



**JCP&R
Coed Adult Softball
League Schedule
Summer 2018**



6/21/18

Date	Day	Time	Location	Event	Team
June					
4	Monday	7:15	HJ Carroll Park	Game	HC Spinners vs Current Electric Breakers
5	Tuesday	5:45	HJ Carroll Park	Game	Justice League vs 7 Cedars
		7:15	HJ Carroll Park	Game	Grinders vs Arrow Lumber
		7:15	Irondale Park	Game	County Wreck vs Barflies
		5:45	Memorial Field	Game	Sirens vs Melon Ballers/Peninsula Taxi
		7:15	Memorial Field	Game	Pour House vs PT Diggers
6	Wednesday	7:15	HJ Carroll Park	Game	Arrow Lumber vs HC Spinners
7	Thursday	5:45	HJ Carroll Park	Game	PT Diggers vs Justice League
		7:15	HJ Carroll Park	Game	Melon Ballers/Peninsula Taxi vs Pour House
		7:15	Irondale Park	Game	Current Electric Breakers vs County Wreck
		5:45	Memorial Field	Game	Barflies vs Sirens
		7:15	Memorial Field	Game	7 Cedars vs Grinders
11	Monday	7:15	HJ Carroll Park	Game	County Wreck vs HC Spinners
12	Tuesday	5:45	HJ Carroll Park	Game	Sirens vs Current Electric Breakers
		7:15	HJ Carroll Park	Game	7 Cedars vs Arrow Lumber
		7:15	Irondale Park	Game	Justice League vs Melon Ballers/Peninsula Taxi
		5:45	Memorial Field	Game	Pour House vs Barflies
		7:15	Memorial Field	Game	Grinders vs PT Diggers
13	Wednesday	*****	*****	*****	Game moved to July 12th
14	Thursday	5:45	HJ Carroll Park	Game	Melon Ballers/Peninsula Taxi vs PT Diggers
		7:15	HJ Carroll Park	Game	Current Electric Breakers vs Grinders
		7:15	Irondale Park	Game	Arrow Lumber vs Sirens
		5:45	Memorial Field	Game	County Wreck vs Pour House
		7:15	Memorial Field	Game	Barflies vs 7 Cedars
19	Tuesday	5:45	HJ Carroll Park	Game	7 Cedars vs Current Electric Breakers
		7:15	HJ Carroll Park	Game	Pour House vs Sirens
		5:45	Irondale Park	Game	Justice League vs County Wreck
		7:15	Irondale Park	Game	Grinders vs HC Spinners
		5:45	Memorial Field	Game	Melon Ballers/Peninsula Taxi vs Arrow Lumber
		7:15	Memorial Field	Game	PT Diggers vs Barflies
21	Thursday	5:45	HJ Carroll Park	Game	HC Spinners vs Melon Ballers/Peninsula Taxi
		7:15	HJ Carroll Park	Game	Arrow Lumber vs Justice League- cancelled
		5:45	Irondale Park	Game	County Wreck vs PT Diggers
		7:15	Irondale Park	Game	Sirens vs 7 Cedars
		5:45	Memorial Field	Game	Current Electric Breakers vs Barflies
		7:15	Memorial Field	Game	Pour House vs Grinders

Adult Softball League...

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2018-6/21/18

Date	Day	Time	Location	Event	Team
26	Tuesday	5:45	HJ Carroll Park	Game	Melon Ballers/Peninsula Taxi vs County Wreck
		7:15	HJ Carroll Park	Game	Grinders vs Justice League
		5:45	Irondale Park	Game	Barflies vs HC Spinners
		7:15	Irondale Park	Game	Current Electric Breakers vs Arrow Lumber
		5:45	Memorial Field	Game	PT Diggers vs Sirens
		7:15	Memorial Field	Game	7 Cedars vs Pour House
28	Thursday	5:45	HJ Carroll Park	Game	Barflies vs Justice League
		7:15	HJ Carroll Park	Game	County Wreck vs Arrow Lumber
		5:45	Irondale Park	Game	HC Spinners vs Sirens
		7:15	Irondale Park	Game	Current Electric Breakers vs Pour House
		5:45	Memorial Field	Game	Melon Ballers/Peninsula Taxi vs Grinders
		7:15	Memorial Field	Game	PT Diggers vs 7 Cedars
July 3	Tuesday	5:45	HJ Carroll Park	Game	Justice League vs Current Electric Breakers
		7:15	HJ Carroll Park	Game	7 Cedars vs Melon Ballers/Peninsula Taxi
		5:45	Irondale Park	Game	Grinders vs Barflies
		7:15	Irondale Park	Game	Sirens vs County Wreck
		5:45	Memorial Field	Game	Arrow Lumber vs PT Diggers
		7:15	Memorial Field	Game	Pour House vs HC Spinners
5	Thursday	5:45	HJ Carroll Park	Game	Pour House vs Arrow Lumber
		7:15	HJ Carroll Park	Game	HC Spinners vs 7 Cedars
		5:45	Irondale Park	Game	Current Electric Breakers vs PT Diggers
		7:15	Irondale Park	Game	Sirens vs Justice League
		5:45	Memorial Field	Game	Barflies vs Melon Ballers/Peninsula Taxi
		7:15	Memorial Field	Game	County Wreck vs Grinders
10	Tuesday	5:45	HJ Carroll Park	Game	Melon Ballers/Peninsula Taxi vs Current Electric Breakers
		7:15	HJ Carroll Park	Game	Arrow Lumber vs Barflies
		5:45	Irondale Park	Game	Justice League vs Pour House
		7:15	Irondale Park	Game	PT Diggers vs HC Spinners
		5:45	Memorial Field	Game	Grinders vs Sirens
		7:15	Memorial Field	Game	7 Cedars vs County Wreck
12	Thursday	7:15	HJ Carroll Park	Game	HC Spinners vs Justice League

Tournament Play starts Tuesday July 17th ~ TBA-

Schedule available WWW.COUNTYREC.COM

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W- 360.385.2221 / C-360.531.2333

Dear Families:

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



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.

Symptoms may include one or more of the following:

- | | |
|--|--|
| <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 |
|--|--|

Signs observed by teammates, parents and coaches include:

- | | |
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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 |
|--|---|

What can happen if my child keeps on playing with a concussion or returns to soon?

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

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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
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