

# 2023-2024 Basketball Registration



**REGISTRATION BEGINS October 3, 2023**



**WELCOME TO THE YOUTH SPORTS PROGRAM**

The Seattle Department of Parks and Recreation welcomes your child to our Youth Sports Program. Our goal is to ensure all children that have an interest in playing have the opportunity. We hope that your child will find the experience rewarding and will develop skills and friendships that he or she will keep for the rest of his/her life.

Your child will be placed on a team based on an assessment by Recreation staff and/or volunteer coaches using the following criteria: safety, skills, and ability. If there are only enough youth to form one team in your child's age division and gender at the desired community center, your child will automatically be placed on that team. The ability of the team is then assessed by Recreation staff and the team is placed for example in the appropriate league, either Recreation, Competitive or Advanced for Citywide leagues or Cub League (ages 8-9).

If there are not enough participants to form a team with your child's age and/or gender identification at the community center where you signed up, effort will be made to find an appropriate team for your child.

As a condition of your child's participation in this activity, you must complete and sign the attached forms and return them to the community center where your child is participating.

Please keep pages 1 through 2 for your records – Welcome (pg. 1), Concussion Information Sheet (pg. 2) Please return pages (3-5).

Please return the following forms:

1. **Participant Information** *(Parent/Guardian Signature required)*
2. **Assumption of Risk and Release and Safety Rules** *(Parent/Guardian Signature required)*  
**Medical Authorization** *(Parent/Guardian Signature required)*  
**Concussion Information Received and Read** *(Parent/Guardian and Participant Signature required)*
3. **Birth Certificate or Proof of birth date**

The first section provides the Department with important information about your child. The second section tells you about risks of injury that may arise from participating in a sport or activity and rules regarding safety of the Department's Youth Sports Program to aid you in making an informed decision as to whether your child should participate in this athletic activity and requires you to assume its risks. The third section gives the Department authorization to provide medical care in case of injury when you cannot be reached. The fourth section is information about the signs and effects of concussion. \*The last section provides proof of age through birth certificate or other accepted documentation of birth date if not already on file at the community center.

As a parent or guardian, you should ask staff, coaches, physicians, and other knowledgeable persons about any concerns that you might have at any time about your child's participation or safety. The decision for your child to participate is yours.

Thank you for choosing Seattle Parks and Recreation!

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## Seattle Parks and Recreation - 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"> <li>• Headaches</li> <li>• “Pressure in head”</li> <li>• Nausea or vomiting</li> <li>• Neck pain</li> <li>• Balance problems or dizziness</li> <li>• Blurred, double, or fuzzy vision</li> <li>• Sensitivity to light or noise</li> <li>• Feeling sluggish or slowed down</li> </ul> | <ul style="list-style-type: none"> <li>• Feeling foggy or groggy</li> <li>• Drowsiness</li> <li>• Change in sleep patterns</li> <li>• Amnesia</li> <li>• “Don’t feel right”</li> <li>• Fatigue or low energy</li> <li>• Sadness</li> <li>• Nervousness or anxiety</li> </ul> | <ul style="list-style-type: none"> <li>• Irritability</li> <li>• More emotional</li> <li>• Confusion</li> <li>• Concentration/memory problems (forgetting game plays)</li> <li>• Repeating the same question or comment</li> </ul> |
|---|--|--|

### Signs observed by teammates, parents, and coaches include:

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• Appears dazed</li> <li>• Vacant facial expression</li> <li>• Confused about assignment</li> <li>• Forgets plays</li> <li>• Is unsure of game, score, or opponent</li> <li>• Moves clumsily or displays incoordination</li> </ul> | <ul style="list-style-type: none"> <li>• Answers questions slowly</li> <li>• Slurred speech</li> <li>• Seizures or convulsions</li> <li>• Any change in typical behavior or personality</li> <li>• Loses consciousness</li> </ul> |
|---|---|

### 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 athletes will often underreport 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.

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## PARTICIPANT INFORMATION

Community Center: \_\_\_\_\_

Participant's Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_ Grade: \_\_\_\_\_

Participant's School: \_\_\_\_\_ Parent/Guardian Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

My child may be photographed (stills or video) for the City of Seattle, its Department of Parks and Recreation, the Associated Recreation Council, Advisory Council, or Community Center publications.

(Circle one) YES NO Initial Here \_\_\_\_\_

Parent/Guardian Email: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

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

New Player  Returning Player

Uniform Size:  YS  YM  YL  AS  AM  AL  AXL  AXXL

***The League / Team your child is placed on depends on their age as of August 31, 2023***

*Birth Certificate/Proof of age must be on file.*

League	Level		Amount
<input type="checkbox"/> Cub Basketball	<b>BOYS</b> <input type="checkbox"/> Age 8-9	<b>GIRLS</b> <input type="checkbox"/> Age 8-9	\$120
<input type="checkbox"/> Citywide Basketball	<b>BOYS</b> <input type="checkbox"/> Age 10 <input type="checkbox"/> Age 11 <input type="checkbox"/> Age 12 <input type="checkbox"/> Age 13 <input type="checkbox"/> Age 14-15 <input type="checkbox"/> Age 16-17	<b>GIRLS</b> <input type="checkbox"/> Age 10 <input type="checkbox"/> Age 11 <input type="checkbox"/> Age 12 <input type="checkbox"/> Age 13 <input type="checkbox"/> Age 14-17	\$120

Coach/Team Request: \_\_\_\_\_ Practice Day/Time: \_\_\_\_\_

*\*If you have any specific requests regarding coaches or need a practice day, please indicate them here.  
These are **requests only** and cannot be guaranteed\**

***Please make checks payable to: City of Seattle Please return form to your Community Center of Choice***

- I would be interested in being a volunteer coach or assistant coach.
- I would like to help sponsor a child to play sports by donating \$\_\_\_\_\_ to my center's Scholarship Fund.

### II. ASSUMPTION OF RISKS

Injuries to participants in the Youth Sports Program may occur from risks inherent in the sports or activity; from placing stress on the body that has not been prepared for; from accidents in learning or practicing playing techniques; from failing to follow game, training, safety, or other team rules; from the use of transportation to and from games and other events; and from administration of first aid. Injury can include direct physical, and possibly crippling, injury to one's body, and emotional injury experienced as a result of inflicting injury to another or witnessing it. The severity of injury can range from minor cuts, scrapes, or muscle strain to catastrophic injury, such as paralysis or even death. In consideration of the City and the Seattle Department of Parks and Recreation permitting my child or ward to participate in its Youth Sports Program, I hereby agree on behalf of my child that he or she will assume the risk of injury or death from participating as outlined above. I release the City, its Department of Parks and Recreation, the Department's employees, advisory councils, and/or volunteers from any liability resulting from my child's participating in the sport or

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activity. This assumption of risk and release binds by child's heirs, estate, executor, or administrator, and assigns all members of my family.

### SAFETY RULES

I have told my child to obey all directions of the instructors and personnel in charge of the sport or activity and their assistants; to comply with all safety instructions; and to refrain from horseplay and other unsafe practices.

### III. MEDICAL AUTHORIZATION and EMERGENCY AND MEDICAL INFORMATION

In the case of an accident or illness, I authorize the City to provide medical treatment for my child if I cannot be contacted immediately and I consent to the administration of all medical procedures deemed necessary by the attending authorities. I understand that the City, its staff, and volunteers assume no financial obligations or liability for the immediate medical treatment that they provide for or for my child.

**Emergency Contact:** \_\_\_\_\_ **Day Phone:** \_\_\_\_\_ **Evening Phone:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Alternate Contact:** \_\_\_\_\_ **Day Phone:** \_\_\_\_\_ **Evening Phone:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Physician:** \_\_\_\_\_ **Telephone:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Participant Allergies:** \_\_\_\_\_

**Participant Medications:** \_\_\_\_\_

**Participant Medical Concerns:** \_\_\_\_\_

**Insurance Company:** \_\_\_\_\_

**Comments:** \_\_\_\_\_

I/We have agreed to assume the risks of participation and the release, given the instruction, authorized immediate medical attention if I/we cannot be contacted, and completed the emergency and medical information.

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

### IV. CONCUSSION INFORMATION RECEIVED & READ

We have received and read the Concussion Information Sheet and understand the risks, symptoms and signs related to concussion and assume all risks of participation.

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

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

\_\_\_\_\_  
 Date

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

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

\_\_\_\_\_  
 Date

**Office Use Only**  Participant Info  Risk & Release  Medical Auth.  Concussion form

Proof of age  Scholarship % \_\_\_\_\_

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## PLAYER CODE OF CONDUCT

Youth Athletics plays a vital role in encouraging physical, social, and emotional growth of children. It is therefore essential for parents, coaches, and officials to encourage their youth athletes to embrace the values of good sportsmanship, discipline, and character development. All compliance infractions will be reviewed by the Youth Athletics Sports Committee.

- Have fun!
- Be a good sport (win or lose), be honest, fair, and always show good sportsmanship to all coaches, players, officials, and fans.
- Learn the value of commitment to the team.
- Show courtesy and respect to teammates, opponents, and coaches.
- Realize that athletic contests, including practice sessions, are educational experiences and opportunities.
- Players will not engage in unsportsmanlike conduct.
- Players will not engage in rude behavior.
- Players will treat everyone, including coaches, parents, players, and officials with respect regardless of race, creed, color, nationality, or sex.

## PARENT CODE OF CONDUCT

I hereby pledge to live up to my responsibility as a parent of \_\_\_\_\_ participating in the City of Seattle of Parks and Recreation Youth Sports Program. I will follow the Parents Code of Conduct listed below: All compliance infractions will be reviewed by the Youth Athletics Sports Committee.

- I will place the emotional and physical well-being of the children above any desire to win. I will help my child understand the valuable lessons of what youth sports can teach.
- I will be a role model of good sportsmanship and character. I will help my child meet his/her responsibilities to the coach and the team.
- I will do my best to make sure that the game is fun for all the participants.
- I will lead by example in demonstrating fair play and sportsmanship to all participants, coaches, parents, officials, recreation staff, and the public. I will treat them all with respect.
- I will maintain a positive sports environment for all participants that is free of drugs, tobacco, alcohol, and inappropriate language. I will refrain from their use at all Youth Sports activities and events.
- I will only make positive and encouraging comments to players, fans, and coaches from both teams. I will not interfere or coach from the stands.
- I will strive to create a positive recreational experience for everyone involved in the Youth Sports Program.
- I will remember that I am a Youth Sports Program parent and will remember the game is for the children and not the adults. Accordingly, I will encourage my child to play sports by providing a supportive atmosphere without pressure.
- I will abide by all of Seattle Parks and Recreation Department rules and regulations and rulings set forth by the Sports Coordinator.
- I will remember to always be a good sport, win, or lose.

\*\*\*Please note that violations of this code of conduct can result in the removal of your child from the sport program WITHOUT a refund.

\_\_\_\_\_  
Parent/Guardian Name (Print)

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

\_\_\_\_\_  
Date