

# West Valley

## Spring Break

# Baseball Camp



Registration  
can also be  
taken care  
of at camp.

**West Valley Baseball will be conducting a baseball skills camp during the week of spring break. All students in 1<sup>st</sup> through 6<sup>th</sup> grade are invited to participate.**

**WHAT:** Spring Break Baseball Camp (skills to be taught will include fundamentals of hitting, pitching, catching, infield, outfield, and base running)

**WHO:** All 1<sup>st</sup> graders through 6<sup>th</sup> graders

**WHERE:** West Valley High School Baseball Field

**WHEN:** April 1<sup>st</sup> – April 3<sup>rd</sup>, from 9:00 am until noon (8:30 am registration on the 3rd)

**COST:** Registration is \$65 per athlete (includes a free T-shirt).

**CAMP COACHES:** Head Coach Ryan Johnson, Assistant Coaches John Hernandez, Josh Pearce, Hayden Groth, Jimmy McDonald, Dylan Bishop and all West Valley varsity baseball players.

**CONTACT:** Ryan Johnson 972-5950 [johnsonryan@wvsvd208.org](mailto:johnsonryan@wvsvd208.org)

*The concession stand will be open during breaks, so send a dollar or two with your camper if you wish. There will also be other “West Valley Baseball” t-shirts and hats available to purchase as well. This will be a very miscellaneous selection of shirts/hats and sizes will not be guaranteed for those extra items.*

## HEADS UP: CONCUSSION IN YOUTH SPORTS

### WHAT IS A CONCUSSION?

A concussion is a brain injury that is caused by a bump or blow to the head. It can change the way your brain normally works. It can occur during practices or games in any sport. Even a “ding” “getting your bell rung” or what seems to be a mild bump or blow to the head can be serious. A concussion can happen even if you haven’t been knocked out. You can’t see a concussion. Signs and symptoms of a concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion or if you notice the symptoms yourself seek medical attention right away.

### PARENTS AND GUARDIANS

#### What are the signs and symptoms of a concussion observed by Parents/Guardians:

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- 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 behavior or personality changes
- Can’t recall events prior to being hit or falling
- Can’t recall events after being hit or falling

#### How can a Parent/Guardian help their child prevent a concussion?

Every sport is different, but there are steps your children can take to protect themselves from concussion:

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

#### What should a Parent/Guardian do if they think their child has 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.

### ATHLETES

#### What are the symptoms of a concussion?

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light
- Bothered by noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion
- Does not “feel right”

#### What should an athlete do if they think they have a concussion?

**Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates might have a concussion.

**Get a medical check up.** A doctor or health care professional can tell you if you have a concussion and when you are OK to return to play.

**Give yourself time to get better.** If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.

**✓ IT IS BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.**

#### How can athletes prevent a concussion?

Every sport is different, but there are steps you can take to protect yourself:

- Follow your coach’s rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Use the proper sports equipment, including personal protective equipment (such as helmets, padding, shin guards, and eye and mouth guards). In order for equipment to protect you, it must be:
  - The right equipment for the game, position, or activity
  - Worn correctly and fit well
  - Used every time you play
  - Repaired and maintained

## WEST VALLEY SPRING BREAK BASEBALL CAMP REGISTRATION FORM

ATHLETE’S NAME \_\_\_\_\_ GRADE \_\_\_\_\_

PARENT/GUARDIAN \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_

EMERGENCY CONTACT \_\_\_\_\_ PHONE \_\_\_\_\_

**1. I hereby authorize the coaches of WV Baseball Camp to act for me according to their best judgment in any emergency requiring medical attention. I hereby waive and release the West Valley School District, the baseball camp, and all directors, coaches, and instructors from liability arising from my child’s participation at the camp and I know of no mental or physical problems which might affect my child’s ability to safely participate in this camp. I will be responsible for any medical or other charges in connection with my child’s attendance at camp. Costs for treatment of injuries or hospitalization for illness or injuries incurred during the camp will be the responsibility of the parent or guardian of the camp participant.**

**2. I have read the material “Heads Up: Concussion in Youth Sports” and by signing below, I am indicating my understanding of it.**

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

Student/Athlete Signature \_\_\_\_\_

Date \_\_\_\_\_

T shirt size: \_\_\_\_\_ youth M \_\_\_\_\_ youth L  
\_\_\_\_\_ adult S \_\_\_\_\_ adult M \_\_\_\_\_ adult L \_\_\_\_\_ adult XL

**For current and up-to-date information on concussions you can go to:  
<http://www.cdc.gov/ConcussionInYouthSports/>**