



Albany Christian School Athletic Registration Instructions



Thank you for your interest in participating in the Albany Christian Warriors athletic program. In order to register your athlete, the following documents must be completed and signed in the digital format provided. Please e-mail the completed registration packet directly to the Athletic Director (tschlehuser@comcast.net). This must be done before any official athletic participation can begin.

1. Athletic Participation Permission Form
2. Athletic Contract
3. Athlete Information Form
4. Waiver of Liability and Hold Harmless Agreement
5. Concussion Information Sheet

Even if you have previously completed and signed several of these documents (e.g. Waiver of Liability and Hold Harmless Agreement), please complete and sign these new forms in order to have an updated electronic version of the registration packet.

There will be an athletic participation fee for each athlete per sport that will be due at the time of registration. Cash or check is acceptable. Checks should be made out to *Albany Christian School* with a notation of "Warriors Athletic Fee". Any athlete that is able to secure a team sponsor (as part of our annual sponsorship fundraiser) will be reimbursed their entire athletic participation fee at the end of the fundraising period. If any family needs financial support in order for their athlete to participate in the Warriors program, please contact the Athletic Director for assistance. We certainly do not want any potential athlete to forego participation due to financial concerns.

Note: The participation fee should be turned in directly to the Athletic Director. It should NOT be turned in to the ACS school office.

Todd Schlehuser
ACS Warriors-Athletic Director
cell: 541.905.0848

Visit Warriors Basketball [HERE](#)
Visit Warriors Volleyball [HERE](#)



Albany Christian School Athletic Participation Permission Form



SPORT: BASKETBALL / VOLLEYBALL

Grade: _____

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Boys

☐

Girls

Athlete's name: _____

Person(s) with whom the athlete resides: _____

(If living with a guardian, proof of court ordered/appointed guardianship must be presented)

School the athlete is currently attending: _____

An athlete cannot participate in the ACS athletics program unless he/she is covered by a health insurance plan.

☐

Yes

☐

No

Athlete is enrolled in an insurance plan and will be throughout the season

Name of company providing coverage: _____

Athletes cannot participate in ACS athletics until the following have been turned in to the Athletic Director:

- This ACS Athletic Participation Permission Form
- ACS Athletic Contract
- ACS Athlete Information Form
- ACS Waiver of Liability and Hold Harmless Agreement
- Concussion Information Sheet

NOTE: In addition to the above requirements, there will be an athletic participation fee per athlete per sport.

- *I accept full responsibility for the cost of treatment for any injury that my athlete may suffer while taking part in the ACS athletics program.*
- *I agree to meet all of these requirements and give my permission for my athlete to participate in the ACS athletics program by agreeing to abide by the ACS Athletic Contract.*

Athlete's Signature: _____

Parent/Guardian's Signature: _____

Date: _____



Albany Christian School Athletic Contract



It is an honor and privilege to be selected for participation on an Albany Christian School athletic team. Failure to comply with the following rules and regulations may result in the loss of athletic participation privileges. Remember, you are a STUDENT first, then an athlete.

Athlete's Responsibilities:

1. Athletes must maintain at least a C-average in all classes/subjects in order to be eligible for athletic participation. Special exceptions will be at the discretion of the Athletic Director.
2. Athletes are expected to maintain satisfactory citizenship. This means following all school rules, policies, and behavior expectations set forth by Albany Christian School. Athletes represent Albany Christian School on and off the playing field. Albany Christian School athletes are leaders in the school setting, and their behavior should reflect that at all times.
3. Athletes must show proper respect towards all coaches, teammates, opponents, officials, and themselves. There is a zero tolerance for the use of profanity while representing Albany Christian School on and off the playing field.
4. Athletes are expected to attend all meetings, practices, and games. Illness and emergency are the only excused absences. If an athlete is going to miss a practice, it is the athlete's responsibility to inform the coach of the absence prior to the start of practice. If an athlete is present in school, then they are expected to attend practice. Please remember that athletic participation is a commitment to the team concept, and the success of the team depends on all team members being present and working together. Continued absences will be dealt with at the coach's discretion - up to and including dismissal from the team.
5. Athletes must be present in school to participate in practice or games on that day. Athletes who are not present in school for at least 50% of the school day may not be eligible to participate in any athletic activity after school including meetings, practices, or games. Athletes who serve out-of-school suspensions are prohibited from participating in athletic activities during the suspension period. Students who receive in-school suspension may participate in athletic activities at the discretion of the coach.
6. Athletes are issued uniforms/equipment. All uniforms/equipment are property of Albany Christian School. Failure to return uniforms/equipment in proper condition within one week of the conclusion of an athletic season may result in the athlete being fined the cost of replacement. It is an honor and privilege to wear the "Warriors" uniform. Please take care of the uniform. Uniforms should only be worn in school when directed by a coach.
7. Athletes should always report any injuries that occur during practices or games to a coach immediately.
8. Athletes should make arrangements with their parent/guardian for transportation at the conclusion of all practices and games. For propriety's sake, coaches may not provide transportation and should not be expected to supervise athletes after the conclusion of practices or games.



Albany Christian School Athletic Contract



Parent/Guardian's Responsibilities:

1. Parents/Guardians will provide prompt transportation to and from all practices and games. Communication will be provided to the athlete's coach if anyone other than the parent/guardian provides transportation for an athlete after practices or games.
2. Parents/Guardians will show support of the Albany Christian School athletic program by adhering to the following:
 - Be a positive role model through your own actions at all athletic events.
 - Support all athletes on the team, not just your athlete.
 - Show respect for all coaches and their authority as a coach.
 - Show respect for all opposing teams, officials, spectators, and facilities.
 - Address all concerns with the coach in an appropriate manner at the proper time and place. During or after practices or games is not the appropriate time. Please call and schedule an appointment with the coach to discuss concerns. If an issue has not been properly addressed after meeting with the coach, please contact the Athletic Director.
3. Parents/Guardians will provide equipment that is required for your athlete to succeed in the sport of their choice that the coach deems necessary for participation. This may include: shoes, socks, supports, kneepads, hair bows, etc.
4. Parents will ensure that all Albany Christian School uniforms are returned in proper condition within one week of the conclusion of an athletic season. Parents will be responsible for the cost of any replacement of uniforms/equipment.
5. Parents will assist in the enforcement of the rules set forth by the Albany Christian School athletic program.

I have read and understand all of the above, as stated in the **Albany Christian School Athletic Contract**. I understand that failure to adhere to the above rules and regulations may result in the loss of privilege with regards to athletic participation. Additionally, I have received and reviewed the **Concussion Information Sheet**.

Athlete's Signature: _____

Parent/Guardian's Signature: _____

Date: _____



Albany Christian School Athlete Information Form



Uniform Sizing (circle one size each)

Shirt: Youth **S M L XL** or Adult **S M L XL**

Shorts: Youth **S M L XL** or Adult **S M L XL**

SPORT: BASKETBALL / VOLLEYBALL

Grade: _____

☐

Boys

☐

Girls

Athlete's name: _____ Birthdate (m/d/y): _____

Father's name: _____ Father's cell: _____

Father's e-mail: _____

Mother's name: _____ Mother's cell: _____

Mother's e-mail: _____

Athlete's home address: _____

Emergency contact name: _____ Relationship: _____

Emergency contact cell: _____

☐

Image/Video Consent

I consent to allow photos and/or videos of my athlete to be published (online, printed) for team purposes.

Medical Information

Allergies: _____ Medications: _____

Comments: _____

Primary care physician: _____ Phone: _____

Insurance Information

Insurance company: _____ Phone: _____

Policy #: _____ Group #: _____

Parental Permission

As the parent/guardian of the athlete listed above, I give my consent for him/her to participate in athletics at Albany Christian School. If he/she is injured while participating in athletics, and the school is unable to contact me, I grant the school permission and authority to obtain necessary medical care and/or treatment for his/her injury. Treatment may include, but is not limited to, first aid, CPR, medical or surgical treatment recommended by a physician. I accept the financial responsibility for such medical care or treatment.

Parent/Guardian's Signature: _____ **Date:** _____



Albany Christian School Waiver of Liability and Hold Harmless Agreement



1. In consideration for receiving permission to participate in the Albany Christian School athletic program, I _____ hereby RELEASE, WAIVE, DISCHARGE, AND COVENANT NOT TO institute legal (parent's name here) proceedings against Albany Christian School, the Board of Trustees of Albany Christian School, their officers, agents, or employees (hereinafter referred to as RELEASEES) from any and all liability, claims, demands, actions, and causes of action whatsoever arising out of or related to any loss, damage, or injury, including death, that may be sustained by my child, _____, or to any property belonging to her, while (athlete's name here) participating in such activity, while in, on or upon the premises where the activities are being conducted, REGARDLESS OF WHETHER SUCH LOSS IS CAUSED BY THE NEGLIGENCE OF THE RELEASEES, or otherwise and regardless of whether such liability arises in tort, contract, strict liability, or otherwise, to the fullest extent allowed by law.
2. I am fully aware of the risks and hazards connected with the activities of participation in the Albany Christian School athletic program, and I am aware that such activities include the risk of injury and even death, and I hereby elect to have my child voluntarily participate in said activities, knowing that the activities may be hazardous to my child's health. I understand that Albany Christian School does not require my child to participate in this activity. I voluntarily assume full responsibility for any risks of loss, property damage, or personal injury, including death, that may be sustained by my child, or any loss or damage to property owned by my child, as a result of being engaged in such an activities, WHETHER CAUSED BY THE NEGLIGENCE OF RELEASEES or otherwise, to the fullest extent allowed by law.
3. I further hereby AGREE TO INDEMNIFY AND HOLD HARMLESS the RELEASEES from any loss, liability, damage, or costs, including court costs and attorneys' fees that Releases may incur due to my participation in said activities, WHETHER CAUSED BY NEGLIGENCE OF RELEASEES or otherwise, to the fullest extent allowed by law.
4. It is my express intent that this Waiver and Hold Harmless Agreement shall bind the members of my family and spouse, if I am alive, and my heirs, assigns and personal representative, if I am deceased, and shall be deemed as a RELEASE, WAIVER, DISCHARGE, AND COVENANT NOT TO SUE the above-named RELEASEES. I hereby further agree that this Waiver of Liability and Hold Harmless Agreement shall be construed in accordance with the laws of the State of Oregon and that any mediation, suit, or other proceeding must be filed or entered into only in Oregon and the federal or state courts of Oregon. Any portion of this document deemed unlawful or unenforceable is severable and shall be stricken without any effect on the enforceability of the remaining provisions.

IN SIGNING THIS AGREEMENT, I ACKNOWLEDGE AND REPRESENT THAT I have read the foregoing Wavier of Liability and Hold Harmless Agreement, understand it, and sign it voluntarily as my own free act and deed; no oral representations, statements, or inducements, apart from the foregoing written agreement, have been made; I am at least eighteen (18) years of age and fully competent; and I execute this Agreement for full, adequate and complete consideration fully intending to be bound by same.

Parent/Guardian's Signature: _____ **Date:** _____

HEADS x UP

CONCUSSION IN HIGH SCHOOL SPORTS

A FACT SHEET FOR PARENTS

What is a concussion?

A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head or body. 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?

You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days after the injury. If your teen reports **one or more** symptoms of concussion listed below, or if you notice the symptoms yourself, keep your teen out of play and seek medical attention right away.

Signs Observed by Parents or Guardians	Symptoms Reported by Athlete
<ul style="list-style-type: none"> • 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 (<i>even briefly</i>) • Shows mood, behavior, or personality changes • Can’t recall events <i>prior</i> to hit or fall • Can’t recall events <i>after</i> hit or fall 	<ul style="list-style-type: none"> • Headache or “pressure” in head • Nausea or vomiting • Balance problems or dizziness • Double or blurry vision • Sensitivity to light or noise • Feeling sluggish, hazy, foggy, or groggy • Concentration or memory problems • Confusion • Just not “feeling right” or is “feeling down”

How can you help your teen prevent a concussion?

Every sport is different, but there are steps your teens can take to protect themselves from concussion and other injuries.

- Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.

- Ensure that they follow their coaches’ rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.

What should you do if you think your teen has a concussion?

- 1. Keep your teen out of play.** If your teen has a concussion, her/his brain needs time to heal. Don’t let your teen return to play the day of the injury and until a health care professional, experienced in evaluating for concussion, says your teen is symptom-free and it’s OK to return to play. A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.
- 2. Seek medical attention right away.** A health care professional experienced in evaluating for concussion will be able to decide how serious the concussion is and when it is safe for your teen to return to sports.
- 3. Teach your teen that it’s not smart to play with a concussion.** Rest is key after a concussion. Sometimes athletes wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don’t let your teen convince you that s/he’s “just fine.”
- 4. Tell all of your teen’s coaches and the student’s school nurse about ANY concussion.** Coaches, school nurses, and other school staff should know if your teen has ever had a concussion. Your teen may need to limit activities while s/he is recovering from a concussion. Things such as studying, driving, working on a computer, playing video games, or exercising may cause concussion symptoms to reappear or get worse. Talk to your health care professional, as well as your teen’s coaches, school nurse, and teachers. If needed, they can help adjust your teen’s school activities during her/his recovery.

If you think your teen has a concussion:

Don’t assess it yourself. Take him/her out of play. Seek the advice of a health care professional.

It’s better to miss one game than the whole season.

For more information and to order additional materials **free-of-charge**, visit: www.cdc.gov/Concussion.

CONCUSSION Information Sheet



This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - Work with their coach to teach ways to lower the chances of getting a concussion.
 - Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
 - Ensure that they follow their coach's rules for safety and the rules of the sport.
 - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.



Plan ahead. What do you want your child or teen to know about concussion?

How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents or Coaches

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the 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* or *after* a hit or fall.

Symptoms Reported by Children and Teens

- Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not "feeling right," or "feeling down."

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that *it's better to miss one game than the whole season.*

To learn more, go to www.cdc.gov/HEADSUP



Centers for Disease
Control and Prevention
National Center for Injury
Prevention and Control

Concussions affect each child and teen differently. While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' health care provider if their concussion symptoms do not go away or if they get worse after they return to their regular activities.



What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.

Children and teens who continue to play while having concussion symptoms or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious and can affect a child or teen for a lifetime. It can even be fatal.

Revised 5/2015

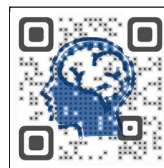
What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a health care provider and only return to play with permission from a health care provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's health care provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a health care provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a health care provider.



To learn more, go to www.cdc.gov/HEADSUP

You can also download the CDC **HEADS UP** app to get concussion information at your fingertips. Just scan the QR code pictured at left with your smartphone.

Discuss the risks of concussion and other serious brain injury with your child or teen and have each person sign below.

Detach the section below and keep this information sheet to use at your children's or teens' games and practices to help protect them from concussion or other serious brain injury.

☐ I learned about concussion and talked with my parent or coach about what to do if I have a concussion or other serious brain injury.

Athlete Signature: _____ Date: _____

☐ I have read this fact sheet for parents on concussion with my child or teen and talked about what to do if they have a concussion or other serious brain injury.

Parent or Legal Guardian Signature: _____ Date: _____