# JEFFERSON COUNTY PARKS AND RECREATION 2025-26 YOUTH BASKETBALL LEAGUES

Registration Deadline - NOVEMBER 1st

# **PEEWEE HOOPS!**

<u>Pre-K-Kinder</u> in One Division (\$65) 1<sup>st</sup>-2<sup>nd</sup> Grade in One Division (\$70)

#### \*Price includes a custom cotton tee shirt.

- Kids get an intro to basketball through skill and team building, fun play, and great exercise!!
- · Weekday practices start during November.
- Games are played on Saturdays.
- No events scheduled over the holidays.
- Kids shoot at an 8.5ft Hoops with smaller ball
- · Coaches are referees.
- Teams are CO-ED.
- Concussion Information Form attached- please read carefully

# JR. HOOPS

3rd - 6th Grades Divisions:

<u>Boys: 3<sup>rd</sup>-4<sup>th</sup> Grade</u> / <u>Boys: 5<sup>th</sup>-6<sup>th</sup> Grade</u>

Girls' STORM LEAGUE 3<sup>rd</sup>-6<sup>th</sup> Grade

- \$100 includes a numbered, reusable, reversible polyester jersey. (If you have your jersey from last season please deduct \$30!!)
- Weekday practices start during November
- Games are played on Saturdays.
- Referees will be provided
- No events scheduled over the holidays.
- Concussion Information Form attached- please read carefully



# www.countyrec.com



#### **HOW TO REGISTER**

\*\*ONLINE PAYMENT OPTION!!\*\*

(Credit Card payment—online only) Register online at CountyRec.com and view the CART to check out with a major credit card (a non- refundable 3% credit card fee will apply). **OR** Register by mail; mail a check with your completed registration form to Jefferson County Public Works, 623 Sheridan St., Port Townsend, WA 98368.

check or cash ONLY.

Please make checks payable to Jefferson County Parks and Recreation

\*SIGN UP RIGHT AWAY! WHEN A GRADE DIVISION IS FULL, WE WILL CLOSE REGISTRATION AND PARTICIPANTS WILL BE PLACED ON A WAIT-LIST. THIS COULD OCCUR BEFORE NOVEMBER 1<sup>ST</sup>!

Yes, I added	I \$5 (or other amount \$	) to go towards the scholarship program
Cash Amount:	Check Amount:	Check Number:
*Fee includes tax, please m	ake checks payable to <i>Jefferson</i>	County Parks and Recreation

# WE NEED COACHES

# YES, I WOULD LIKE TO BE A VOLUNTEER COACH

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

\*\*All Park and Recreation volunteers working with youth must pass a background check. Please go to <a href="www.countyrec.com">www.countyrec.com</a> to download a background check form or stop by the Public Works office 623 Sheridan St. in PT. (Bring two forms of I.D.) <a href="All Jefferson County Parks and">All Jefferson County Parks and</a> Recreation Volunteers must submit this form at least two weeks prior to events

# **COACHES ONLY MEETING DATES**

Pre-K/Kinder- Wednesday, November 5th: 5:30pm

1st & 2nd- Wednesday, November 5th: 5:30pm

3<sup>rd</sup> & 4<sup>th</sup>- Wednesday, November 5<sup>th</sup>: 6:30pm

5<sup>th</sup> & 6<sup>th</sup>-Wednesday, November 5<sup>th</sup>: 6:30pm

<u>Meeting Information:</u> Port Townsend Rec Center, 620 Tyler Street. Get your team rosters & equipment. Learn league details. Meet the other coaches. Get ready!

For Assistance with This Form Please Contact Chris Macklin or Sam Miller 385-2221 or see CountyRec.com

Assumption of Risk, Release of Lia	bility -Recreation Youth	n Basketball 2025-26		
(Please print clearly, Thank you)				
Participant Name	Age Grade(Fa	all'25)M_ F_ Birthday		
Mailing Address	City	Zip		
Parent/Guardian One First Name	Last			
Parent/Guardian Two First Name	Last			
Contact PhoneAlternate Phone	E	-mail		
Emergency Contact	mergency Contact Phone			
Allergies/Special Needs If yes, what				
Jersey Size (please circle one): Youth Sizes- YXS YS YN	M YL YXL Adult Sizes- AS	AM AL AXL AXXL		
~ Assumption of Risk, Release of Liability Program Name: Jefferson County Parks & Recreation (JCF				
1. All participants are advised that Jefferson County Jr Hoops Basketball ("Jr Hoops") may involve some strenuous physical activity. Some activities (such as sports, games, drills, climbing, hiking, swimming, or running, etc.), present a risk of injury higher than that which people normally face in their everyday lives. This risk of injury cannot be wholly relieved by any preventive measures, whether restrictive rules, training, equipment or personal discipline. The decision whether to engage in any particular activity that forms part of Jr Hoops shall be entirely the participatior. Participation in Jr Hoops in no way obligates anyone to engage in any activity they do not feel they can accomplish safely.  2. On behalf of any of my minor children and myself who are participating in Jr Hoops (collectively the releasing persons), lexpressly acknowledge my full understanding of the risks of injury, including serious injury, disability or death that arise from participation in Jr Hoops. I acknowledge that I have had full opportunity to discuss the nature and extent of these risks with officials of Jr Hoops in order to inform myself fully on this subject. Based on that full understanding, I freely and knowingly assume all such risks, whether specifically known and unknown. I accordingly assume full and sole responsibility for my (or my minor child's) participation in Jr Hoops. I understand that I must report any existing medical, physical or mental condition which may affect my ability, or the ability of my minor child, to participate in Jr Hoops, to the group leader before Jr Hoops commences.  3. On behalf of myself and on behalf of my minor child (to the extent allowed by law), the releasing persons hereby release and forever discharge Jefferson County, any third party sponsors of the county and Jr Hoops and all of their agents, employees, officers, or volunteers (and their marital communities) (collectively "the releasing persons"), for damage to property, personal injury, disability or death, resulting from the r				
Signature of Parent or Guardian		Oate		
I hereby grant permission for myself or my child to be photo that the same is intended for publication by print media, IN consent to the use of my name in connection with the publi	TERNET, newspaper, television,	video or motion picture. I additionally		

Signature of Parent or Guardian

Date

Please find below our 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

#### **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.

- 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

- 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

#### 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 heath 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: <a href="http://www.cdc.gov/ConcussionInYouthSports/">http://www.cdc.gov/ConcussionInYouthSports/</a>

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