

Baseball Skills Clinic

Sponsored by

OHS Baseball 2023

Who: Novice to experienced Baseball players grades K-8 (boys and girls welcome)

What: Learning and demonstrating the fundamentals of Baseball

When: Monday, April 3rd (CKSD Spring Break)

Where: Gene Lobe Field (Lobe 2) at Kitsap County Fairgrounds or Olympic High School Gymnasium if inclement weather

Fee: **\$45** (if registered online by March 30th deadline)
\$50 (if registered onsite the day of the clinic)

*T-shirt only guaranteed if registered by March 15th

*Please pack a light snack and drink if desired as we will have 1 short break

Time: 9:00 am – 1:00 pm

Registration/Payments can be made online at:

<https://wa-centralkitsap.intouchreceipting.com/signin>

For CKSD Students:

User name: *Student ID#*

Password: *Last Name (First letter capitalized)*

Non-CKSD Students:

User name: *OHS*

Password: *OHS*



Contact Info for Questions: Chris Campbell, 360-930-2480 or chrisc@ckschools.org

Please complete and bring signed copies of the below release and concussion acknowledgment forms with you to the Skills Clinic.

Release:

In consideration of the acceptance of this application, I, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages which I may have against Olympic High School and the Central Kitsap School District or its representatives and /or assignees, for any and all damages which may be sustained and suffered by me in connection with my association with any portion of this clinic, and which may arise out of my traveling to or returning from the clinic. I know of no medical or physical problems which may affect my ability to safely participate in this clinic. I authorize the directors and staff to act in their best judgment in any emergency requiring medical attention. Parents or guardians accept these provisions by their consenting signature. Parents and guardians accept these provisions by their consenting signature and understand that participation will not be allowed without the Concussion Information Acknowledgment Document on file.

Print Parent/Guardian Name: _____

Parent/Guardian Signature: _____

**Olympic High School
Central Kitsap School District
Concussion Information Acknowledgment Document**

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.

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

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 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:

<http://www.cdc.gov/ConcussionInYouthSports/>

It is the parents’/guardians’ and athletes’ responsibility to report all head injuries incurred outside school and WIAA sanctioned practices or contests to the Athletic Director.

Student-athlete Name Printed: _____

Student-athlete Signature: _____

Parent/Guardian Name Printed: _____

Parent/Guardian Signature: _____