



LUTHERAN NORTH

SUMMER CAMP REGISTRATION 2023

ATHLETE'S CURRENT SCHOOL PHYSICAL & CONCUSSION WAIVER

NO REGISTRATION WILL BE ACCEPTED WITHOUT A COPY OF A CURRENT SCHOOL PHYSICAL & CONCUSSION AWARENESS FORM

PHYSICALS ARE GOOD FOR ONE YEAR-TO-DATE. PHYSICALS FROM THE 2022-2023 SCHOOL YEAR ARE ACCEPTABLE FOR SUMMER CAMPS. FOR THE 2023-2024 SCHOOL YEAR, PHYSICALS MUST BE DATED AFTER APRIL 15, 2023. IMPORTANT: Each camp participant must fill out a separate registration form

STUDENT: _____

ADDRESS: _____

CITY: _____ STATE: MI ZIP: _____

SCHOOL 2022-23: _____ CITY: _____

GRADE 2022-23: _____

PREFERRED T-SHIRT SIZE: (circle) S M L XL

We cannot guarantee tee shirts for late registrations

PARENT NAME: _____

EMERGENCY PHONE: _____ EMAIL: _____

CAMP	GRADES	DATES	PRICE	TOTAL
Speed & Strength (Co-Ed)	7-12	June & July (on website)	\$100 x	
Track & Field (Co-Ed)	4-9	6/12 - 15	\$75 x	
Soccer (Co-Ed)	5-9	6/19 - 22	\$75 x	
Football (Boys)	5-9	6/20 - 22	\$75 x	
Basketball (Girls)	5-9	6/26 - 29	\$75 x	
Basketball (Boys)	5-9	6/26 - 29	\$75 x	
Wrestling (Boys)	5-9	6/26 - 29	\$75 x	
Golf (Co-Ed)	4-9	7/10 - 12	\$75 x	
Volleyball (Girls)	5-6	7/24 - 27	\$75 x	
Volleyball (Girls)	7-9	7/24 - 27	\$75 x	SOLD OUT
Sideline Cheer	K - 5	10/2, 4, 6	\$75 x	
Dance	K - 5	10/3, 5, 6	\$75 x	
			10% Multi-Camp Discount	
			Final Amount Due	

(Continued on next page)

Please make check payable to: Lutheran North

**Mail to: Lutheran North
16825 24 Mile Rd
Macomb, MI 48042
Attn: Jessica Stange, AD**

Release and Affirmation:

We hereby affirm that we are aware of the inherent risks and hazards of the summer programs offered at Lutheran North and by signing this release, certify that we are cognizant of those risks. We understand and agree that neither the Lutheran High School Association nor any of its employees and agents may be held liable in any way for any occurrence, including rescue operations, in connection with the course/camp which may result in injury, death or other damages to me or my family, heirs, or assigns, and in consideration of being allowed to participate in this camp, we hereby personally assume all risks in connection with said camp and activities related thereto for any harm, injury or damage which may befall me and further to save and hold harmless the program, Lutheran High School Association, and all persons associated therewith from any claim by us, or our families, estates, heirs, or assigns arising out of enrollment and participation in this course.

This is signed by the camp participant and his or her legal guardian and parents with their consent. We understand that the terms herein are contractual and not a mere recital, and that this has been signed freely and voluntarily. It is the intent of the signers hereto to exempt and release the Lutheran High School Association and all of its agents from derivative damage caused by anyone's act, error, omission or negligence.

We have fully informed ourselves of the contents of this Release and Affirmation by reading and understanding it before we signed it.

Mother/Guardian Date

Father/Guardian Date

Student Date

CONCUSSION AWARENESS

EDUCATIONAL MATERIAL ACKNOWLEDGEMENT FORM

By my name and signature below, I acknowledge in accordance with Public Acts 342 and 343 of 2012 that I have received and reviewed the Concussion Fact Sheet for Parents and/or the Concussion Fact Sheet for Students provided by the Lutheran High School Association – Lutheran North.

Participant Name Printed

Participant Name Signature

Date

Parent or Guardian Name Printed

Parent or Guardian Name Signature

Date

Return this signed form to the sponsoring organization that must keep on file for the duration of participation or age 18. Participants and parents please review and keep the educational materials available for future reference.

Educational Material for Parents and Students (Content Meets MDCH Requirements)

Sources: Michigan Department of Community Health, CDC and the National Operating Committee on Standards for Athletic Equipment (NOCSAE)

UNDERSTANDING CONCUSSION

Some Common Symptoms

Headache Pressure in the Head Nausea/Vomiting Dizziness	Balance Problems Double Vision Blurry Vision Sensitive to Light	Sensitive to Noise Sluggishness Haziness Fogginess Grogginess	Poor Concentration Memory Problems Confusion “Feeling Down”	Not “Feeling Right” Feeling Irritable Slow Reaction Time Sleep Problems
--	--	---	--	--

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 fall, bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. A concussion can be caused by a shaking, spinning or a sudden stopping and starting of the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. A concussion can happen even if you haven’t been knocked out.

You can’t see a concussion. Signs and symptoms of concussions can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If the student reports any symptoms of a concussion, or if you notice symptoms yourself, seek medical attention right away. A student who may have had a concussion should not return to play on the day of the injury and until a health care professional says they are okay to return to play.

IF YOU SUSPECT A CONCUSSION:

- 1. SEEK MEDICAL ATTENTION RIGHT AWAY** – A health care professional will be able to decide how serious the concussion is and when it is safe for the student to return to regular activities, including sports. Don’t hide it, report it. Ignoring symptoms and trying to “tough it out” often makes it worse.
- 2. KEEP YOUR STUDENT OUT OF PLAY** – Concussions take time to heal. Don’t let the student return to play the day of injury and until a health care professional says it’s okay. A student who returns to play too soon, while the brain is still healing, risks a greater chance of having a second concussion. Young children and teens are more likely to get a concussion and take longer to recover than adults. Repeat or second concussions increase the time it takes to recover and can be very serious. They can cause permanent brain damage, affecting the student for a lifetime. They can be fatal. It is better to miss one game than the whole season.
- 3. TELL THE SCHOOL ABOUT ANY PREVIOUS CONCUSSION** – Schools should know if a student had a previous concussion. A student’s school may not know about a concussion received in another sport or activity unless you notify them.

SIGNS OBSERVED BY PARENTS:

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

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. A student 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/places
- Becomes increasingly confused, restless or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

HOW TO RESPOND TO A REPORT OF A CONCUSSION:

If a student reports one or more symptoms of a concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of athletic play the day of the injury. The student should only return to play with permission from a health care professional experienced in evaluating for concussion. During recovery, rest is key. Exercising or activities that involve a lot of concentration (such as studying, working on the computer, or playing video games) may cause concussion symptoms to reappear or get worse. Students who return to school after a concussion may need to spend fewer hours at school, take rests breaks, be given extra help and time, spend less time

reading, writing or on a computer. After a concussion, returning to sports and school is a gradual process that should be monitored by a health care professional.

Remember: Concussion affects people differently. While most students 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.

To learn more, go to www.cdc.gov/concussion. **Parents and Students Must Sign and Return the Educational Material Acknowledgement Form**