



County Rec 2022/23 Basketball Schedule 5th & 6th Grade



1/12/2023

Date	Day	Time	Location	Team	Event	Notes
Dec.						
3 rd	Sat.	9:00-10:00am	BHMS Gym	Cal Berkeley vs UW	Game	Game Cancelled
	Sat.	10:00-11:00am	BHMS Gym	Cougar vs Oregon U	Game	
	Sat.	11:00-12:00pm	BHMS Gym	Gonzaga vs Pacific U	Game	
	Sat.	-----	BHMS Gym	UCLA vs Seattle U-cancelled	-----	
10 th	Sat.	9:00-10:00am	BHMS Gym	Gonzaga vs Cal Berkeley	Game	
	Sat.	10:00-11:00am	BHMS Gym	Oregon U vs UW	Game	
	Sat.	11:00-12:00pm	BHMS Gym	Pacific U vs Seattle U	Game	
	Sat.	12:00-1:00pm	BHMS Gym	Cougar vs UCLA	Game	
17 th	Sat.	9:00-10:00am	BHMS Gym	Seattle U vs Cougar	Game	
	Sat.	10:00-11:00am	BHMS Gym	Cal Berkeley vs Oregon U	Game	
	Sat.	11:00-12:00pm	BHMS Gym	UW vs Pacific U	Game	
	Sat.	12:00-1:00pm	BHMS Gym	UCLA vs Gonzaga	Game	
<i>Holiday Break- practice will start up again the week of January 4th – same practice day and time and location</i>						
Jan.						
14 th	Sat.	9:00-10:00am	BHMS Gym	Seattle U vs Oregon U	Game	
	Sat.	10:00-11:00am	BHMS Gym	Cougar vs Gonzaga	Game	
	Sat.	11:00-12:00pm	BHMS Gym	Pacific U vs Cal Berkeley	Game	
	Sat.	12:00-1:00pm	BHMS Gym	UW vs UCLA	Game	
21 st	Sat.	9:00-10:00am	CHS Gym	Oregon U vs Gonzaga	Game	
	Sat.	10:00-11:00am	CHS Gym	Cal Berkeley vs Cougar	Game	
	Sat.	11:00-12:00pm	CHS Gym	Seattle U vs UW	Game	
	Sat.	12:30-1:30pm	Quil Gym	UCLA vs Pacific U	Game	
28 th	Sat.	9:00-10:00am	CHS Gym	Gonzaga vs Seattle U	Game	
	Sat.	10:00-11:00am	CHS Gym	Cougar vs UW	Game	
	Sat.	12:30-1:30pm	Quil Gym	Cal Berkeley vs UCLA	Game	
	Sat.	2:30-3:30pm	Quil Gym	Pacific U vs Oregon U	Game	
Feb.						
4 th	Sat.	9:00-10:00am	CHS Gym	UW vs Gonzaga	Game	
	Sat.	10:00-11:00am	CHS Gym	Seattle U vs Cal Berkeley	Game	
	Sat.	12:30-1:30pm	Quil Gym	Oregon U vs UCLA	Game	
	Sat.	2:30-3:30pm	Quil Gym	Pacific U vs Cougar	Game	
11 th	Sat.	9:00-10:00am	CHS Gym	Cal Berkeley vs UW	Game	
	Sat.	10:00-11:00am	CHS Gym	Cougar vs Oregon U	Game	
	Sat.	12:30-1:30pm	Quil Gym	UCLA vs Seattle U	Game	
	Sat.	1:30pm-2:30pm	Quil Gym	Gonzaga vs Pacific U	Game	

Please note game time and location

BHMS- Blue Heron Middle School GYM / 3939 San Juan Avenue, Port Townsend
CHS-Chimacum High School Gym / 91 West Valley, Chimacum

Dear Families:

Please find below our COVID-19 Safety Rules and Concussion Information Form.

Please go over this information with your participant(s) Thank You, Rec Staff



Jefferson County Parks and Recreation Jr Hoops Basketball League COVID-19 Safety Rules

Sporting Activities COVID-19 Requirements:

1. Athletes/officials allowed to remove facial coverings for competitions. Facial coverings are recommended to be worn by athletes when training/practice or when not actively competing in a game or match against another team or when on the bench waiting to play.
 2. All attendees must wash their hands or use hand sanitizer regularly; at least before they enter the event, after they use the restroom, immediately after the game, and when they leave the event.
 3. Self-screening is required: any players or spectators, who are under quarantine, or have had any of the following COVID-19 symptoms in the previous 72 hours are not allowed to attend any Jefferson County Parks and Recreation Fall Soccer event: cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, or a new loss of taste or smell. Any individual who develops or displays any of these symptoms must remove themselves, or be removed by their parents or caregivers from the event immediately. Coaches and/or Rec Staff have the right to ask parents and caregivers to remove any individual they observe with these symptoms.
- In the event of a COVID spike/mandates, games and practice will be postponed; and a revised schedule will be sent out once we are cleared to return to play.
 - In the case the program is canceled due to COVID spike/mandates; full refund before the season; after the season starts, you will receive a prorated-credit on your account; minus T-shirt/Jersey cost.

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:

- 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 and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays in-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

What can happen if my child keeps on playing with a concussion or returns to soon?

Adapted from the CDC and the 3rd International Conference on Concussion in Sport
Document created 6/15/2009

OVER

Concussion Information Sheet

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 its 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/>

Adapted from the CDC and the 3rd International Conference on Concussion in Sport
Document created 6/15/2009

Jefferson County Parks and Recreation
Chris Macklin: Assistant Manager / cmacklin@countyrec.com / www.counyrec.com
Phone: 360.385.2221 / Cell:360.531.2333