

BCRC

2022-2023

Basketball Registration Form

Child's Name: _____ Gender: ____ Grade: _____ Age: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Cell: _____ School: _____

Parent/Guardian's Name: _____

Email Address: _____

Emergency Contact: _____ Phone: _____

Does your child need a uniform: Y/N (Uniform Fee is \$60.00.) If yes, please fill out sizes below:

Shirt Size: (Circle One) Youth: S M L XL Adult: S M L XL

Short Size: (Circle One) Youth: S M L XL Adult: S M L XL

Special Request: _____

Interested in: (Circle One) Coaching Team Parent

Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

FOR OFFICE USE ONLY

Registration Amount Paid: _____ Uniform Amount Paid: _____

Payment Type: (Circle One) CASH CHECK

Date: _____ Staff Member: _____

Medical Release / Waiver of Liability

Ballenger Creek Recreation Council Basketball

(All sections must be completed and received by BCRC Basketball for registration to be complete)

Child's Name: _____

has my permission to participate in Ballenger Creek Recreation Council Basketball. I certify that he/she is physically able to participate in this program. I realized that by participating in these activities, he/she may be accidentally injured.

I give permission for all medical attention necessary to administer to the above-named youth in the event of an accident, injury, or sickness, under the direction of his/her coach or instructor until I may be contacted. I also assume responsibility for payment of any such treatment.

I understand that I am not eligible for a refund or a credit for any reason unless the registrant cannot be placed on a team.

In consideration of being permitted to participate in basketball activities, I do hereby for myself, and as a parent/guardian of the above named individual, my heirs, executors, administrators, agents, and assignee's release and forever discharge the Frederick County Parks and Recreation Department, Frederick County Commissioners, Frederick County Public Schools, Ballenger Creek Recreation Council, Monocacy Youth Basketball Association, team coaches, their agents, predecessors, successors and assignee's, and all those persons involved in organizing and managing these events from all claims, demands, losses, damage actions, cause of actions or suits at law or in equity of whatsoever kind of nature, arising out of basketball activities, including without limitation, any claims for personal injuries or losses to the individual identified above, which I may otherwise be able to assert either on my own behalf or on the behalf of the above named individual.

Known medical Conditions/Allergies:

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Date: _____

PARENTS CODE OF CONDUCT

BALLENGER CREEK RECREATION COUNCIL

In order to ensure that the principles of sportsmanship, fair play, skill development, and mutual respect among players, coaches, officials and spectators are the primary considerations governing competition in the BCRC Basketball League, the following Code of Conduct has been established and adopted.

Each parent/spectator will ensure that his/her conduct is that of a responsible lady or gentleman fairly competing to the limit of his/her ability. To satisfactorily meet these responsibilities, the parent/spectator is expected to:

1. Respect the rules of the game.
 2. Respect the game officials and refrain from questioning their decisions or from addressing them in a loud, disrespectful or abusive manner.
 3. Respect the coaches and players of the opposing team.
 4. Cheer for their team in a positive, supportive manner, refraining at all times from making hostile, negative, or abusive remarks about the opposing team.
 5. Enter a gym quietly, remain seated during play of the game. Refrain at all times from coming onto the floor or from throwing objects or other foreign materials onto the floor and exit in an orderly manner at the conclusion of the game.
 6. Follow all building rules and regulations, respecting at all times the property of others. Be aware that there is to be no shooting at baskets during time outs or intermission of games that are in progress- Before each game only the teams warming up for the next game should be shooting at the baskets. **SPECTATORS SHOULD NEVER BRING BALLS INTO ANY BCRC GAME SITE GYM.**
 7. Demonstrate appropriate gestures of sportsmanship at the conclusion of a game, win or lose.
 8. Realize, accept, and practice the principal that a team's reputation is built not only on its playing ability, but also on the sportsmanship, courtesy, and citizenship of its fans.
 9. All team members, coaches, parents and supporters must maintain the highest standards of conduct at all time. Profanity, loud or rowdy behavior, ridiculing players, fans, and referees is strictly prohibited. Fighting, shoving, and arguing are not allowed.
 10. Recognize the value and importance of volunteer coaches, referees and officials and give them the respect they deserve. Without them, there would be no BCRC program.
 11. Uniforms (tops and bottoms) are to be clean and maintained appropriately and must be worn in order to participate in a game. If the uniform (top and bottom) is not clean and presentable or is not worn (tops and bottoms) at the game, the player will sit the bench for that game.
- Violation of the Code of Conduct may result in suspension or expulsion of individual players, coaches, parents or teams.

By signing below, I have read and understand the BCRC Parents Code of Conduct and acknowledge that any violation of this Code by me may result in my child's suspension or expulsion from the program.

Parent Name: _____ Signature: _____

PLAYERS CODE OF CONDUCT

BALLENGER CREEK RECREATION COUNCIL

In order to ensure that the principles of sportsmanship, fair play, skill development, and mutual respect among layers, coaches, officials and spectators are the primary considerations governing competition in the BCRC Basketball League, the following Code of Conduct has been established and adopted.

Each player will ensure that his/her playing conduct is that of a young lady or gentleman fairly competing to the limit of his/her ability. To satisfactorily meet these responsibilities, the player is expected to:

1. Know the rules and abide by them.
 2. Respect the game officials and refrain from addressing them or commenting on their decisions during the play of the game. The game captain or designate may address the officials during the game but only within the provisions of the rules and in a courteous, respectful manner.
 3. Maintain control of his/her emotions, avoiding the use of abusive language or profanity, humiliating remarks, and/or gestures of ill temper, and physical assault upon another player at any time.
 4. Respect the coaches and players of the opposing team and demonstrate appropriate gestures of sportsmanship at the conclusion of game- be humble and generous in victory and proud and courteous in defeat.
 5. Take full responsibility for your actions. Control your temper and resist the temptation to retaliate when you feel you have been "cheated".
 6. Follow all building rules and regulations, respecting at all times the property of others. Be aware that there is to be no shooting at baskets during time outs or intermission of games that are in progress- Before each game only the teams warming up for the next game should be shooting at the baskets.
 7. Remember that the goals of the game are to have fun, improve your skills and feel good. Be a team player. Remember that you win as a team and you lose as a team.
 8. Realize, accept, and practice the principle that a team's reputation is built not only on its playing ability but also on the sportsmanship, courtesy and manners of each individual player.
 9. All team members, coaches, parents and supporters must maintain the highest standards of conduct at all time. Profanity, loud or rowdy behavior, ridiculing players, fans, and referees is strictly prohibited. Fighting, shoving, and arguing are not allowed.
 10. Uniforms (tops and bottoms) are to be clean and maintained appropriately and must be worn in order to participate in a game. If the uniform (top and bottom) is not clean and presentable or is not worn (tops and bottoms) at the game, the player will sit the bench for that game.
- Violation of the Code of Conduct may result in suspension or expulsion of individual players, coaches, parents or teams.

By signing below, my child and I have read and do understand the BCRC players Code of Conduct and acknowledge that any violation of this Code by me may result in suspension or expulsion from the program.

Player Name: _____ Signature: _____

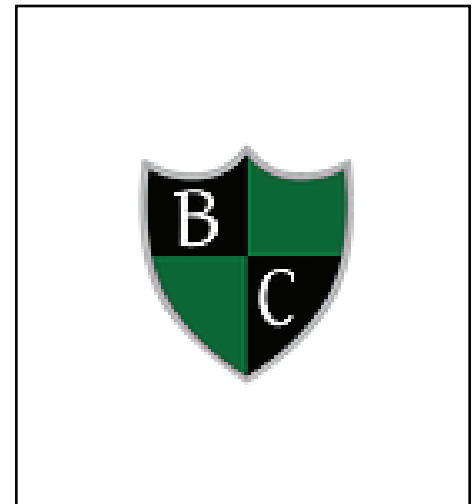
CONCUSSION INFORMATION SHEET



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 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.”

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.

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.

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.



TO LEARN MORE GO TO >> [cdc.gov/HEADSUP](https://www.cdc.gov/HEADSUP)

JOIN THE CONVERSATION AT

↳ www.facebook.com/CDCHEADSUP

Content Source: CDC's HEADS UP campaign. Customizable HEADS UP fact sheets were made possible through a grant to the CDC Foundation from the National Operating Committee on Standards for Athletic Equipment (NOCSAE).

Concussion Parent & Athlete Agreement

As a Parent and as an Athlete it is important to recognize the signs, symptoms, and behaviors of concussions. By signing this form, you are stating that you understand the importance in recognizing and responding to the signs, symptoms, and behaviors of a concussion or head injury.

Parent Agreement:

I _____ have read the Concussion Information Sheet and understand what a concussion is and how it may be caused. I also understand the common signs, symptoms, and behaviors. I agree that my child must be removed from practice/play if a concussion is suspected.

I understand that it is my responsibility to seek medical treatment if a suspected concussion is reported to me.

I understand that my child cannot return to practice/play until providing written clearance from an appropriate health care provider to his/her coach.

I understand the possible consequences of my child returning to practice/play too soon.

Parent/Guardian Signature: _____ Date: _____

Athlete Agreement:

I _____ have read the Concussion Information Sheet and understand what a concussion is and how it may be caused

I understand the importance of reporting a suspected concussion to my coaches and my parents/guardian.

I understand that I must be removed from practice/play if a concussion is suspected. I understand that I must provide written clearance from an appropriate health care provider to my coach before returning to practice/play.

I understand the possible consequences of returning to practice/play too soon and that my brain needs time to heal.

Athlete Signature: _____ Date: _____