

Fayette County Parks & Recreation Department
www.fayettecountyga.gov/parks_and_recreation



Youth Volleyball for Girls in Elementary and Middle School.

These leagues provide young girls a chance to learn and play the sport of volleyball in a fun and safe environment (all skill levels welcome). Primary focus includes both instruction and game-play. Early registration is encouraged before all spots are filled. **Details subject to change. Please use the Youth Volleyball Registration Form (at our office or on our Web site under “Current Brochure”).**



Register: August 8 - 26

Fee: \$40 per resident \$60 per non-resident

**A \$5 late fee will be applied for late registration, if room is still available.*

Season: August - October/November (depending on teams formed)

Ages 8 - 10: Bronze Division (Mondays) **Course Code: 16316**

Grades 5 & 6: Silver Division (Tuesdays) **Course Code: 16317**

Grades 7 & 8: Gold Division (Thursdays) **Course Code: 16318**

Location: East Fayette Gym (245 Booker Avenue, Fayetteville)

Wanted: Volunteer coaches (ages 18+) and also teen volleyball

Phone: 770-716-4320

Fax: 770-460-1931

E-mail: recreation@fayettecountyga.gov

Website: www.fayettecountyga.gov

Mail:

140 Stonewall Avenue West
Fayetteville, GA 30214

Office:

980 Redwine Rd., Fayetteville



Fayette County Parks & Recreation Department YOUTH VOLLEYBALL LEAGUES (Age 8 to Grade 8)



Dear Players & Parents,

Thank you for your interest in the Fayette County Parks and Recreation Department's **Youth Volleyball (YVB) Leagues** for girls between age 8 to grade 8. Our mission is to encourage volleyball skills development in young players, provide fun opportunities to explore the sport of volleyball, and help players develop the character traits & values gained through youth sport participation. We are looking forward to another great season of this award-winning program, and we are excited to have you join the fun!

Registration Dates: August 8 - 26 (Walk-up, Mail-in, or Online)

- ◆ Registration will be taken on a first come, first served basis until full. A waiting list will then be taken. If any spots are left after the deadline, then late registrations will include an additional \$5 late fee.

Expected Grade Divisions and Season (subject to change):

- ◆ Ages 8 - 10: Mondays Bronze Division
- ◆ Grades 5 & 6 Tuesdays Silver Division
- ◆ Grades 7 & 8 Thursdays Gold Division
- ◆ Season: August - November
- ◆ Practice/game duration: 1 - 1^{1/2} hours per week (only one night per week with no weekends)
- ◆ **Skills Clinics:** August 30 (Silver) and September 1 (Gold).
- ◆ **Skills Assessment:** September 6 (Silver) and September 9 (Gold).



Location: East Fayette Gym, 245 Booker Avenue, Fayetteville
(former East Fayette Elementary school)

Eligibility: NO EXPOSED JEWELRY may be worn on the volleyball court. If planning to have player's ears pierced for the first time, please wait until AFTER the volleyball season ends. Athletes WILL NOT be able to practice or compete in games while wearing earrings or other jewelry.

Cancellations: Requests for partial refunds (less 25% administrative fee) must be received by August 26 at 5:00 p.m. No refunds will be given for cancellations after August 26.

Online Registration is not finalized until the Recreation Department has also received your completed Volleyball Registration Form (last 3 pages). **Online registration will be closed on Wednesday, August 19, or earlier if league is almost full.** We may still have a few spots left, so contact the Recreation Office if online registration is closed. After online payment, completed YVB forms can be returned at the FCPRD office, faxed to 770-460-1931, or emailed to recreation@fayettecountyga.gov.

The Bronze Division is based on the player's age (8 - 10) instead of grade level (previously 3rd - 4th). The **Bronze Division is an instruction-based division** (all players in 1 - 2 groups based on age/ability) with a focus on basic skill development with some fun scrimmage games at the end of the season. **Participants must be at least 8 years old by August 21, 2015 and no older than 10 years old by October 29, 2015.** Fifth graders that haven't turned 11 y.o. before October 19 will have the option of registering for either the Bronze or Silver Division. However, players will not be able to change divisions after registration and league placement.

The **Silver and Gold Divisions are team-based divisions** with players evenly divided onto different teams, led by volunteer coaches. Both the Silver and Gold Divisions are expected to have a Skills Clinic and Skills Assessment in late -August / early-September. The primary skills to be covered include bumps, sets, spikes and serves. Players should be in appropriate volleyball attire (t-shirts, shorts, knee pads, tennis shoes). The Skills Assessments are not tryouts, and nobody will be cut. So, just relax and give it your best! After Skills Assessments, players will be assigned to a team and given a schedule of practices & games. League champions (one team per division) will be awarded at end of season. Silver and Gold Divisions will be limited to 28 - 54 players per division (4 - 6 teams of 7 - 9 players).

For more information, please either visit our office at 980 Redwine Road, Fayetteville (hours: Monday - Friday, 8 a.m. - 5 p.m.), call (770) 716-4320, or email recreation@fayettecountyga.gov.





Parent/Athlete Concussion Information Sheet

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports **one or more** symptoms of concussion listed below after a bump, blow, or jolt to

Did You Know?

- Most concussions occur *without* loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

the head or body, s/he should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETES
Appears dazed or stunned	Headache or “pressure” in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (<i>even briefly</i>)	Feeling sluggish, hazy, foggy, or groggy
Shows mood, behavior, or personality changes	Concentration or memory problems
Can't recall events <i>prior</i> to hit or fall	Confusion
Can't recall events <i>after</i> hit or fall	Just not “feeling right” or “feeling down”

Fayette County Parks & Recreation Department
(770) 716 - 4320 recreation@fayettecountyga.gov

GIRLS VOLLEYBALL LEAGUE (Age 8 - Grade 8)
FALL 2016 REGISTRATION FORM

STAFF USE ONLY		Total Paid: _____
Date: _____	NR Fee <u>Yes / No</u>	_____
Check # or Cash: _____	Late fee <u>Yes / No</u>	_____
Employee Initials: _____	Extra Shirts? # _____	_____

REGISTRATION DATES: August 8 - 26 -- *First Come, First Served Until Full!* **Late fee: Add \$5 after 8/26**

Fees: \$40 Fayette Resident **Register in person:** 980 Redwine Rd., Fayetteville (Mon.-Fri., 8am - 5pm)
 \$60 Another County **Register by mail:** 140 W. Stonewall Ave., Fayetteville, GA 30214

Register online*: www.fayettecountyga.gov/parks_and_recreation (click "Online Payment Information")

**Participants registering online must still submit this form (in person, mail, email, or fax: 770-460-1931).*

PLEASE PRINT CLEARLY.		BRONZE (Ages 8 - 10)
Athlete #1 _____ Grade _____ Division (circle one)		SILVER (Grades 5 & 6)
Current School Attending _____ Age _____		GOLD (Grades 7 & 8)
List Volleyball Experience _____ Height _____ Ft _____ In		
Shirt Size (circle): YOUTH Medium / Large / X-Large -or- ADULT Small / Medium / Large / X-Large		
Athlete #2 _____ Grade _____ Division (circle one): <i>(OPTIONAL second player - must be living in the same household)</i>		BRONZE (Ages 8 - 10)
Current School Attending _____ Age _____		SILVER (Grades 5 & 6)
List Volleyball Experience _____ Height _____ Ft _____ In		GOLD (Grades 7 & 8)
Shirt Size (circle): YOUTH Medium / Large / X-Large -or- ADULT Small / Medium / Large / X-Large		

Address _____

City _____ State _____ Zip _____ County _____

Primary Phone _____ Secondary Phone _____

Primary Email _____ Secondary Email _____

**Please PRINT your complete e-mail address(es) clearly and legibly. Email will be the primary means of communication during the season.*

Mother/Guardian _____ Father/Guardian _____

Please circle one: I live in the following area:

Fayetteville Unincorporated Fayette County Town of Brooks Peachtree City

Town of Tyrone Woolsey Another County (**Add 50% Surcharge to League Fee**)

Does your child need a modification due to disability to enjoy this program? _____

Would you like to pre-pay for additional t-shirts (\$10 each) for athlete (or family members to support team)?

Yes _____ No _____ If yes, list quantity and shirt size(s) _____

Additional fee: _____ shirts x \$10 each = \$ _____ (Must be paid at time of league registration.)

In past seasons, some parents have found it helpful to have more than one shirt per player, so they didn't have to wash laundry as frequently or if the shirt is accidentally bleached/stained/lost (it has happened). **Silver/Gold players will not be able to compete in games without the correct team jersey. There will be no late/replacement shirt orders.**

****Return this form to Recreation Department - Page 1 of 3****

GIRLS VOLLEYBALL REGISTRATION FORM (Page 3 of 3)

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. An athlete 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 not only does not diminish, but gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (*even a brief loss of consciousness should be taken seriously*)

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. *They can even be fatal.*

FREE Concussion Training Course for Parents: www.cdc.gov/concussion/HeadsUp/online_training.html

It's better to miss one game than the whole season. For more information on concussions, visit: www.cdc.gov/Concussion.

Athlete Name(s) _____

Parent/Guardian Name PRINT _____

Parent/Guardian Name SIGNATURE _____ Date _____

Remember

Concussions affect people differently. While most athletes 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.

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

Rest is key to helping an athlete recover from a concussion. 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.

After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

****Return this form to Recreation Department - Page 3 of 3****