

Sauk Prairie Youth Boys Basketball Club

Information for 2017 / 2018 Season

The mission of the Sauk Prairie Youth Boys Basketball Club (the Club) is to provide **3rd – 8th grade** young men the opportunity to build a love for basketball through skill-work and competition along with high school level guided instruction for ALL coaches to build the critical player skills needed to compete at a varsity level. Emphasis will be put on the value of positive attitudes, sportsmanship, hard work and respect for teammates, opponents, coaches and officials in addition to skill development through repeated work on fundamentals via fun, productive drills and a healthy practice to game ratio.

The Club participates in the Badger Development League (BDL) which includes a number of high-quality Badger and non-Badger conference teams. Number of games played vary by age group, with the fewest at a 3rd grade level and most 8th grade. Additional tournaments may be played for 4th through 8th with Club approval from requests made by coaches. 3rd grade is recommended for those players who may be ready to be introduced to a competitive basketball environment. The Club encourages younger players to participate in Coach Massey Junior Eagles program to build a solid skill-set of good basketball fundamentals.

New this year if players register (and pay) for club basketball by September 14th they will receive FREE registration for the Sunday Night Basketball School run by the SP High School program. These basketball school sessions will be used to evaluate the players for the Club Basketball teams. Please mail or drop off the registration information and payment at Sauk Prairie Recreation Department, 730 Monroe Street, Sauk City, WI 53583. **For questions please contact spbasketballclub@gmail.com.** There is a cap of 20 players per age group for club basketball and exceptions must be Club approved.

Important Dates:

8/28/2017 – Registration opens

9/29/2017 – Registration Closes

Sept 19 – Oct 15 – Assessments/Evaluations at Sunday Night Basketball School (done by Coach Massey and staff)

October – Parent Meetings – These will be held during the Sunday night basketball school

November – Team practices begin

December – Clothing sale orders due

January 13-14 – Sauk Prairie BDL Tournament – players will be registered to play once every family has committed to a volunteer time slot. **An opt-out fee of \$100 can be paid in lieu of volunteering for the tournament.**

Fundraisers:

Our fundraisers help support our teams with items such as registration and tournament participation throughout the season. Gear, basketball player camp subsidies, coaches' clinics, high school summer camp and basketball equipment as well as helping to keep individual family fees and costs down. **We will be hosting a 2 day tournament January 13-14 and every family will be required to work 2 shifts for each child in the program.**

Volunteers:

Please indicate on the registration sheet a desire to volunteer in one of the following areas:

- Board of Directors – 2 to 4 spots, with 2 being from the 3rd or 4th grade for continuity. This would be a 2 season commitment at a minimum.
- Concession Committee - planning of the concessions for the tournament and be on-site managers during the event – we need one or two volunteers from each grade to serve on this committee
- Apparel Committee – organizing the annual clothing sale, which helps raise funds for the program.
- Coaching – if you have an interest in coaching please indicate on the sheet and the Club President will be in touch with you shortly after registration closes. This will be an application process and not all coaching requests will / can be honored.

Concussion Information and Waiver



Parent/Athlete Concussion Awareness Information

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a 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 A CONCUSSION?

Signs and symptoms of a concussion can show up right after the injury or may appear days or weeks after the injury. If an athlete reports one or more symptoms of concussions listed below after a bump, blow or jolt to the head or body, they should be kept out of play the day of the injury and until a health care professional, experienced in evaluating concussions, says they are symptom-free and they are OK to return to play.

Signs Observed by Coaching Staff:

- Appears dazed or stunned
- Is confused about position or assignment
- 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
- Cannot recall events **prior** to hit or fall
- Cannot 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 they exhibit any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse or slurred speech
- Weakness, numbness or decreased coordination
- Convulsions, seizures or unusual behavior
- Cannot recognize people or places
- Becomes increasingly confused or agitated
- Loses consciousness for any amount of time

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 healing, they are 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. It 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 them from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play until a medical professional says they are symptom free and are OK to return to play. Rest is the key to help an athlete recover. Exercising or activities that involve a lot of concentration (studying, computers, video games) may cause concussion symptoms to reappear or worsen. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

I, _____, of Sauk Prairie Recreation Department

Sport: _____

(Student / Athlete Name)

hereby acknowledge having received education about the signs, symptoms and risks of sport related concussion as provided in the information above. I also acknowledge my responsibility to report to my coaches, parent(s) / guardian(s) any signs or symptoms of a concussion.

Signature and printed name of student / athlete

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 as provided in the information above.

Signature and printed name of parent / guardian

Date