

Want to be a Coach?

VYBS is looking for volunteers for a variety of coaching positions. Applications are available from Vashon Park District at Ober Park. A Volunteer Packet for Vashon Park District must be filled out in addition to the Coaches Application and returned to Vashon Park District Office at Ober Park.

Want to be an Umpire?

VYBS uses responsible youth to umpire games at the Pinto, Mustang and Bronco levels. We do pay a nominal stipend for each game that you ump! We offer **Free** training with a certified umpire who will work with applicants in 2-3 training sessions. Players who are in their second year of Mustang level ball are eligible to try out. **Information on training dates will be announced by the end of February. Check the VYBS.org website for up to date information.**

Mark Your Calendars!

April 24, 2010

Spring Swing-

Our annual fantastic baseball social fundraiser

April 24, 2010

Opening Day!

Team photos and parade, gear swap

Call Cheryl Pruetz 463-9439 for general information on Spring Swing or Opening Day or to Volunteer!

More Registration Information

Players will not be placed on a list for team rosters unless you have registered with Vashon Park District.

Payment in full, a reduced fee form or a payment plan must be in place before your child will be placed on a team. Please note that league assignment is based on your child's age, not grade level (except for fast-pitch). **Please note the age dates on the registration form.** Call the Park district with questions.

Registrations after March 8 will be assessed a \$10 late fee

Registrations after March 15 will only be accepted on a space available basis

Teams are selected March 18, practices will begin the last week of March and games will begin around April 19.

Pony League

This league is for players 13-14 years old and is held on a try out basis. Pony tryouts will be held at the VHS GYM. There will be 2 try out dates and a player **MUST** attend 1 of the 2 to be considered. There will be one Pony League team. Players not selected for a Pony team **may** be assigned to a team in the Bronco League to further refine their skills and enable them to play.

Pony Try outs March 7, 14 VHS Gym at 1 PM

Questions about Pony tryouts contact Jeff Johnson @ 206-550-3517

Summer Traveling Team(s)

So far we are looking from some volunteer coaches to have a team for the Bronco Level (11-12 year olds) for extra play during the summer. Depending upon coach availability, it is possible that there will be traveling teams at the Mustang and Pony levels as well. More information will be available as it occurs on VYBS.org and at Vashon Park District. Tryouts will be in May. Extra fees do apply for these summer traveling teams.



Spring 2010



VYBS~Vashon Youth Baseball & Softball

Registrations received after 3/8/10 will be assessed a \$10 late fee.

We Qualify for a Multi-Player Family Discount of \$10 per child after first full-paying child. Note: Fees listed are for first player in a family. Please deduct \$10 for each additional player in the same family.

League Sign up: Check Appropriate Box

Shetland - \$55 Coed Tee ball
(DOB May 1, 2003 to April 30, 2006)

Pinto - \$65 Coed Machine Pitch
(DOB May 1, 2001 to April 30, 2003)

Mustang - \$75 Boys Baseball
(DOB May 1, 1999 to April 30, 2001)

Bronco - \$90 Boys Baseball
(DOB May 1, 1997 to April 30, 1999)

Pony - \$150 Boys Off-island Travel Baseball
(DOB May 1, 1995 to April 30, 1997)

Please estimate **skill level** based on a scale of 1-5

(1 being lowest and 5 highest) **circle one: 1 2 3 4 5**

Please request a **League Adjustment** form if your child's age does not correspond to his/her skill level. League assignments are based on age, not grade level, in accordance with the Pony National rules.

I would like to volunteer as: Head Coach Assistant Coach
 Sponsor Other

Donations of any amount help Vashon Park District's Reduced Fee Fund so every child can play.

Yes I want to donate to the Reduce Fee Fund.\$ _____

Questions? Contact Us!

(206) 463-9602 phone
(206) 463-9614 fax

www.vashonparkdistrict.org

17130 Vashon Hwy SW
P.O. Box 1608
Vashon Island, WA 98070

Office Hours:
8 a.m. to 4 p.m.,
Monday thru Friday

IMPORTANT! Registration packets without required signatures, payment, and Reduced Fee or Payment Plan paperwork, if applicable, will NOT be accepted until all required documents are received.

This could delay your child being placed on a team.

PLEASE SEE REVERSE FOR REGISTRATION FORM.

VYBS
Spring 2010—Registration form



Please print clearly

Name: _____ Date of Birth: _____ Grade: _____

Parent or guardian name: _____

Primary phone: _____

Secondary phone: _____ Other phone: _____

Mailing address: _____

Home address if different from above: _____

E-mail: _____

(Emergency contacts are alternates to the parent/guardian. List at least ONE.)

Emergency contact: _____

Phone: _____ Relation: _____

Emergency back-up contact: _____

Phone: _____ Relation: _____

I DO or DO NOT have any medical conditions.

Please list all medical conditions: _____

Doctor name: _____ Doctor phone: _____

Location: _____

How did you hear about this program? Newspaper Website Mass email Poster

School registration packet Word of mouth Billboard Repeat session Other

Yes! I want to spread my payment over the course of this Program. Please give me a **Payment Plan** form
Payment Plans are a contract promising to pay scheduled installments to be completed at the conclusion of this program.

Yes! I would like to apply for a **Reduced Fee Award**. Applications are available upon request in the VPD
office. Proof of household income is required and valid for up to 6 months.

Yes! I want to **donate** VPD's Reduced Fee Awards Fund. Amount: _____ Thank you!

Vashon Park District Refunds & Cancellations: Refunds will be issued only if requested no fewer than 7 business days prior to program start date OR in the event of documented medical reason or significant family emergency. ALL refunds will be assessed a \$25 processing fee.

Disclaimer: In consideration of the Vashon Park District allowing my participation in this class, I hereby consent to such participation, acknowledging the risks involved and assuming all such risks. I agree to release, indemnify and hold the Vashon Park District, their commissioners, coaches, instructors, volunteers, organizers, agents and employees, harmless from and against any and all claims, actions, suits, losses, liability, costs, expenses, and damages of any nature whatsoever, including costs and attorneys fees in defense thereof, for injuries, sickness, or death, which are caused by, or arise out of my participation in any portion of the program or any activity incidental thereto, provided, that nothing herein requires me to release, indemnify or defend for injuries, sickness or death caused by or arising out of the sole negligence of the Vashon Park District, their commissioners, employees or agents.

I, _____, have read and understand the **Concussion Information sheet** provided by Vashon Park District and hereby release VPD, the VI School District, their employees, agents, volunteers, and designees from any liability related to my child suffering a Concussion/Head Injury while engaging in this activity. Parent/Guardian Initial _____

Signature: _____ Date _____
(Parent/Guardian/Participant if 18+ years old signature)

Please print name _____

Mail completed form to: VASHON PARK DISTRICT, P.O. BOX 1608 Vashon, WA 98070
VPD also has a secure drop box beside the north entrance door facing the parking lot or online registration at www.vashonparkdistrict.com.



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:

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

Signs observed by teammates, parents and coaches include:

- | | |
|---|---|
| <ul style="list-style-type: none"> • Appears dazed • Vacant facial expression • Confused about assignment • Forgets plays • Is unsure of game, score, or opponent • Moves clumsily or displays lack of coordination • Answers questions slowly | <ul style="list-style-type: none"> • 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 |
|---|---|



Concussion Information Sheet

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.

Up to date info on concussions can be found at: www.cdc.gov/ConcussionInYouthSports/

This is to certify that I have read and understand this concussion information provided by Vashon Park District.

My Child's Name: _____

Program in which my child is participating: _____

Parent/Legal Guardian Printed

Parent/Legal Guardian Signature

Date