

Camp Overview

• This summer youth football players from around the Kitsap and Olympic Peninsulas will have a unique opportunity to attend a local Skills and Drills Football Camp. The camp will be held at the Kingston High School football field for athletes K-8th grade for the 2017-2018 school year.

• Our coaching staff will group campers by age, position, ability and experience to allow coaches to progressively teach safety, basics, and advanced techniques to best benefit each group. We will also offer a BBQ and an autograph session Tuesday after camp concludes.

*Water Breaks will be provided throughout each camp session.

*This is a non-contact camp.

Questions?

Contact KHS Head Coach
Alec Grimm
Phone: (206)-909-2455
Email: alecgrimm54@gmail.com

Coaching Staff:

Nesby Glasgow is a former University of Washington Husky and proud member of the UW "All Century" team. Drafted by the Baltimore/Indianapolis Colts, Nesby went on to play 9 seasons before being traded to Seattle where he continued to play another 5 seasons before ending his illustrious 14-year NFL career

Randall "Too Tough To Handle" Morris is a former Runningback drafted out of Tennessee by the Seattle Seahawks in 1984. Randall played 5 seasons with the Seattle Seahawks before heading to Detroit where he finished his career playing for the Lions.

- KHS Coaches
- KHS Players

West Sound Youth Football Camp 2017

*Kingston High School:
July 10th-11th*



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- Our philosophy is to "let the campers have fun" while learning a lot of football! Players will learn more than just football at camp. They are taught about teamwork, consideration of others, self-discipline, and how to attain their potential in sports and in life. Players also learn the importance of achieving good grades and selecting appropriate role models. We will encourage them to go home a more positive, and optimistic person.
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**Please have all Registration and Emergency forms turned in prior to June 1st*

Camp Schedule and Agenda

July 10th-11th, 2017

Check In: 8:30am

Skills and Drills Session:
9:00am-1:00pm

What to Bring

- Medications (if applicable)
- Cleats
- Shorts or Sweats
- T-Shirt or Sweatshirt
- Water Bottle (With name on it)

Registration Information

Camper's Name _____

Grade _____

Address (Street, City, State) _____

Phone _____

Parent(s)/Guardian(s) Name(s) _____

T-Shirt Size*

Youth S

Youth XL

Youth M

Adult L

Youth L

Adult XL

Each camper who registers before June 1st, 2017 will receive a Skills and Drills Camp spirit pack including a camp T-shirt.

Payment Information: Please detach and include a check for \$75.00. Make checks payable to "KHS ASB" and mail it to the address listed below. Please provide your check number:

*** Include all required forms-
Registration, Emergency Information,
Football Informed Consent, and
Concussion Awareness**

Address

Attn: Lori Camp

Kingston High School

26201 Siyaya Ave NE

Kingston, WA 98346

Emergency Insurance Information & Consent 2016-17

Athlete's Name: _____ Phone: _____ Sport(s): _____
 Address: _____ City: _____ State: _____ Zip: _____
 Parent/Guardian Name(s): _____ Employer: _____
 Address: _____ City: _____ State: _____ Zip: _____
 Home Phone: _____ Work Phone: _____ Cell: _____
 Emergency Contact: _____ Phone: _____
 Emergency Contact (other than a parent/guardian): _____ Phone: _____

Each student participating in athletic activities is required to have medical insurance that covers injuries. I understand that NKSd does not provide medical insurance for student injuries, but does make available information about student accident/health insurance that you may purchase.

Family Health Accident Insurance

Carrier: _____
 Group #: _____ Policy #: _____ ID #: _____
 Family Physician: _____ Phone: _____
 Address: _____ City: _____ State: _____ Zip: _____
 Any serious medical conditions? _____
 Allergies? _____

I/We hereby grant consent to any and all health care providers designed by NKSd to provide my child (name) _____ (does / does not) cover sports. I understand and agree that medical information may be shared with other healthcare professionals and athletic department personnel. I will notify the school in writing of any changes or cancellation of my insurance.

Parent Signature _____ Date _____

 **North Kitsap School District**
INFORMED CONSENT FORM RE: FOOTBALL

Student Name: _____ *Birth Date:* _____

School: _____ *Grade:* _____

We accept and understand that the sport of **football** involves certain inherent risks, dangers and hazards that may cause serious personal injury, including death, severe paralysis or brain injury necessitating long term care and significantly impairing enjoyment of life or life activities. We accept and understand that the above-described injuries and other injuries, including but not limited to: concussions; serious neck and spinal injuries potentially resulting in complete or partial paralysis; brain damage; blindness; serious injury to all internal organs; serious injury to all bones, joints, ligaments, muscles and tendons; contusions; dislocations; sprains; strains; and fractures, may occur as a result of participating in this sport. We accept and understand that certain activities such as the act of tackling carry with them a greater inherent risk of injury.

We understand that the inherent risks of this sport cannot be eliminated without jeopardizing the essential qualities of the sport. We have reviewed all of these risks and we understand and appreciate them and still desire to participate in the activity.

(Student Initial) _____ (Parent Initial) _____

We certify that (Student Name) _____ has no medical or physical conditions which could interfere with or compromise his/her safety in participating in this activity.

(Student Initial) _____ (Parent Initial) _____

I authorize qualified emergency medical professionals to examine, and in the event of an injury or serious illness, to administer emergency medical care to the above-named student.

(Parent Initial) _____

In the event it becomes necessary for school district staff to obtain emergency medical care for the above-named student, we understand that neither the staff member nor the school district assumes financial liability for the expenses incurred because of the accident, injury, illness and/or unforeseen circumstances.

(Student Initial) _____ (Parent Initial) _____

I certify that my household has sufficient medical insurance to facilitate any necessary medical care or resultant care for any injury that may be sustained by the above-named student.

(Parent Initial) _____

HAVING READ AND INITIALED THE STATEMENTS ABOVE, I ACKNOWLEDGE THAT I HAVE READ THIS DOCUMENT AND FULLY UNDERSTAND THE RISKS ASSOCIATED WITH PARTICIPATING IN THIS VOLUNTARY SCHOOL DISTRICT ATHLETIC PROGRAM. BY SIGNING BELOW, I CERTIFY THAT I HAVE READ THE ABOVE, UNDERSTAND ITS CONTENT AND WISH TO PARTICIPATE.

Student name (please print)

Student signature

Date

HAVING READ AND INITIALED THE STATEMENTS ABOVE, I ACKNOWLEDGE THAT I HAVE READ THIS DOCUMENT AND FULLY UNDERSTAND THE RISKS ASSOCIATED WITH PARTICIPATING IN THIS VOLUNTARY SCHOOL DISTRICT ATHLETIC PROGRAM. BY SIGNING BELOW, I CERTIFY THAT I HAVE READ THE ABOVE, UNDERSTAND ITS CONTENT AND GIVE MY PERMISSION FOR MY STUDENT TO PARTICIPATE.

Parent/guardian name (please print)

Parent/guardian signature

Date

North Kitsap School District

Student/Parent Concussion and Sudden Cardiac Arrest Awareness Form

The North Kitsap School District believes participation in athletics improves physical fitness, coordination, self-discipline, and gives students valuable opportunities to learn important social and life skills.

With this in mind it is important that we do as much as possible to create and maintain an enjoyable and safe environment. As a parent/guardian or student you play a vital role in protecting participants and helping them get the best from sport.

Player and parental education in this area is crucial which is the reason for the Concussion Management and Sudden Cardiac Arrest Awareness pamphlet you received. Refer to it regularly.

This form must be signed annually by the parent/guardian and student prior to participation in North Kitsap School District athletics. If you have questions regarding any of the information provided in the pamphlet, please contact the athletic director at your school.

I HAVE RECEIVED, READ AND UNDERSTAND THE INFORMATION PRESENTED IN THE CONCUSSION RECOGNITION AND SUDDEN CARDIAC ARREST AWARENESS PAMPHLETS.

_____	_____	_____
<i>Student Name (Printed)</i>	<i>Student Name (Signed)</i>	<i>Date</i>
_____	_____	_____
<i>Parent Name (Printed)</i>	<i>Parent Name (Signed)</i>	<i>Date</i>



North Kitsap School District Concussion Fact Sheet

for High School Sports
Fact sheet for **STUDENT-ATHLETES**



What is a concussion?

A concussion is a brain injury that:

- Is caused by a bump, blow, or jolt to the head.
- Can change the way your brain normally works.
- Can range from mild to severe.
- Can occur during practices or games in any sport.
- Can happen even if you haven't been knocked out.
- Can be serious even if you've just been "dinged" or had your "bell rung."

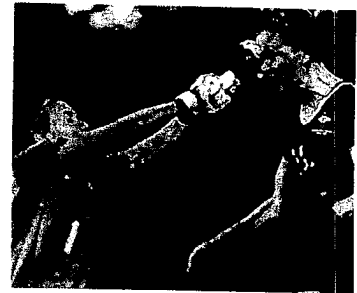
How can I prevent a concussion?

It's different for every sport. But there are steps you can take to protect yourself from concussion.

- 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). In order for equipment to protect you, it must be:
 - Appropriate for the game, position, and activity
 - Well maintained
 - Properly fitted
 - Used every time you play

What are the symptoms of a concussion?

- Nausea (feeling that you might vomit)
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Headache
- Feeling sluggish
- Feeling foggy or groggy
- Concentration or memory problems (forgetting game plays)
- Confusion



What should I do if I think I have a concussion?

- **Tell your athletic trainer, coaches and your parents.** Never ignore a bump, blow, or jolt to the head. Also, tell your coach if one of your teammates might have a concussion.
- **Get a medical check up.** A licensed health care professional can tell you if you have had a concussion and when you are OK to return to play.
- **Give yourself time to recover.** 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 permanent brain damage, and even death in rare cases. Severe brain injury can change your whole life.

How do I know if I've had a concussion?

You can't see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up days or weeks after the injury. It's best to see a health care professional if you think you might have a concussion. An undiagnosed concussion can affect your ability to do schoolwork and other everyday activities. It also raises your risk for additional, serious injury.

It's better to miss one game than the whole season.

Information from:
Department of Health and Human Services- Center for Disease Control and Prevention
http://www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm





North Kitsap School District Concussion Fact Sheet

for High School Sports

Fact Sheet for **Parents**

What is a concussion?

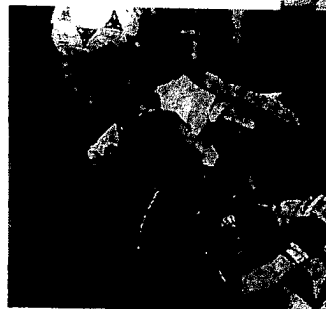
A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even a "ding" or a bump on the head can be serious.

What are the signs and symptoms of concussion?

You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or can take days or weeks to appear. If your teen reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.



Signs observed by athletic trainer, coaches, parents or guardian	Symptom reported by athlete
<ul style="list-style-type: none"> ◆ Appearing dazed or stunned ◆ Is confused about assignment ◆ Forgets plays ◆ Is unsure of game, score, or opponent ◆ Moves clumsily ◆ Answers questions slowly ◆ Loses consciousness ◆ Shows behavior or personality changes ◆ Can't recall events prior to hit ◆ Can't recall events after hit 	<ul style="list-style-type: none"> ◆ Headache ◆ Nausea ◆ Balance problems or dizziness ◆ Double or fuzzy vision ◆ Sensitivity to light or noise ◆ Feeling sluggish ◆ Feeling foggy or groggy ◆ Concentration or memory problems ◆ Confusion



What should you do if you think your teenage athlete has a concussion?

- Seek medical attention right away. A health care professional will be able to decide how serious the concussion is and when it is safe for your teen to return to sports.
- Keep your teen out of play. Concussions take time to heal. Don't let your teen return to play until a health care professional says it's OK. Athletes who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your teen for a lifetime.
- Tell your teen's athletic trainer and coaches about any recent concussion. Athletic Trainers and coaches should know if your teen had a recent concussion in ANY sport. Your teen's athletic trainer and coaches may not know about a concussion your teen received in another sport or activity unless you tell them. Knowing about the concussion will allow the athletic trainer and coach to keep your teen from activities that could result in another concussion.
- Remind your teen: It's better to miss one game than the whole season.

It's better to miss one game than the whole season.

Information from:
Department of Health and Human Services- Center for Disease Control and Prevention
http://www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm



Sudden Cardiac Arrest

Information Sheet for

Student-Athletes, Coaches and Parents

SSB 5083 ~ SCA Awareness Act



What is sudden cardiac arrest? Sudden Cardiac Arrest (SCA) is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death in the U.S. afflicting over 300,000 individuals per year.

SCA is also the leading cause of sudden death in young athletes during sports

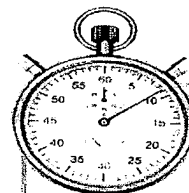
What causes sudden cardiac arrest? SCA in young athletes is usually caused by a structural or electrical disorder of the heart. Many of these conditions are inherited (genetic) and can develop as an adolescent or young adult. SCA is more likely during exercise or physical activity, placing student-athletes with undiagnosed heart conditions at greater risk. SCA also can occur from a direct blow to the chest by a firm projectile (baseball, softball, lacrosse ball, or hockey puck) or by chest contact from another player (called "commotio cordis").

While a heart condition may have no warning signs, some young athletes may have symptoms but neglect to tell an adult. If any of the following symptoms are present, a cardiac evaluation by a physician is recommended:

- Passing out during exercise
- Chest pain with exercise
- Excessive shortness of breath with exercise
- Palpitations (heart racing for no reason)
- Unexplained seizures
- A family member with early onset heart disease or sudden death from a heart condition before the age of 40

How to prevent and treat sudden cardiac arrest? Some heart conditions at risk for SCA can be detected by a thorough heart screening evaluation. However, all schools and teams should be prepared to respond to a cardiac emergency. Young athletes who suffer SCA are collapsed and unresponsive and may appear to have brief seizure-like activity or abnormal breathing (gaspings). SCA can be effectively treated by immediate recognition, prompt CPR, and quick access to a defibrillator (AED). AEDs are safe, portable devices that read and analyze the heart rhythm and provide an electric shock (if necessary) to restore a normal heart rhythm.

Remember, to save a life: recognize SCA, call 9-1-1, begin CPR, and use an AED as soon as possible!



Cardiac 3-Minute Drill

1. RECOGNIZE Sudden Cardiac Arrest

- Collapsed and unresponsive
- Abnormal breathing
- Seizure-like activity

2. CALL 9-1-1

- Call for help and for an AED

3. CPR

- Begin chest compressions
- Push hard/ push fast (100 per minute)

4. AED

- Use AED as soon as possible

5. CONTINUE CARE

- Continue CPR and AED until EMS arrives



**Be Prepared!
Every Second Counts!**

UW Medicine
Center For Sports Cardiology
www.uwsportscardiology.org



WASHINGTON INTERSCHOLASTIC
ACTIVITIES ASSOCIATION



SCA Awareness
Youth Heart Screening
CPR/AED in Schools

www.nickoftimefoundation.org