

Welcome to the Advantage Basketball Teams and Training Academy



www.advantagebasketball.com

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Advantage Mission Statement

The mission at Advantage is to create a place where players have a positive atmosphere: where young athletes who want to be better basketball players have the opportunity to get better. Advantage is the vehicle that provides that opportunity for players to take their game to the next level. We exist to make a positive difference in the lives of our players. Our goal is to develop happy, healthy and confident players. We strive to provide a safe, fun and successful experience for every player.



Coaching/Learning Philosophy

Advantage Basketball has many coaching and counseling techniques that effectively and successfully employed to help accomplish our training goals. In general, they fall into these main methods:

- **Instruction – Learning to play basketball, or any sport, requires the guidance of an experience coach who can communicate with the players to help them develop their skills.**
- **Repetition – While practice never leads to perfection, it does lead to improvement.**
- **Example – Watching our advanced players and learning from the examples of our coaches helps players understand what the end result of their hard work should look like.**
- **Teaching others – When players master a move or technique, they will be allowed to teach other players. By teaching others, the student teacher enhances their own learning experience.**



ADVANTAGE BASKETBALL PURPOSE AND COMMITMENT

The purpose of this handbook is to familiarize both the parents and the players with ADVANTAGE Basketball, and to provide a better understanding of ADVANTAGE Basketball. We hope this handbook will answer many of the questions that may arise. We are glad that your athlete(s) have been selected to be a part of our program.

Our program has two main goals. The first is to provide quality instruction in all aspects of the game. One of ADVANTAGE's main goals is to develop self-discipline, dedication, and confidence in each athlete, qualities that will assist them as they progress through life. The second goal is to prepare those players that have the desire, athletic ability and academic standing to play at the high school and collegiate level. We believe that a competitive athletic experience can enhance social development, contribute to mental and physical health and teach the values of teamwork and responsibility. We are proud of the opportunity that we offer, and we feel the players involved will receive a positive experience.

For our program to be successful, the rules of this handbook must be followed and will be enforced. ADVANTAGE expects our athletes and their parents to present themselves in a courteous and polite manner to everyone they encounter. Our goal is to become one of the finest Basketball programs available, and we want to promote the highest level of sportsman-like conduct.

Our program is dedicated to treating all athletes fairly, and giving each individual athlete an opportunity to improve their basketball skills. Playing basketball with ADVANTAGE requires a strong commitment to the game, the team, and your teammates. It is important that everyone involved understands that each coach is willing to make this commitment in order for our athletes to become the best basketball players they can be.

Participation in the ADVANTAGE program requires time, effort and financial resources, but we feel that it is well worth the investment. We plan on participating in several tournaments a month and various leagues. Tournaments and leagues can be as far North as Burlington, to as far South as Oregon, and east of the state. The Elite teams will also have opportunities to play at national tournaments which would require farther travel and additional financial resources.



ADVANTAGE BASKETBALL SELECTION PROCESS

ADVANTAGE Basketball continually will evaluate a number of players. Some players have extensive playing backgrounds, while others do not. Players are evaluated on attitude, teamwork, and skill execution such as defense, ball handling, shooting, etc. We base our selections on what the athletes do during the tryout period and what we perceive their potential to be. We select athletes based on the following criteria: athletic ability, work ethic, drive, coachability, competitive attitude, skill ability, and potential.

Your athlete is encouraged to participate in multiple sports in their middle schools and high schools. These young athlete may be involved in volleyball, soccer and fast pitch, possibly even at the select level. This is okay with ADVANTAGE as long as the player and their parents understand that in order to be fair to the athletes that are 100% committed to the ADVANTAGE team, they may not play as much. We truly believe participation in practice will dictate playing time in games. If you miss practice for another sport, you should be prepared to watch some of your teammates from the bench.

After the teams have been selected, ADVANTAGE may make roster changes at any time during the season to continue to improve the level of play for all considered. This means that a player may be added to a team during the season, or that a player may be asked to move to another team to maximize the level of talent on each team.

Commitment from both players and parents is essential. An uncommitted player is unfairly occupying a position that a committed player would love to have.

We expect you to have a great attitude, to work hard, improve your game, and to compete with your teammates for playing time. There is no guarantee of equal playing time...your playing time is determined by you, the athlete.



ADVANTAGE BASKETBALL PARENT/PLAYER/COACH RELATIONSHIP

Basketball can teach many positive traits, such as the spirit of cooperation, self discipline, and regard for physical fitness. We ask that parents refrain from criticizing opposing players, other parents, other teams, teammates or officials.

In our spectator enthusiasm, we are often prone to issue instructions to the players that are contrary to those of the coach; this only causes confusion for the players. **Please encourage your athlete to follow their coach's instructions and leave the coaching to the coach.** Parents need to align themselves with the coach in teaching their daughter how to cope with the natural frustrations of being a member of a team. Sports provide an excellent opportunity to teach young women about the realities of competitive situations. They must be taught how to be a cooperative team member, how to make use of both positive and negative feedback, how to cope with adversity, how to achieve mental toughness, and how to be a gracious winner or loser.

When a player has an issue with the coach, parents have the responsibility of teaching their athlete the steps necessary to remedy the situation. The following steps should be taken if a player has a grievance with the coach:

Step One: The player should discuss the problem/concern with the coach and try to arrive at a solution to the problem.

Step Two: The parent should call the Director of Basketball and schedule an Appointment for the player, parent and coach to meet at an appropriate time.

Under no circumstances is a parent to approach a coach with a complaint or an evaluation of coaching philosophy. The above procedure must be followed in dealing with any situation that may arise.

The parents and families of our ADVANTAGE players have been very supportive in the past, and we hope that support will continue to grow each year. We hope that parents support their athlete(s) by attending their games and giving positive encouragement. We expect you to refrain from criticizing your child, their teammates, their coaches, or the officials.

The administration of the Advantage Basketball will NOT ALLOW THE COACHES OR PLAYERS TO BE BERATED by parents or fellow teammates. **If you or your athletes refuse to follow the guidelines set forth, you will be asked to leave the program.**



PLAYERS' CODE OF CONDUCT

As a member of an Advantage team, we expect all players to display high standards of behavior and sportsmanship. All players are expected to follow these general rules and code of conduct.

- 1. Act as a leader.** Leaders are people whose actions inspire others. A leader treats their teammates, coaches, opponents and officials in the same manner that they would like to be treated. That means respect, dignity, and total sportsmanship at all times. If you set the example, others will follow the example you set.
- 2. Demonstrate sportsmanship.** Play fair. Be a leader. Set the example. Rise above poor behavior. Have fun. The way in which you conduct yourself has a long lasting effect on everybody around you. That's what practicing good sportsmanship is all about.
- 3. Value the instruction of your coach.** You may think your coach is the best, the worst or somewhere in between. It makes no difference. If you're on the team, your job is to listen attentively to what your coach is saying. Coaches volunteer their time to work with your team. Don't waste that time.
- 4. Appreciate your teammates.** Every player on your team has certain strengths and weaknesses. Be patient with your teammates as they improve their games — just as they will be patient with you improving your game. Basketball is a team sport. Success can only come when the entire team works and plays well together.
- 5. Never question an official or express your feelings at a call.** Officials are part of the game. It your job as a player to overcome adversity whether it is the opposing team, the physical facilities or the officials. Never talk back or show up an official. Remember being an official is not an easy job and mistakes happen.
- 6. Take time to learn the rules.** If you don't know the rules you don't know the game.
- 7. Actions speak.** Hustle never goes out of style. Play harder on defense, make unselfish choices on offense, jump a little higher for rebounds and dive a little more for loose balls. If playing hard isn't part of your game — make it a part!
- 8. Get involved with your parents.** Parents are not perfect but they want the best in life for you. Let them be proud of you. Let them into your basketball world, but remind them that there are ups and downs and your goal is to get better and have fun. It will be good for you to have their support and fun for them to see you take responsibility as a member of the team.
- 9. Enjoy the journey.** Win or lose, enjoy every moment on the court both during the games and during practice. Basketball should be challenging, tiring, hard work and fun.



PARENTS CODE OF CONDUCT

As with our players, parents also represent Advantage. We expect parents to act with a higher of set of standards than we expect from our players. Parents are the role models.

1. Act as a leader. Leaders are people whose actions inspire others. A leader treats their children's teammates, your peers, the coaches, opponents and officials in the same manner you would like to be treated. That means respect, dignity, and total sportsmanship at all times. If you set the example the players will follow the example you set.

2. Do not draw attention from the players. Youth basketball is for the kids. If you find yourself becoming too emotionally involved in what's happening on the court, take a step back and relax.

3. Value your child's commitment. Get your kids to practice and games on time. Make sure they have their uniform and sneakers. Help them eat and drink right before, during and after the game. The more your children see you acting responsibly, the more they will do the same.

4. Act in a respectful manner. Nothing is better for a young player than having their parents on hand to watch them play. And nothing is worse for a player than hearing a parent using foul language, booing, taunting, screaming or making comments at, or about, players, coaches, fans or officials (that includes your team as well as your opponent). Offer applause and cheers of encouragement for both teams following a good play or a great effort, otherwise keep quiet.

5. Never question an official or express your feelings at a call. Officials are part of the game. It is your job as a parent to demonstrate proper behavior to the players. You may not agree with a call, but it's not your job (or the players or coaches either) to officiate the game. Accept the call and move on. Remember being an official is not an easy job and mistakes happen and are part of the game.

6. Total motivation through confidence. Try and identify a positive from every game or practice to help build confidence. A young player's sense of achievement is the greatest motivator. Don't analyze your young player's performance following every game. They know how they played and if you give them the opportunity and situation they will open up to you. If you do, chances are they will avoid talking to you at all after games or worse yet, not want you at the games at all. Let your children come to you for advice.

7. Allow the game to be fun. So help make it that way. Keep smiling. Encourage enjoyment and participation over results. If it's not fun, something's wrong.

8. Good communication is key. If you must, talk with the coach after the game. Or better yet, wait until the next day if you have an issue to discuss. Let the heat of the moment pass. Never make a scene in front of the team, as it's embarrassing for you, your children and the coach. And chances are nothing will get resolved.

10. Enjoy the journey and put winning and losing into perspective. Games have winners and losers. Keep reminding your child about this reality and the need to deal with both outcomes.



ADVANTAGE BASKETBALL SPORTSMANSHIP

ADVANTAGE Basketball is committed to exercising good sportsmanship at all times. Our team philosophy is that our athletes should represent their team in a positive and respectful manner. We also would not want spectators to embarrass our players and the team with inappropriate behavior. The code of conduct expects the following from our families and spectators:

- Absolutely no foul language shall be permitted**
- Parents are asked to cheer for the ADVANTAGE in a positive manner, not against our opponents in a negative manner.**
- Show respect to those around you.**
- Support your coaches.**
- Refrain from harassing referees and/or event staff.**

We have heard that numerous college coaches have said the most discouraging thing they can see in a gym is unsportsmanlike behavior from a player or spectator. Please set a great example for your daughter by being a good sport in the stands!



ADVANTAGE BASKETBALL PRACTICES

- Playing time is based on your performance at practice.
- Playing time is not guaranteed.
- Parents are always welcome to watch practice: however, leave the coaching to the coaches.
- Be on time!

Practices will usually be two times per week. They will last normally for 2 hours. You will be notified of practice times and locations by the Team Manager. We will make every effort to not change practice times and locations: however, things happen!! Please be flexible and cooperative.

If a player must miss a practice, the player must call the coach or team manager as soon as possible. Athletes who miss practice are missing valuable information and potentially may have their playing time affected by consistent absences or tardiness. To emphasize player



GENERAL TEAM RULES

- 1.** I will not transport, possess, or drink any alcohol nor take drugs of any kind; (if I am found to be using drugs and or drinking I will be terminated immediately from the team).
- 2.** I will treat the coaching staff respectfully at all times.
- 3.** I will respect the game of basketball and give it my all during practice and games.
- 4.** I will be respectful and courteous to my teammates.
- 5.** I will be respectful in public and display good character as a representative of ADVANTAGE.
- 6.** I will not participate in any horseplay, which may injure my teammates or me.
- 7.** I will not exhibit conduct which is inappropriate as determined by comparison to normally accepted behavior.
- 8.** If I have a problem with a teammate, I will talk to the coaching staff to attempt to solve the problem.
- 9.** I will be committed to being a team player, always remembering “we” goes a lot further than “I”.
- 10.** I promise when I step on the court I will always remember that “It’s Time to Go to Work”.
- 11.** Players are required to arrive 10 minutes prior to practice, 30 minutes prior to a game.
- 12.** Poor conduct such as: foul language, physical or verbal intimidation of any individual, fighting with other teams/players, vocal outbursts are not permitted.
- 13.** A technical foul by a player or parent for poor sportsmanship will immediately cause the removal of that player/parent for the remainder of the game. Poor sportsmanship will not be tolerated.
- 14.** Cell phones/iPods are not allowed during games or practice
- 15.** I WILL READ, UNDERSTAND AND FOLLOW LISTED RULES.



TOURNAMENT TEAM RULES

- 1. First and foremost, it is important to remember that each player and parent is representing the Advantage Basketball when we play in local tournaments and travel to out-of-state events. Traveling with the team is an honor and must be respected.**
- 2. I am responsible for my uniforms when attending tournaments. When traveling please make sure that your basketball bag with your uniform(s), ball and shoes and any other items (i.e. contacts, braces, knee pads, etc) required for you to play is packed, ready to go and in your possession when you get into your mode of transportation. This means that if you are traveling by personal automobile you verify that your equipment is in the car. This also means that if you are traveling with a commercial provider your basketball bag is your carry on item. It is a good idea to include extra socks and personal items in your bag.**
- 3. Players are expected to wear appropriate clothing at all times.**
- 4. Room numbers, room phone numbers are not to be given out to anyone other than your parents or teammates.**
- 5. No persons other than Advantage players, coaches, or family members are permitted inside a player's hotel room.**
- 6. No player is allowed of hotel property without parent/coach/chaperone permission.**
- 7. When traveling to tournaments we will attempt to travel together.**
- 8. When we are traveling we will eat together, stay at the same hotel, and spend time together as a team. Exceptions must be approved by the coach.**
- 9. Advantage Basketball is dedicated to developing all of our players, not only on the court but we also try and provide new and unique experiences. However, when traveling for tournaments please remember that our reason for being in a particular location is to play basketball. When possible we will try to schedule free time to allow the athletes to have fun.**



INFORMATION

General:

1. It is required that all players attend training classes every month for the duration of the season. The Fall/Winter season for 5th-8th grade runs for approximately 6 months (Sept - February), for 9th-HS runs for approximately 2 months (October –November) the spring season runs for approximately 4 months (April, May, June, July).
2. Players/parents are committed to the season and the team fees and training fees for that season.
3. If a player quits the team before the season is over there are **NO** refunds.
4. There will be a commitment fee of \$150.00 for the spring season. Once you accept the roster spot on the spring team your commitment fee deposit will be deducted from your spring season team fees.
5. If a player is asked to play up or fill in a vacated spot for a tournament, their fee will be divided equally amongst the players of the team for the total fee for that tournament.

PLAYING/PRACTICE:

1. At Advantage we understand the young players play for different teams. We encourage our players to participate on their HS feeder teams; we encourage you to make all of the Advantage team's practices and games.
We also understand that players may play for other AAU teams. However, we are confident that the strength of the Advantage program will make it the natural selection when it comes to prioritizing your commitments. Please remember that you have committed to other players and families. We will work with feeder programs as much as possible and allow the players to do both.
2. Teams typically practice twice a week and normally for 1 - 2 hours.
3. All players need to attend as many practices, games, and training classes as possible.
4. If a player needs to miss for any reason, you must contact the coach and team manager ahead of time. To emphasize player responsibility, we do not want the parents to call on behalf of their athlete. It is the player's responsibility!
5. Advantage coaches have full discretion to move players from one team to another. The reasons for being relocated or replaced would be if a player does not meet coach's or director's expectations in attendance, commitment and/or production.
6. Playing time is not guaranteed. It must be earned with commitment and production to the team.



ADVANTAGE BASKETBALL FINANCIAL COMMITMENT

Participating with ADVANTAGE takes a commitment from both the parents and the players. As a team, we will try to conduct fundraising activities to keep cost to a minimum.

For the Fall/Winter youth season, the team fees for each player will be about \$ 250.00 to \$300.00 per month per season. This will include the training cost and is used here purely as an informative statement. You actual cost will depend on several factors but as a rule you can count on about \$250.00-\$300.00 per month

For the Fall/Winter/Spring/Summer season, team fees for each player. The total team fees are due no later than the first of the month they are due. A late fee of \$25 will be added if payment is not made by the 10th of the month, that fee increases to \$50 if not paid by the 15th. If your fees are not paid by the end of the player won't be permitted to practice or attend any games until the account is brought current and may lose their team spot as we typically have a waiting list. If you are unable to pay please contact the Director of Basketball right away so they can work with you.

The organization understands that this is a difficult time for many families due to the economic climate. If your family is in a hardship situation, please contact Director of Basketball to discuss your options regarding the above fee reminder.

Team fees are charged to help cover the cost of among other things coaches, gym rental fees, tournaments and leagues that your athlete will participate in throughout the season.

In addition to your season fees, all ADVANTAGE players are required to obtain an AAU card. The cards may be purchased over the internet by visiting www.aausports.org. Cost of the card is \$12.00. After filling out the necessary information, you can print your card directly from the website. Please provide a copy of your card to the Director of Basketball.

Advantage also offers training. We believe that the training you will receive is second to none and is the key in developing the athlete. If you are playing for advantage teams, you are required to train. There are two choices of amount of classes you can choose per month. Training is separate from the team fees and is either \$75 per month for two training session per month or \$200 per month for unlimited training. Training fees are due no later than the 1st of the month.



ADVANTAGE YOUTH TEAM AGREEMENT/PLAYER CONTRACT

PLEASE INITIAL AT EACH CORRECT SPOT. BY INITIALING YOU ARE AGREEING THAT YOU COMPLETELY UNDERSTAND AND AGREE TO EACH STATEMENT AND CONTRACT AGREEMENT THAT PROCEEDS YOUR INITIAL.

****PLEASE READ EVERYTHING YOU ARE SIGNING SO THAT THERE IS NO CONFUSION****

I understand that there is a one-time Team Fee per season. This is separate from the training fee and goes to pay for leagues, tournaments and our coach. There is no refund on this one time seasonal Team Fee.

Initial: _____

I understand that we need to pay team fee, and turn in the waiver/medical release, liability form, insurance information, parent/player contract, and financial responsibility form.

Initial: _____

I understand that if I do not meet the obligations defined in the paragraph above my athlete will not be able to participate in team practice or any Advantage events.

Initial: _____

I understand that all leagues and tournaments held outside of the Advantage program are out of Advantage control. Such as game times, gym locations, and cancellation of the league and tournament. Game times, gym locations and cancellations will be communicated to all parents as soon as possible. In the event that the league/tournament provides a refund back to the team, this refund will be credited to your account.

Initial: _____

I understand that communications with the team will be done through E-Mail/web site. It is the parent's responsibility to check E-Mail/web site on a regular basis.

Initial: _____

I understand that the best form of communication is E-Mail your coach , the Program Director and the V.P. of Advantage Basketball.

Initial: _____

I understand that Advantage has full discretion on moving players up or down from one team to the other.

Initial: _____

I understand that a coach or director can relocate or replace a player if a player does not meet coaches or directors expectations in attendance, commitment and/or production.



PARENT PERMISSION FORM, LIABILITY WAIVER AND RELEASE, AND AUTHORIZATION FOR MEDICAL/DENTAL TREATMENT

I, the undersigned, the parent and/or legal guardian of (if Player is a minor, e.g. under 18 years of age), or the person (if Player is age of majority, e.g. 18 years of age or over), _____ (Player) acknowledge that the Player is receiving valuable instruction and experience by her involvement with ADVANTAGE Basketball. In consideration thereof, I hereby grant permission for the Player to play, compete, train, and otherwise participate in all events and activities but not limited to practice, games, tournaments, clinics, camps, fundraising, volunteering, social activities, travel by any and all means including private, public, and commercial transport by ground, air, and water based vessels, and other activities sponsored by ADVANTAGE Basketball Hummel enterprises inc Washington girls select basketball no fear basketball Advantage basketball outreach and any and all companies associated with my participation or my minors participation

I further authorize the administration of ADVANTAGE to release pertinent information about my daughter to college coaches, media, etc. for the purpose of enhancing the recruiting process. This information includes but is not limited to photographs, email addresses, telephone numbers, press releases, game summaries, etc.

I recognize the fact that basketball is a contact sport and that serious injuries can and do occur. I accept the full responsibility for any injuries that may occur to the Player as a result of their trying out for and participating in all events including the ADVANTAGE basketball Program. I waive any and all liability against ADVANTAGE Basketball, its officers, employees, coaches, trainers, volunteers, affiliated organizations, sponsors, vendors/suppliers, the school districts, and the owners and operators of any facility utilized by ADVANTAGE Basketball, and hereby release and discharge the same, from any claim, loss, injury, cost, damage or expense incurred/sustained by or on behalf of the Player as a result of the Player's participation in the ADVANTAGE Program. I further agree to indemnify and hold harmless all of the above organizations, employees, officers, coaches, trainers, volunteers, and sponsors for any judgment awarded, attorney fees, and other expenses with respect to any claims, loss, damage, or expense which may be sought by or on behalf of the Player or her family/guardian.

I, the undersigned, the parent and/or legal guardian of (if Player is a minor), or the person (if Player is age of majority), _____ (Player) hereby grant permission for ADVANTAGE Basketball, its officers, employees, coaches, and trainers, to authorize medical or dental treatment for the Player by any available and qualified physician/dentist or other trained medical personnel. In addition, this permission extends to and includes authorization for emergency treatments, procedures, and surgeries for the Player. Furthermore, on-going medical treatment is authorized until such time as the undersigned shall dismiss these physicians/medical personnel in writing and have engaged another qualified physician. This permission and authorization includes admission to a hospital or medical facility if the attending physician deems it necessary.

I understand that monies paid and donated to ADVANTAGE Basketball are non-refundable. I understand that participation in the ADVANTAGE Program is done in accordance with the acceptance of this permission, authorization, release, and waiver. The waiver and release of liability for causes of action arising under or related to the Participation Period continue into perpetuity.

I understand that participation in Advantage Basketball events and basketball related events involves risk and dangers of serious and permanent bodily injury and death. I hereby release, hold harmless, discharge and agree not to sue Advantage Basketball Camps, Hummel Enterprises Inc., Michael Hummel, Advantage basketball outreach, Washington girls select basketball inc its directors, officers, employees, coaches, officials, volunteers,



ADVANTAGE BASKETBALL Personal Information Form

Player Name _____ Jersey Number _____ Height _____

Date of Birth _____ School _____ Grad Year _____

AAU # _____ Expiration _____

Parents/Guardian _____

Address _____

—

Email _____ Home Phone _____

Cell Phone _____ Work Phone _____

Insurance Carrier _____ Policy # _____

Primary Policy Holder _____ ID # _____

In Case of emergency contact _____
Name (Other than parent or guardian)

Relationship _____ Emergency Contact Home # _____

Emergency Contact Work _____ Emergency Contact Cell _____

If your insurance carrier requires a phone call prior to treatment or hospital admission, please provide that phone number and/or point of contact:

PLEASE ATTACH A COPY OF THE PLAYERS BIRTH CERTIFICATE



Lystedt Law Compliance Form

To Be Signed By Parent and Player

A 2009 act requiring the adoption of policies for the management of concussion and head injury in youth sports; amending the Revised Code of Washington 4.24.660 and adding a new section to RCW chapter 28A.600 states, in part, the following:

Each school district's board of directors shall work in concert with the Washington Interscholastic Activities Association (WIAA) to develop the guidelines and other pertinent information and forms to inform and educate coaches, youth athletes, and their parent(s)/guardian(s) of the nature and risk of concussion and head injury including continuing to play after concussion or head injury. On a yearly basis, a concussion and head injury information sheet shall be signed and returned by the youth athlete and the athlete's parent and/or guardian prior to the youth athlete's initiating practice or competition. Please read the information below, adapted from the WIAA, and affix your signature to indicate that you have read this document. This form must be returned to the appropriate divisional office and is good only for the current sports season.

Private, nonprofit youth sports associations wanting to use publicly owned playfields are required to comply with this law.

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.

Lystedt Law Compliance – Concussion Form



Symptoms may include one or more of the following:

- Headaches
- “Pressure in head”
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems (forgetting game plays)
- Repeating the same question/comment

Signs observed by teammates, parents/guardians, and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays lack of coordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness



Lystedt Law Compliance

What can happen if my child keeps on playing with a concussion or returns to 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/guardians, and students is the key for student athletes' 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."

"[He or she]...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 has 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. It is better to miss one game than miss the whole season. And when in doubt, the athlete sits out. Additional current information regarding concussion management is available from the Centers for Disease Control and Prevention (CDC) at:

<http://www.cdc.gov/ConcussionInYouthSports/>. By signing below, I indicate that I have reviewed the information regarding concussions outlined in this document.

Athlete Name Printed and Date

Athlete Signature

Parent/Guardian Name Printed and Date

Parent/Guardian Signature



ADVANTAGE BASKETBALL Handbook Acceptance Form

I acknowledge that I have received, read and discussed with my daughter or son the information in the Player/Parent handbook. I understand all of the policies as outlined in the handbook and agree to abide by the rules of the organization. A player may not begin his/her season with a ADVANTAGE Basketball Team until all required forms are signed and submitted to the Team manager. The forms include: Handbook Acceptance, Waiver and Medical Release, Insurance information, code of conduct, and financial Responsibility.

Player Name	Player Signature	Date
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Parent/Guardian Name	Parent/Guardian Signature	Date
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CONTACT INFORMATION

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