Middle School Boy's Indoor Soccer LEAGUES

Register at your school
Season Starts January 3rd
Play other Middle School Teams
Teams overseen by College, High School or Club Coaches

Show Your School Spirit
Play for your Middle School!!!

7th and 8th Grade Teams

Join The Fun! | Registration Ends December 17th
Middle School Indoor Soccer Registration Form

School ___________________________ Grade ___________________________

First Name ________________________ MI ______ Last Name ___________________________

Gender ______ DOB __________________ Age ______ School ___________________________

Address __________________________ City __________________________ Zip __________

Contact Number ____________________ Email __________________________

Member Signature (if over 18) __________________________ Date ________

Parent or Guardian Signature __________________________ Date ________

For Office Use Only

Date Received: ____________ Processed By: ____________

Amount Paid: ____________

Check # ____________ Cash: ____________ Charge: ____________

Emergency Contact Information

Emergency Contact: __________________________ Phone: __________________________

Relationship: __________________________ Email: __________________________

Any Known Health Problems? __________________________

Any Known Allergies? __________________________

Middle School Indoor Soccer Registration Ends December 17th

Middle School League Runs January 3rd-February 15th (7 Weeks)

Middle School
Cost $70.00
8th Grade
Thursday: 5:00, 5:45, 6:30, 7:15, 8:00

7th Grade
Saturday: 12:00pm - 6:00pm

Full Field Format: 7 Players on field

Primary: Sunday

HS
Cost $70.00

Sunday is the primary play date

Full Field Format: 7 Players on field

Players are required to wear shin guards, soccer socks, cleats or tennis shoes.

Uniforms will be provided for each player: Socks, Shorts and Shirts
Sports 21 and the Boys & Girls Club of Kenosha

In accordance with Wisconsin’s Sidelined For safety Act 172, we the undersigned acknowledge having received education about the signs, symptoms, and risks of sport related concussion. We understand that students are prohibited from any participation until this form is completed and returned to the coach of your youth soccer team who will submit it to Sports 21, Boys & Girls Club of Kenosha.

I acknowledge my responsibility to report to my coaches, parent(s)/guardian(s) any signs or symptoms of a concussion and agree to abide by all Sports 21, Boys & Girls Club of Kenosha concussion protocols.

____________________________________________________________________
printed name of athlete    signature    date

I, the parent/guardian of the student athlete named above, hereby acknowledge having received education about the signs, symptoms, and risks of sport related concussion and agree to abide by all Sports 21, Boys & Girls Club of Kenosha concussion protocols.

____________________________________________________________________
printed name of parent/guardian  signature    date
What is a Concussion and How Does It Occur?
A concussion is a brain injury which interferes with normal brain function. This affects the way an individual thinks, acts, behaves, and the physical skills needed to function on a daily basis. Each concussion is unique to each person, but there are some common signs and symptoms to be aware of to determine if an individual has a concussion.
A concussion can be caused by a bump, blow, jolt or fall to the head or body. When the head or body is bumped, hit, etc. the force of that movement causes the brain to hit the sides of the skull or move and/or twist while inside the skull. These movements change the way the physiology of the brain normally works. Even a mild blow to the head of body can cause the brain to shift or move in the skull, thus injuring the brain.

What are the Signs and Symptoms of a Concussion?
Once a concussion is sustained, more signs and symptoms can develop in the next 24 hours, even in the next week. The severity and side effects of this brain injury will vary depending on the individual. Concussion symptoms may appear mild, but can lead to lifelong problems mentally, physically and psychologically if not managed correctly. A person can have signs and symptoms of a concussion without the loss of consciousness. Symptoms of a concussion can last for less than 1 day or up to 3 weeks or more.
Most of the time, images taken with a CT, MRI or CAT scan appear normal and do not show the physiologic changes that occur to the brain with a concussion. Image studies are done to rule out other head injuries, such as skull fractures.

<table>
<thead>
<tr>
<th>Signs and Symptoms of a Concussion</th>
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<tbody>
<tr>
<td>Thinking/Remembering</td>
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<tr>
<td>Difficulty Thinking Clearly</td>
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<tr>
<td>Feeling Slowed Down or Foggy</td>
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<tr>
<td>Difficulty Concentrating or Focusing</td>
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<tr>
<td>Amnesia</td>
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<tr>
<td>Difficulty Remembering New or Old Information</td>
</tr>
<tr>
<td>Feeling Tired, Having No Energy</td>
</tr>
<tr>
<td>Decreased Balance and/or Coordination</td>
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What to do if Someone has a Concussion
If the concussion occurs during an athletic activity, then the individual should be immediately pulled out of play. Staying in the activity with a concussion will make it worse. The rule of thumb if a concussion is suspected is “When in doubt, sit them out”. Staying in an activity with a concussion will prolong symptoms and recovery time and set the individual up for a more serious brain injury such as death, second impact syndrome or post-concussive syndrome.
If it is suspected that an individual has a concussion, he/she should be removed from any and all activity and evaluated by a medical professional trained in concussion management. Early evaluation and detection of a concussion can speed the recovery process by ensuring proper management of a concussion. WI State Law and Sports 21, Boys & Girls Club of Kenosha require an immediate removal from activity and medical evaluation of an individual suspected of having a head injury.
Return to Play from Concussions

WI State Law and Sports 21, Boys & Girls Club of Kenosha require medical clearance by a physician, physician’s assistant or nurse practitioner trained in concussion management before an individual can return to play. This is a standard of care for concussions and other head injuries in the medical field.
Once an individual is sign and symptoms-free for at least 24 hours and a medical professional trained in concussion management has evaluated and cleared the person, a stepwise return to play progression can be started. Similar to recovering from a bad ankle sprain, gradually introducing activity which increases heart rate to the brain ensure that the brain is able to tolerate the increased activity. If at any point in time during the stepwise progression the person has a return of symptoms, the person should stop the activity and contact the medical professional. It has been shown that by completing a stepwise, gradual return to play progression the likelihood of sustaining another concussion decreases. By performing a gradual return to play progression, the person is preventing further injury to his/her brain.

Following written release by a physician and sign and symptom free for at least 24 hours. Returning to play before an individual is sign and symptom free can result in Post-Concussive Syndrome, 2nd Impact Syndrome, or possibly Death. Returning too soon from a concussion can also leave an individual more susceptible to further concussions.

Wisconsin’s Sidelined for Safety Act 172

Under this act, at the beginning of the season individuals and parents/guardians of individuals participating in a youth activity or organized athletic activity need to be provided with concussion and head injury information if they wish to participate in that youth athletic activity. “No person may participate in a youth athletic activity unless the person returns the information sheet signed by the person and, if he or she is under the age of 19, by his or her parent or guardian.”

Also covered in this act; “An athletic coach, or official involved in a youth athletic activity, or health care provider shall remove a person from the youth athletic activity if the coach, official, or health care provider determines that the person exhibits signs, symptoms, or behavior consistent with a concussion or head injury or the coach, official, or health care provider suspects the person has sustained a concussion or head injury.” If an individual is removed from the activity, he/she “may not participate in a youth athletic activity until he or she is evaluated by a health care provider and receives a written clearance to participate in the activity from the health care provider.”

Information from this handout was taken from the following sites:
- Centers for Disease Control and Prevention (http://www.cdc.gov/concussion/sports/index.html)
- WI Sports Concussion Collaborative (http://www.wisportsconcussion.org/)
- WI Interscholastic Athletic Association (http://wiaawi.org/index.php?id=430)
- National Federation of State High School Associations (http://www.nfhslearn.com/)

For the entire Act 172, please visit the Wisconsin Legislature site at https://docs.legis.wisconsin.gov/2011/related/acts/172