These activities are not sponsored nor endorsed by the Marshfield School District or any of its schools. The district assumes no responsibility for the conduct during or safety of the activities. Marshfield School District shall be held harmless from any cause of action, claim, or petition filed in any court or administrative tribunal arising out of the distribution of these materials including attorney's fees and judgments or awards.

What you need to know about concussion:

- A concussion is an injury to the brain that disturbs its normal functioning.
- Concussion can be caused by a bump to the head or a blow to the body.
- Concussion may occur during practices or games in any sport.
- Concussion does not always result in, or from, a loss of consciousness.

All concussions are serious.

- Recognition and proper management of concussions when they first occur can help prevent further injury or even death.
- Signs and symptoms of a concussion may be apparent right after the injury, but in some instances, the symptoms may not present for hours or days following the initial injury.

To reduce concussion risk:

- Ensure all athletes follow the safety rules and rules of the sport
- Practice good sportsmanship at all times
- Make sure the proper protective equipment is worn and fitted correctly, and maintained properly
- Review the signs and symptoms of a concussion before every sports season

If a concussion is suspected:

- Do not ignore the symptoms of a head injury.
- Seek medical attention right away.
- Stay out of play to allow the brain to heal and to help avoid permanent brain damage.
- Make sure coaches and parents are aware of any concussion injury.
- Allow time for rest to help the brain heal. (Sleeping is permitted ensuring the athlete can be awakened.)
- Avoid taking pain medications soon after a concussion to keep from covering up symptoms.
- Modifications also may need to be made at school and can be directed by your healthcare provider

Prevent long-term problems:

- Do not play with a concussion. Discourage athletes from pressuring injured athletes to play and persuade athletes to admit if they are not "just fine."
- Avoid repeat concussion. Concussions that occur before the brain recovers from a first concussion can result in long term conditions:

Proper recognition and management of a sports concussion can allow athletes to safely participate in sports they enjoy.
Remember – *"If in doubt, sit out!"*

Tiger Volleyball Camps

Sessions for Grades 3-8
July 22-24, 2013

**The Tiger Volleyball Camp is a fund raiser for the Marshfield Volleyball program. Profits from this camp directly support the Marshfield Volleyball program.

Marshfield Tiger Volleyball

coached by

Dawn Sadowska

1991- Present

- **7 Division 1 State Tournament Appearances ('98, '99, '01, '02, '03, '04, '06)**
- **9 Conference Championships ('92, '97, '99, '01, '02, '03, '04, '05, '06)**
- **81 All Conference Individual Awards**
- **10 All State Players**

Camp Coaching Staff will consist of current coaches, players, and alumni.

TIGER VOLLEYBALL CAMPS
July 22 – 24, 2013

Session 1: Girls entering grade 3
Time: 12:30 – 2:00
Cost : $25

Session 2: Girls entering grade 4-5
Time: 12:30 – 2:30
Cost: $40

Session 3 : Girls entering grades 6-8
Time: 3:00 – 5:00
Cost: $40

All sessions will be held at the Marshfield High School Fieldhouse

Registration Deadline: July 1, 2013*

****T-shirt size/availability not guaranteed with late registration.**

Send registration and fee (checks payable to **Marshfield High School)** to:

Dawn Sadowska
Marshfield High School
1401 E. Becker Ave.
Marshfield, WI 54449
Feel free to call or email me with questions:
(715) 387-0683

sadowska@marshfield.k12.wi.us

Name_____

Circle session attending 1 2 3

Grade entering in fall _____

Home phone number _____

T-shirt size Youth M L
Adult S M L XL

Please sign below to indicate that your child is covered by a family insurance plan, and you will accept full responsibility for any injury incurred while participating in the Tiger Volleyball Camp.

We/I have **read** the Parent Concussion and Head Injury Information and **understand** what a concussion is and how it may be caused. We/I also understand the common signs, symptoms, and behaviors. We/I agree that my child must be removed from practice/play if a concussion is suspected.

We/I understand that it is my responsibility to seek medical treatment if a suspected concussion is reported to me. We/I understand that my child cannot return to practice/play until providing written clearance from an appropriate health care provider to his/her coach. We/I understand the possible consequences of my child returning to practice/play too soon.

I hereby consent to having my child participate in the Tiger Volleyball Camp. I understand that there are physical risks in such participation, and I hereby release the camp director and assistants for any claims on account of any injuries that may be sustained during camp. I also understand that any medical bills incurred by my daughter while in attendance at the camp will be my responsibility or the responsibility of my family insurance plan.

SIGNATURES of CONSENT

PARENT_____

STUDENT_____

DATE_____

Mail this form and fee by July 1