ***Community Recreation Department***

2016-17 LUFC SOCCER

(Formerly SAYSO)

Fall 2016 and Spring 2017

Returning players - return form to coach by June 3, 2016

New players - return form to Rec. Dept. by June 6, 2016 or Not Just Soccer, 1226 N 8th St, Sheb.

Lakeshore United FC Code of Conduct

The Lakeshore United FC was established to promote the game of soccer and to provide an atmosphere in which the game can be learned and enjoyed. To this end the Board of Directors has created the Uniform Code of Conduct. All players, coaches, and parents of all recreational clubs are required to abide by this code.

Players are expected to conduct themselves in a sporting like manner at all times while participating in LUFC events. Opposing players and coaches, as well as referees should be treated with respect. Our objective at all times is a recreational game played in a sporting like manner. All participants must support this goal if it is to be attained.

Coaches, including assistant coaches, are charged with the responsibility of controlling their players, parents, and themselves at all times during the game. Continual chiding of referees, failure to maintain order on the touchlines, failure to control his or her players, or willful violation of any league rules are unacceptable. Coaches who continually disrupt the game will be expected to leave the sideline for the remainder of the game. The game may be ended at the discretion of the referee.

Parents can be a very positive influence on the game of soccer and are encouraged to attend as many games as possible to support their children. Just as a parent can be a positive and encouraging presence, he or she can also be a negative influence. Parents who are disruptive and disrespectful to referees, other parents, players or coaches cannot be tolerated. Coaches will be asked to control disruptive parents. If the situation does not improve, the referee has the right to end the game.

Current FIFA Rules apply with special emphasis on the following:

Misconduct: As defined in the laws of soccer misconduct may be of two kinds: misconduct resulting in a caution, and misconduct resulting in ejection.

Caution (indicated by referee raising a yellow card):
A player may be cautioned for:

1) Illegal substitution - entering the field of play without the referee's permission.

2) Persistent breaking of the rules.

3) Dissent, that is, arguing with the referee.

4) Unsporting like conduct, that is, deliberately interfering with the referee's control of the game by such means as purposely delaying the game, insulting behavior, or particularly hard fouls.

Ejection (indicated by referee raising a red card):
A referee should automatically eject a player for:

1) Violent behavior, such as spitting, striking, or maliciously kicking another player.

2) Foul behavior or abusive language.

3) Persisting in misconduct after receiving a caution. A player cannot be cautioned twice in the same game. The second caution must result in ejection.

The LUFC Division Board of Directors reserves the right to remove any player from further participation when said player or his/her parent/guardian acts in any way that is detrimental to the safety of others or the enjoyment of the game.

PARENT/GUARDIAN SIGNATURE _____

DATE _____

Si desea traducción en español, puede llamarle a Adriana Uribe 459-3698.

Yog koj muaj lus nug dabtsi thov hu rau Houa Yang ntawm, 803-7770.

2016-17 LUFC League Registration Form - Grades K-8 (2016-17 School Year)

Player's Name _____

Address _____ City _____ Zip Code _____

Home Phone _____ Other Phone(s) (cell, work) _____

Grade in 2016/17_____ Boy Girl Birthdate_____ School attending _____

Medical problems coaches should be aware of? _____

Parent's Names _____

E-mail address (please print) _____

❒ I understand that I need to be listed on the 2016-17 team roster by June 3, 2016 to be placed on that team.
Team name OR name of last year's coach: _____

OR

❒ I would like to play on the following team. I understand that it is not guaranteed.
Team: _____
Coach: _____
Friends on Team: _____

LIABILITY INFORMATION: I hereby release the Lakeshore United FC, its officers and members, from all liability for injury or loss of property incurred by the above listed player while taking part in any aspect of the 2016-17 LUFC program and agree to the participation guidelines and expectations listed under the Code of Conduct.

SEE BACK OF FORM FOR CONCUSSION INFORMATION AND SIGNATURES NEEDED → → →

PARENT/GUARDIAN SIGNATURE _____ DATE _____

❒ I am interested in making this program a success by ***volunteering as a coach*** of my child's team. I understand that signing here will automatically assign me to my child's team, pending the background check.

Name _____ Date of Birth _____

Phone(s) _____

E-mail address (please print) _____

Adult volunteer prior soccer playing experience: _____

❒ I am interested in being a referee (paid position). Please contact me with more information:

Name _____ Date of Birth _____

Phone(s) Home/Cell/Work _____

Address _____ City, State, Zip _____

Please CIRCLE LEAGUE

(U means "under" the age as of August 1, 2016)

GIRLS
U-7G (Gr. K) Code 5883
U-8 G(Gr. 1) Code 5884
U-9 G(Gr. 2) Code 5885
U-10 G(Gr. 3) Code 5886
U-11G (Gr. 4) Code 5887
U-12G (Gr. 5) Code 5888
U-13G (Gr. 6) Code 5889
U-14G (Gr. 7) Code 5890
U-15G (Gr. 8) Code 5891

BOYS
U-7B (Gr. K) Code 5892
U-8B (Gr. 1) Code 5893
U-9B (Gr. 2) Code 5894
U-10B (Gr. 3) Code 5895
U-11B (Gr. 4) Code 5896
U-12B (Gr. 5) Code 5897
U-13B (Gr. 6) Code 5898
U-14B (Gr. 7) Code 5899
U-15B (Gr. 8) Code 5900

Fee and Refund Policy

- Make checks payable to the Community Recreation Department.
- Players who withdraw prior to October 1 for any reason shall be assessed a $20.00 service fee. No refunds of any amount will be given after October 1.
- Completed registration form can also be returned to Not Just Soccer, 1226 N 8th St, Sheboygan.

Fee Paid- Office Use

$60 *$80 (after June 6)* *Other*_____

Cash Check VISA/Mastercard Rec'dby_____ Date_____

Concussion information on back → → →
Please read and sign the form.
Registration form not accepted without signatures.