

PARENT & ATHLETE CONCUSSION INFORMATION SHEET



WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury. The athlete should only return to play with permission from a health care professional experienced in evaluating for concussion.

DID YOU KNOW?

- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

SYMPTOMS REPORTED BY ATHLETE:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

SIGNS OBSERVED BY COACHING STAFF:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

▶ **"IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON"**

The Soccer Camp Application
REGISTER AT WWW.SPORTCAMPS.MSU.EDU
PLEASE PRINT INFORMATION BELOW OR ENROLL ONLINE

Name _____

Address _____

City _____ State _____ Zip _____

Parent or Guardian _____

Daytime Telephone _____

Evening Telephone _____

E-mail _____

School _____

Grade in September: _____ Age: _____

Sex: _____ Date of Birth: _____ Ht: _____ Wt: _____

Must be 12 years old to spend the night.
 Roommate preference: _____

Youth Shirt Size: Large

Adult Shirt Size: Small Medium Large X-Large XX-Large
 (Shirts run Big)

Please enroll me in the following Soccer camp:

Camp Date	Resident	Commuter
JUNE 19-22	<input type="checkbox"/> \$530.00	<input type="checkbox"/> \$430.00
JUNE 25-28	<input type="checkbox"/> \$530.00	<input type="checkbox"/> \$430.00
JULY 9-12	<input type="checkbox"/> \$530.00	<input type="checkbox"/> \$430.00
JULY 16-19	<input type="checkbox"/> \$530.00	<input type="checkbox"/> \$430.00

U.S. FUNDS ONLY.
Please make checks payable to
MICHIGAN STATE UNIVERSITY

Check one:
 Check Mastercard Visa Discover American Express

Card Number _____

3 digit security code _____ Exp. Date _____

Signature _____

Amount of Check/Charge enclosed _____

Medical Treatment Authorization Form

Participant's Name _____ DOB ___/___/___

What Sport: **Soccer**

Date of Camp: _____

Participants are automatically enrolled in MSU's accident insurance plan. Eligible covered expenses will be paid only if they are in excess of other valid and collectible insurance.

1. List any medical conditions that camp personnel should be aware of (use additional pages if necessary):

2. List any medications currently taking:

3. List any allergies:

In case of emergency please contact:

Name _____

Daytime Telephone _____ Evening Telephone _____

Insurance Information:

Name of Medical Insurance Company _____ Insurance Company Telephone _____

Name of Insurance Policy Holder _____ Policy Holder DOB _____

Medical Insurance Policy Number _____ Medical Insurance Group# (if appl) _____

_____, as parent or legal guardian of the participant named above, authorizes MSU to seek medical and/or surgical treatment which is reasonably necessary to care for the participant. I further authorize the medical facility that treats the participant to release all information needed to complete insurance claims. I acknowledge my responsibility to pay all costs associated with the participant's medical care and authorize all insurance payments, if any, to be made directly to the medical facility.

Signature (Parent or Guardian) _____ Date _____

Send Application and Medical Treatment Form with payment in full to:

MICHIGAN STATE UNIVERSITY
Sports Camp Office
535 Chestnut Rd. W239 Spartan Way
East Lansing, MI 48824-1025
Fax: 517-355-6891

MSU Summer Sport Camps
 Michigan State University
 535 Chestnut Rd.
 W239 Spartan Way
 East Lansing, MI 48824

MICHIGAN STATE
SPORTS CAMP
Soccer

Resident and Commuter Camps

2017 DATES

June 19-22

June 25-28

July 9-12

July 16-19

www.sportcamps.msu.edu

@msumsoccer and MSU_WSOCGER

Providing a great soccer learning experience to over 1000 youth players each summer for more than 20 years!

Soccer
MICHIGAN STATE
S O C C E R



Soccer Camp Features

The Michigan State University Spartan Soccer Camp offers soccer players of all levels the opportunity to develop skills, tactics and their overall knowledge of the game.

Players will be instructed by the Michigan State Men's and Women's coaching staffs as well as other top college, club and high school coaches. Current and former varsity players will round out the staff.

The Michigan State varsity soccer complex will be the site of training sessions and games. Players will live and eat in the modern dorms of South Complex, which is a short walk from the fields and all of the outstanding Michigan State athletic facilities.

Each participant receives a quality soccer ball and T-shirt. All meals are included for residents. Lunch and dinner are included for commuters.

Team Program

This program is designed to benefit both high school and club teams. In addition to the daily individual technical and tactical instruction, an MSU staff coach will provide team building tactical sessions.

Teams can enroll at a discount of \$25 per player with a minimum of 10 players per team. All registrations must be made at the same time and this offer cannot be combined with other discounts.

Goalkeeper Plus Program

The Spartan Soccer Camp offers our Goalkeeper Plus Program in conjunction with regular camp instruction. The program offers individualized, high-level training in all areas of goalkeeping. The program is directed by MSU staff goalkeeper coaches Bret Mollon and Stacy Heller.

Orientation

An orientation meeting will be on the first afternoon of camp at 2:30 p.m. Attendance at this meeting is mandatory for all participants. All parents are welcome to attend. Parents of commuters are strongly encouraged to attend.

Meals

Breakfast 7:00 a.m. – 8:30. a.m.
Lunch 11:30 a.m. – 1:30 p.m.
Dinner 4:00 p.m. – 6:30 p.m.

2017 DATES

June 19-22

June 25-29

July 9-12

July 16-19

Resident and Commuter Camps

For Boys and Girls
Ages 9-18 years old

Check-in: 1:00 p.m.- 2:00 p.m.

Check-out: 5:00 p.m.

Camp fees: Resident Camp \$530.00*
Commuter Camp \$430.00*

***\$25 Discount if you enroll BEFORE May 1**

CAMP INFORMATION

Resident campers **MUST** be 12 years old to spend the night.

Refund Policy

Campers unable to attend camp are entitled to a refund. A \$55 administrative fee (only \$30 if you enrolled online) will be deducted from all refunds, **regardless of the reason.** Refund requests must be submitted in writing PRIOR to the first day of the camp session in which the camper was originally enrolled. **No refunds for any reason (i.e. injury, illness) will be given once a camper is on campus.** fax: 517-355-6891 email: msucamps@msu.edu

Medical Policy

Each participant should have his or her own medical insurance. A student trainer will always be available. Participants are automatically enrolled in MSU's accident insurance plan. Eligible covered expenses will be paid only if they are in excess of other valid and collectible insurance. No physicals are required. Signed Concussion Awareness forms **MUST** be completed and returned with application and Medical Authorization Forms

COACHING STAFF

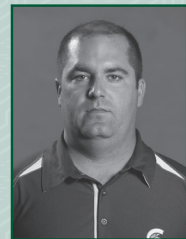
Tom Saxton
Camp Co-Director, Head Women's Soccer Coach

Over 30 years of college coaching experience. Entering 27th season as as Head Women's Coach. Former MSU Men's and Women's Assistant Coach. 1986-90. Former MSU player and team captain. 1980-82. Lead Michigan State to four NCAA College Cup appearances. 2000 and 1994 Big Ten Coach of the year. Former Olympic Development State and Regional Staff Coach. Holds US Soccer National Coaching License.



Damon Rensing
Camp Co-Director, Head Men's Soccer Coach

Over 15 years of college coaching experience. Entering his 9th season as Head Men's Coach. 2013 Great Lakes Region Coach of the Year. Lead MSU to NCAA Tournament 4 of the 5 years including Elite 8 (2013), Sweet 16 (2010), and BIG Tournament Title (2012). Former Men's Assistant Coach 1999-2008. Former MSU player and 3 time All Big Ten Honoree. 1993-1996. Former Assistant Women's Coach at MSU and UNLV. 1997-98. Olympic Development and US Soccer Developmental Academy Staff Coach. Holds US Soccer National Coaching License.



Tammy Farnum
Associate Head, Women's Soccer Coach

Over 20 years of college coaching experience. Former Women's Soccer Coach and Women's Athletic Director at Alma College. 1994-97. Former MSU player and team captain. 1989-92. Olympic Development Advanced Academy Director. Holds US Soccer and NSCAA National Coaching License.



Cale Wassermann, Men's Soccer Assistant Coach

Ten years of college coaching experience. Cale Wassermann joined the Spartans' coaching staff in 2015 after a 5 year stint as the Head Coach at his alma mater. Saginaw Valley State University, where he guided the team to two GLIAC Championships and a run to the NCAA National Championship Game. Prior to that spent time as an Assistant Coach at Lewis University. Holds US Soccer National Coaching License.



Stacy Heller
Assistant Women's Soccer Coach

Over 12 years of college coaching experience. Former MSU player. 2000-2003. 2003 Academic All-American and All Big Ten goalkeeper. 2002-03. Olympic Development Staff Coach. US Training Center Staff Coach. Holds US Soccer National Coaching License.



Ben Pirmann, Assistant Men's Soccer Coach

Over 9 years of college coaching experience. Former MSU player from 2004+2008. Helped win two Big Ten Championships. Assistant coach at Western Michigan University from 2009-2010. Helped guide WMU to Mid-American conference championship game. US National Coaching license. 5th year Head Coach for Detroit City FC NPSL Team



REGISTRATION INFORMATION

Register online at www.sportcamps.msu.edu or complete the attached application. **Full payment by either check, MasterCard, VISA or Discover must accompany the application.** Make checks payable to Michigan State University. No applications will be accepted before February 1st. You will receive confirmation for receipt of enrollment by mail within 12-15 business days.

MSU Sport Camp Policy

Persons enrolled in MSU Sport Camps will be required to attend all sessions and to comply with the rules and regulations of Michigan State University governing the conduct of all students on the campus.

Sport Specific Equipment To Bring To Camp

- Soccer shoes
- Running shoes or indoor soccer shoes
- Shinguards
- Soccer socks
- Shorts and shirt
- Sunblock

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

1. If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.
2. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, and playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.
3. Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

STUDENT-ATHLETE NAME PRINTED

STUDENT-ATHLETE NAME SIGNED

DATE

PARENT OR GUARDIAN NAME PRINTED

PARENT OR GUARDIAN NAME SIGNED

DATE

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