



Santa Slam Girls Winter Basketball Camp
December 21, 2024 from 2-4 PM
sponsored by the SHS Girls Basketball Booster Club



Who?	Basketball Players currently in 1st through 8th grade (Girls currently attending Elementary or Middle School in Snohomish who will attend Snohomish High School)
What?	A one-day basketball camp for girls
Where?	Snohomish High School Main and Auxiliary Gyms
When?	Camp for 1st-8th graders will be on Saturday, December 21, 2024 from 2-4 PM <i>If camp is affected by snow, rescheduled date will be communicated via the SHS Girls Basketball social channels, and the email you use to register.</i>
Why?	High School Girls Basketball Coaches and Players will teach the fundamentals necessary to succeed in school, sports and life. <ul style="list-style-type: none">○ Teaching and developing proper fundamentals in the areas of shooting, passing, individual offense, defense and pivoting will be the focus of the basketball instruction.○ Campers will receive a picture with some of the high school players, a T-shirt and free admission to a SHS girls home basketball game on Friday, January 10, 2025 v. Stanwood.

IMPORTANT INFORMATION:

- Camp will start at the designated time. Please have your camper arrive 15 minutes early for check-in.
- Cost is \$35.00 per camper.
- Please read the attached Concussion Form attached; acknowledgement is required on the registration form in order to participate.
- Registration is allowed at the door, but no shirt will be guaranteed.
- NEW! Payments should be made exclusively online. After you register you will receive an emailed invoice with a link to pay by credit, debit, Venmo or PayPal.
- Questions? Email Sarah Larson: snohomishgirlsball@gmail.com

HOW DO I REGISTER?

1. Complete the [SANTA SLAM 2024 GIRLS WINTER BASKETBALL CAMP REGISTRATION](#) (or scan the QR code below)
2. Send payment – an invoice will be emailed once you register. Shirt size can only be guaranteed if registration and payment are received by December 14.



The Snohomish School District has approved this information for distribution through its schools. The district does not, however, assume sponsorship of/or responsibility for the actual content of any of the activities offered.

CONCUSSION 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.

Symptoms may include one or more of the following:

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| <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• “Don’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 |
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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?

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/>