

## **INSTRUCTIONS FOR REGISTRATION BY MAIL**

RETURN COMPLETED FORM TO:

1911 SW CAMPUS DRIVE, #214  
FEDERAL WAY, WA 98023

(TO SAVE POSTAGE, REGISTRATIONS MAY BE DROPPED OFF AT THE  
"UPS" STORE AT THE ABOVE ADDRESS TO BE PLACED IN BOX #214\*\*)

\*\*THIS IS A SECURE LOCK BOX CHECKED REGULARLY BY OUR  
TREASURER

ALSO INCLUDE THE FOLLOWING:

- CHECK PAYABLE TO "FWNLL" FOR THE FEE ACCORDING TO  
DIVISION
- COPY OF PLAYER'S BIRTH CERTIFICATE  
(FRONT AND BACK PLEASE)
- SIGNED CONCUSSION INFORMATION AND CONSENT FORM

# 2012 FWNLL SPRING BALL

OFFICIAL USE ONLY: Birth Cert. Y\_\_\_N\_\_\_ Player Number \_\_\_\_\_

Paid by: Check # \_\_\_\_\_ Cash \_\_\_\_\_ C/C \_\_\_\_\_ Amount \_\_\_\_\_

BASEBALL -AGE on 4/30/2012 \_\_\_\_\_

Returning SB or BB Majors Player- Team \_\_\_\_\_

## Family Cap of \$300 for 2012

**Challenger Division** Age must be between 4 & 18 as of 4/30/2012 \$15  
(Players with disabilities)

**T-Ball** Age must be between 4 & 6 as of 4/30/2012 \$50

**A-Ball** Age must be between 6 & 7 as of 4/30/2012 \$75

**AA-Ball** Age must be between 8 & 9 as of 4/30/2012 \$115

**AAA Baseball** Age must be between 9 & 11 as of 4/30/2012. \$140

**Majors Tryout** Age must be between 9 & 12 as of 4/30/2012. \$155

**Juniors Baseball** Age must be between 13 & 14 as of 4/30/2012 \$180

**Seniors Baseball** Age must be between 15 & 16 as of 4/30/2012 \$180

SOFTBALL -AGE on 12/31/2011 \_\_\_\_\_

**Machine Pitch Softball** Age must be between 6 & 9 as of 12/31/2011 \$90

**AAA Fastpitch** Age must be between 9 & 12 as of 12/31/2011 \$115

**Majors Tryout Softball** Age must be between 9 & 12 as of 12/31/2011 \$135

**Juniors Softball** Age must be between 13 & 14 as of 12/31/2011 \$160

**Seniors Softball** Age must be between 15 & 16 as of 12/31/2011 \$160

**Big League Softball** Age must be between 17 & 18 as of 12/31/2011 \$160

# FEDERAL WAY NATIONAL LITTLE LEAGUE REGISTRATION AND RELEASE FORM

HOW WOULD YOU LIKE TO VOLUNTEER? \_\_\_\_\_ COACH \_\_\_\_\_ FIELDS \_\_\_\_\_ CONCESSION COORDINATOR \_\_\_\_\_ EVENTS \_\_\_\_\_

PLAYER'S NAME \_\_\_\_\_ DATE OF BIRTH \_\_\_\_/\_\_\_\_/\_\_\_\_ MALE\_\_\_ FEMALE\_\_\_

HOME ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_

PRIMARY GUARDIAN'S NAME \_\_\_\_\_ SCHOOL \_\_\_\_\_

EMAIL \_\_\_\_\_ RELATIONSHIP \_\_\_\_\_ PHONE \_\_\_\_\_

SECONDARY GUARDIAN/EMERGENCY CONTACT \_\_\_\_\_ CELL \_\_\_\_\_

EMAIL \_\_\_\_\_ RELATIONSHIP \_\_\_\_\_

MEDICAL INSURANCE COMPANY \_\_\_\_\_ POLICY/GROUP NUMBER \_\_\_\_\_

I/WE the parent (s) of the above named candidate for a position on a Little League team, hereby give my/our approval to participate in any and all Little League activities.

INITIALS \_\_\_\_\_

I/WE assume all risks and hazards incidental to such participation including transportation to and from the activities; and I/WE do hereby waive, release, absolve, indemnify and agree to hold harmless the local Little League, Little League Baseball, Inc., the organizers, sponsors, supervisors, participants and persons transporting my/our child, whether the results of negligence or for any other cause, except to the extent and in the amount covered by accident or liability insurance. INITIALS \_\_\_\_\_

I/WE agree to return, upon request, the uniform or any equipment issued to our child in as good condition as when received except for normal wear and tear, or reimburse the league for the cost of the uniform and/or equipment not returned. INITIALS \_\_\_\_\_

PRIOR to the beginning of the season, 75% of league fees may be refunded if a player withdraws. NO REFUNDS will be given after the first game for the division you register for.

INITIALS \_\_\_\_\_

**PARTICIPATION** in Little League baseball requires the ability to run, throw, swing a bat, and catch a ball. Additionally, participation requires the capacity to understand the rules of the game. Does your child have any current condition that limits his/her ability to participate in this activity?

YES\_\_\_ NO\_\_\_ If yes, please explain and identify any modification that would enable your child to participate \_\_\_\_\_

I/WE the parent(s) authorize and consent to medical, surgical, and hospital care, treatment and procedures to be performed for my/our child by a licensed physician or hospital when deemed immediately necessary or advisable by the physician to safeguard my/our child's health and I/WE cannot be contacted. I/WE waive my/our right of informed consent to such treatment. INITIALS \_\_\_\_\_

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

Signature verified \_\_\_\_\_ Concussion Form Signed: Y N Registration accepted by \_\_\_\_\_

# Parent and Athlete Concussion Information & Consent Form

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.

<b>Symptoms may include one or more of the following:</b>	
<ul style="list-style-type: none"> <li>· Headaches</li> <li>· “Pressure in head”</li> <li>· Nausea or vomiting</li> <li>· Neck pain</li> <li>· Balance problems or dizziness</li> <li>· Blurred, double, or fuzzy vision</li> <li>· Sensitivity to light or noise</li> <li>· Feeling sluggish or slowed down</li> <li>· Feeling foggy or groggy</li> <li>· Drowsiness</li> <li>· Change in sleep patterns</li> </ul>	<ul style="list-style-type: none"> <li>· Amnesia</li> <li>· “Don’t feel right”</li> <li>· Fatigue or low energy</li> <li>· Sadness</li> <li>· Nervousness or anxiety</li> <li>· Irritability</li> <li>· More emotional</li> <li>· Confusion</li> <li>· Concentration or memory problems (forgetting game plays)</li> <li>· Repeating the same question/comment</li> </ul>

<b>Signs observed by teammates, parents and coaches include:</b>
<ul style="list-style-type: none"> <li>• Appears dazed</li> <li>• Vacant facial expression</li> <li>• Confused about assignment</li> <li>• Forgets plays</li> <li>• Is unsure of game, score, or opponent</li> <li>• Moves clumsily or displays in coordination</li> <li>• Answers questions slowly</li> <li>• Slurred speech</li> <li>• Shows behavior or personality changes</li> <li>• Can’t recall events prior to hit</li> <li>• Can’t recall events after hit</li> <li>• Seizures or convulsions</li> <li>• Any change in typical behavior or personality</li> <li>• Loses consciousness</li> </ul>

Adapted from the CDC and the 3<sup>rd</sup> International Conference on Concussion in Sport

**What can happen if my child keeps on playing with a concussion or returns too 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:

"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, 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:

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

\_\_\_\_\_  
Student-athlete Name Printed

\_\_\_\_\_  
Student-athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Legal Guardian Printed

\_\_\_\_\_  
Parent or Legal Guardian Signature

\_\_\_\_\_  
Date

Adapted from the CDC and the 3<sup>rd</sup> International Conference on Concussion in Sport



## **FEDERAL WAY NATIONAL LITTLE LEAGUE - 2012**

Thursday, Dec. 1, 2011	Online Registration opens
Saturday, Jan. 14, 10AM-2PM	In-Person Registration at the FW Library (1 <sup>st</sup> AV)
Saturday, Jan. 21, 10AM-2PM	In-Person Registration at the FW Library (1 <sup>st</sup> AV)
Saturday, Jan. 28 10AM-2PM	In-Person Registration at FWNLL Complex (2 <sup>nd</sup> floor of Field House)
Saturday, Feb 11	Majors Baseball Tryout #1 – Sign In 9:40 am @ Complex 9 & 10 yr olds from 10 -11:30 am; 11&12 yr olds from 12:30-2 pm Majors Softball Tryout #1 – Sign In 12:15 pm @ Complex 9 – 12 yr olds 12:30 – 2:30 pm (Candidates must attend at least one tryout to be eligible for the draft)
<b>Sunday, Feb 19 at 10:00 am</b>	<b>Registration for Majors Softball &amp; Baseball Closes</b>
Sunday, Feb 19	Majors Baseball Tryout #2 – Sign In 9:40 am @ Complex 9 & 10 yr olds from 10 -11:30 am; 11&12 yr olds from 12:30-2 pm Majors Softball Tryout #2 – Sign In 12:15 pm @ Complex 9 – 12 yr olds 12:30 – 2:30 pm
Monday, Feb 20	Registration for T-Ball, Baseball A, AA, AAA, Juniors, Seniors and Softball Fastpitch Jr., AAA & MP continues
Tuesday, Feb 21	Majors Softball Draft
Wednesday, Feb 22	Majors Baseball Draft
Saturday, Feb 25	AAA Baseball & Softball Assessment #1 9 & 10 yr olds from 10 -11:30 am; 11&12 yr olds from 12:30-2 pm AAA Softball Assessment #1 – Sign In 12:15 pm @ Complex 9 – 12 yr olds 12:30 – 2:30 pm
Sunday, Feb 26	AAA Baseball & Softball Assessment #2 9 & 10 yr olds from 10 -11:30 am; 11&12 yr olds from 12:30-2 pm AAA Softball Assessment #2 – Sign In 12:15 pm @ Complex 9 – 12 yr olds 12:30 – 2:30 pm
Sunday, Feb. 26, 10AM-1PM	In-Person Registration at FWNLL Complex (2 <sup>nd</sup> floor of Field House)
Monday, Feb. 27	AAA Softball Draft AAA Baseball Draft
Saturday, March 3 (8am-4pm)	Umpires Training at Surprise Lake MS
Wednesday, March 14, 6:30PM	Parent and Player Meeting, Saghalié Middle School T-BALL, Baseball A & AA, Softball MP and AAA, Challenger
Sat., March 17	Majors and AAA Baseball Season Begins
Saturday, April 14	T-Ball, A, AA, season begins
Saturday, April 21	<b>FWNLL Jamboree/Team Individual Pictures</b>