

JEFFERSON COUNTY PARKS AND RECREATION

SPRING 2024 YOUTH OUTDOOR SOCCER

Registration Deadline – Friday, March 15th

Prek – 2nd

*PreK/Kinder / 1st & 2nd Grades In
Co-ed Division*

- **Fee \$65** includes sales tax and a custom cotton tee shirt.
- Games will be played at Memorial Field and HJ Carroll Park **4:30PM**.
- Games and practices will be held on **Mondays and Wednesdays**.
- Coaches are referees. (Teams are CO-ED).
- The league will commence with practices starting April 10th and will conclude end of May.
- _____ Yes, I made the check out for \$70 and I would like \$5 to go towards the scholarship program.

3rd – 8th Grade

*3rd & 4th / 5th - 8th Grades In Separate
Co-ed Division*

- **Fee \$65** includes sales tax and a custom cotton tee shirt.
- Games will be played at Memorial Field and HJ Carroll Park **5:30PM**.
- Games and practices will be held on **Mondays and Wednesdays**.
- Coaches are referees. (Teams are CO-ED).
- The league will commence with practices starting April 10th and will conclude end of May.
- _____ Yes, I made the check out for \$70 and I would like \$5 to go towards the scholarship program.

WWW.COUNTYREC.COM



Sign up today!!!

**Credit card now
accepted for online
registration only -
see below for details.**



HOW TO REGISTER

****ONLINE PAYMENT OPTION!!****

(Credit Card payment—online only) Register online at CountyRec.com and view the CART to check out with a major credit card (a non- refundable 3% credit card fee will apply). **OR**

Mail a check with your completed registration form to Jefferson County Public Works, **623 Sheridan St., Port Townsend, WA 98368.**
Check or cash ONLY. (Please make checks payable to Jefferson County Parks and Recreation)

***REGISTRATION FORMS RECEIVED AFTER MARCH 15th WILL BE PLACED ON A WAITING LIST AND A \$10 LATE FEE WILL APPLY.**
Call or email anytime for more information: 360.385-2221 ~ cmacklin@countyrec.com.

WE NEED COACHES

YES, I WOULD LIKE TO BE A VOLUNTEER COACH

Name _____

Phone _____

Email: _____

All P&R volunteers working with youth must pass a background check. Please go to www.countyrec.com to download a form or stop by the Public Works office 623 Sheridan St. in PT. (please bring two forms of I.D.). All P&R volunteers must submit this form at least two weeks prior to events.

COACHES ONLY MEETING DATES

Pre-k/Kinder- Wednesday, March 20th: 5:30pm

1st and 2nd Grade- Wednesday, March 20th: 5:30pm

3rd and 4th Grade- Wednesday, March 20th: 5:30pm

5th - 8th Grade- Wednesday, March 20th: 5:30pm

Meeting Information: Port Townsend Rec Center, 620 Tyler Street. Get your team rosters & equipment. Learn league details.

*******PLEASE TURN PAGE OVER and sign waiver on the back*******

Dear Families:

Concussion Information Form. **Please go over this information with your participant(s) Thank You, Rec Staff**



Jefferson County Parks and Recreation Spring Soccer

Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They 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 may 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.

<ul style="list-style-type: none">• Headaches• “Pressure in 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• “Don’t feel right”• Fatigue or low energy• Sadness• Nervousness or anxiety• Irritability• More emotional• Confusion• Concentration or memory problems (forgetting game plays)• Repeating the same question/comment
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<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 in-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
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What can happen if my child keeps on playing with a concussion or returns too soon?

Concussion Information Sheet

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 athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, Coaches, parents and students is the key for student-athlete’s safety.

If you think your 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 new “Zackery Lystedt Law” in Washington now requires the consistent and uniform implementation of long and well-established 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”

and

“...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 received 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 its better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

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

<http://www.cdc.gov/ConcussionInYouthSports/>

Adapted from the CDC and the 3rd International Conference on Concussion in Sport
Document created 6/15/2009