

### Mini Camp #1 Friday April 24th - Sunday 26th

**RSVP to the Women's Director at [womensdir.wswa@gmail.com](mailto:womensdir.wswa@gmail.com)**

Quincy High School - 16 6th Avenue SE Quincy, WA 98848

Start time Friday 6:00 p.m. Ends Sunday at 12:00 noon

**You must bring or show you have a current USA Wrestling Card. You must bring a signed Quincy Concussion Waiver.**

Open to any Schoolgirl, Cadet, & Junior

This camp is **FREE**

Coach: Merle Crockett

Girls will sleep on the mats and shower at the school with a chaperone. They should bring healthy snacks and money for lunch and dinner on Saturday. Breakfast Sunday morning will be provided. Plenty of clean workout gear, RUNNING SHOES, overnight items, several towels, antibacterial soap, sleeping bags, pillows, medications, etc. Bring a hardworking, positive attitude!

### Mini Camp #2 Friday May 8th - Sunday May 10th

**RSVP to the Women's Director at [womensdir.wswa@gmail.com](mailto:womensdir.wswa@gmail.com)**

Crockett Training Facility - 42112 NE Munch Road Amboy, WA 98601

Arrive at the facility on Friday when you can in the evening after school.

Saturday starts at 8:00 a.m. Ends Sunday at 12:00 noon

**You must bring or show you have a current USA Wrestling Card.**

Any athlete that would like to arrive earlier or stay longer needs to contact Merle directly at 360-263-4947. Merle is always willing to spend extra time with athletes.

Open to any Schoolgirl, Cadet & Junior

This camp is **FREE**

Coach: Merle Crockett

Andrea Yamamoto will carpool from the east side with any athlete that needs a ride.

**Bring your own food or money for meals.**

Merle has space available for sleeping but please bring your own sleeping bag and pillow. Bring plenty of clean workout gear, overnight items, several towels, antibacterial soap, medications, etc. Bring a hardworking, positive attitude!

### Mini Camp #3 Wednesday June 17th - Saturday June 20th

**RSVP to the Women's Director at [womensdir.wswa@gmail.com](mailto:womensdir.wswa@gmail.com)**

Crockett Training Facility - 42112 NE Munch Road Amboy, WA 98601

Starts Wednesday at 8:00 a.m. Ends Saturday at 12:00 noon

You are welcome to arrive Tuesday evening

**You must bring or show you have a current USA Wrestling Card.**

Any athlete that would like to arrive earlier or stay long needs to contact Merle directly at 360-263-4947. Merle is always willing to spend extra time with athletes.

Open to any Schoolgirl, Cadet & Junior

This camp is **FREE**

Coach: Merle Crockett

**Bring your own food or money for meals.**

Merle has space available for sleeping but please bring your own sleeping bag and pillow. Bring plenty of clean workout gear, overnight items, several towels, antibacterial soap, medications, etc. Bring a hardworking, positive attitude!

# QUINCY SCHOOL DISTRICT

## Concussion Information Sheet

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.

### Symptoms may include one or more of the following:

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| <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> |
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### Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

### **What can happen if my child keeps on playing with a concussion or returns to soon?**

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

QUINCY SCHOOL DISTRICT  
Concussion Information Sheet

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/>

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Student-athlete Name Printed

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Student-athlete Signature

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Date

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Parent or Legal Guardian Printed

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Parent or Legal Guardian Signature

\_\_\_\_\_  
Date