

SPORTS CAMP PERMISSION FORM

This permission form is for use with respect to district-sponsored activities with coaches and/or advisors who are district employees, and which meet district guidelines.

Student Name: \_\_\_\_\_

School: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ WA Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_

Dad's Name: \_\_\_\_\_ Work #: \_\_\_\_\_

Mom's Name: \_\_\_\_\_ Work #: \_\_\_\_\_

Please indicate experience level with sport:    Beginner    Intermediate    Advanced

Student's Physician: \_\_\_\_\_

Physician Phone: \_\_\_\_\_

Insurance Company name: \_\_\_\_\_

Policy/ID No: \_\_\_\_\_

Group No: \_\_\_\_\_

Permission/Advice of Risk/Medical Release

I hereby verify that \_\_\_\_\_ is healthy enough for school sports, and has my permission to participate in the camp indicated above.

While we take every precaution to minimize the risk of injury, we are always concerned about the risk of injury inherent in sports. Your signature below indicates that you have been advised of the risk of injury that you assume the risk, and you fully understand that you are legally responsible for any medical expenses resulting from participation in this sports camp.

If I cannot be reached in the event of an emergency, I \_\_\_\_\_ (parent/guardian name, please print), authorize all diagnostic, medical, surgical and hospital procedures as may be prescribed by a treating physician for my student.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Renton School District #403  
Concussion and Head Injury 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:		Signs observed by teammates, parents and coaches include:
Headaches	Amnesia	Appears dazed
"Pressure in head"	"Don't feel right"	Vacant facial expression
Nausea or vomiting	Fatigue or low energy	Confused about assignment
Neck pain	Sadness	Forgets plays
Balance problems or dizziness	Nervousness or anxiety	Is unsure of game, score, or opponent
Blurred, double, or fuzzy vision	Irritability	Moves clumsily or displays incoordination
Sensitivity to light or noise	More emotional	Answers questions slowly
Feeling sluggish or slowed down	Confusion	Slurred speech
Feeling foggy or groggy	Concentration or memory problems (forgetting game plays)	Shows behavior or personality changes
Drowsiness	Repeating same question/comment	Can't recall events prior to hit
Change in sleep patterns		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 too soon?

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 it's 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/>  
<http://www.wiaa.com/ConcussionManagementGuidelines.htm>

Student-athlete Name Printed \_\_\_\_\_

Student-athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent or Legal Guardian Name Printed \_\_\_\_\_

Parent or Legal Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_



**MAT WARRIORS  
ADVANCED TECHNIQUE  
WRESTLING CAMP**

PRESENTED BY:

**HAZEN HIGH SCHOOL  
WRESTLING**

**DATE:  
JUNE 29-JUNE 1**

**PLACE:  
HHS MAIN GYM**

**WHO:  
8<sup>th</sup>-12<sup>th</sup> GRADE**

**HAZEN HIGH SCHOOL  
1101 HOQUIAM AVE  
RENTON, WA 98059**





COST:

**\$70 (PRIOR TO JUNE 1)**

**\$85 (AFTER JUNE 1)**

**BONUS: RECEIVE A HAZEN WRESTLING T-SHIRT IF REGISTERED BY JUNE 1, 2015**

PRE-REGISTRATION AND PAYMENT BY MAIL IS ENCOURAGED. EARLY REGISTRATION PRICING CONCLUDES ON JUNE 1, 2016 HOWEVER PRE-REGISTRATION WILL CONTINUE BY MAIL UP TO THE BEGINNING OF CAMP. ON SITE REGISTRATION WILL BE ALLOWED IF NECESSARY.

Hazen Wrestling Camp permission form and payment must be sent to:

**Rory Magana  
c/o: Hazen High School  
1101 Hoquiam Ave  
Renton, WA 98059**

**MAKE CHECKS PAYABLE TO:  
HAZEN HIGH SCHOOL WRESTLING**

Contact: Rory Magana  
360.632.3563  
Rory.magana@rentonschools.us

Camp Mission Statement:

This camp will place an emphasis on development of higher level wrestling technique, while also giving wrestlers the opportunity to refine fundamentals. Athletes will be provided with six sessions in three days of wrestling. While learning and refining technique will be the main focus of camp, wrestlers will have the opportunity to apply new skill to live and situational wrestling. Guest clinicians will present college level technique used at the highest levels of folk-style wrestling.

Directions to the Hazen Gym:

Enter through the main entrance on the pool side of the building. Walk straight down the hallway past the women's locker room (on the right), the main gym entrance will be on the right hand side of the hallway.

What to bring:

- Wrestling Shoes
- T-shirt (x2 per day)
- Athletic Shorts (x2 per day)
- Shower Toiletries (Shower Available)
- Water Bottle
- Sack Lunch

Wrestler Name: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

Valid Email Address: \_\_\_\_\_

Adult T-Shirt Size: \_\_\_\_\_

**PLEASE RETURN PRIOR TO JUNE 1: ENCLOSE PAYMENT ALONG WITH REGISTRATION FORM**



**DAILY SCHEDULE** (SUBJECT TO CHANGE)

**DAY 1- JUNE 29**

*SESSION 1- 9-11 AM- Advanced Neutral Wrestling*

LUNCH BREAK

*SESSION 2- 12:30-2:30 PM- Technique session featuring: 3x NJCAA/DII All American- Aaron Smith*

**DAY 2- JUNE 30**

*SESSION 1- 9-11 AM- Advanced Top/Bottom Wrestling*

LUNCH BREAK

*SESSION 2- 12:30-2:30 PM- NCAA D1 ALL-AMERICAN- SHANE ONUFER*

**DAY 3- JULY 1**

*SESSION 1- 9-11 AM- Technique Session featuring: NCAA D1 All-American/HCC Head- Coach Scott Norton*

LUNCH BREAK

*SESSION 2- 12:30-2:30 PM- Combative Wrestling*