



LEAGUE SCHEDULE

League schedule will consist of seven regular season games beginning on Saturday, January 14.

DIVISIONS

Grade K thru 1

This co-ed beginners league features basket heights of 8 feet, and uses junior-size basketballs. Score is not kept, only fouls. One-hour practices are held once a week.

Grade 2

This co-ed beginners league features basket heights of 9 feet, and uses junior-size basketballs. Score is not kept, only fouls. One-hour practices are held once a week.

Grade 3/4 Boys & Girls

There are separate divisions for boys and girls. Basket heights are regulation (10 feet); intermediate size basketballs are used. Score is not kept, only fouls. One-hour practices are held once a week, more if space permits.

Grade 5/6 Boys & Girls

There are separate divisions for boys and girls. Basket heights are regulation (10 feet), and intermediate size basketballs are used. Both score and fouls will be kept.

Teen Basketball League

FOR BOYS IN GRADES 7/8, 9/10 AND 11/12

FOR GIRLS IN GRADES 7/8

Teams from Tukwila, Renton and Des Moines will be participating in this joint league. Games will be played in Tukwila, Renton and Des Moines.

**Good,
Healthy,
Fun!**



LEAGUE FEES

For grades	Resident	Non-resident
K thru 2	\$66	\$77
3 & 4	\$66	\$77
5 & 6	\$66	\$77
7 thru 12	\$71	\$82

Receive a basketball for an extra \$5.00!

Registration will be taken after 11/14 only if space is available. **Participants will be charged an additional \$10 fee for registration after 11/14.**

NEEDED: VOLUNTEER COACHES

Approximately 6 hours per week. All coaches will be required to go through a youth sports coaches' certification process. Interested? Please call Steve at 206-768-2822.



Child's Name: _____

HEADS UP: CONCUSSION IN YOUTH SPORTS

A Fact Sheet for PARENTS & COACHES

WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious. You can't see a 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 your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

Signs Observed by Parents or Guardians

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Symptoms Reported by Athlete

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

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

1. Seek medical attention right away. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
2. Keep your child out of play. Concussions take time to heal. Don't let your child return to play until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
3. Tell your child's coach about any recent concussion. Coaches should know if your child had a recent concussion in ANY sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

It's better to miss one game than the whole season.

Today's Date: _____

Parent Signature _____

NOTE: You must read and sign BOTH SIDES of this page before submitting it for registration.

Please print name _____

Registration forms and payments will be accepted at the Tukwila Community Center starting on September 1.

REGISTRATION INFORMATION

Participant's name: _____ Phone: _____

Address: _____ City/Zip: _____

School currently attending: _____ Grade: _____

Gender: Male Female Age: _____ Birthdate: _____

T-shirt size: (NOTE: please order larger size; shirts always run **small**) Youth/Medium Youth/Large
 Adult/Small Adult/Medium Adult/Large Adult/X-Large

Parents name: _____ Work phone: _____

Email address: _____

Emergency contact name: _____ Phone: _____

Indicate appropriate age group: BOYS AND GIRLS, in Grades: K & 1 - "Short Shots" 2 - "Mighty Mites"
BOYS, in Grades: 3 & 4 5 & 6 7 & 8 9 & 10 11 & 12
GIRLS, in Grades: 3 & 4 5 & 6 7 & 8

Are you interested in becoming a volunteer coach? Yes No

Special requests/coach's name: _____

(Please note: Special requests are not guaranteed)

In consideration of your accepting my child's entry, I hereby - for myself, my child, my heirs, executors and administrators - waive and release any and all rights and claims for damages that I or my child may have against the City of Tukwila Parks and Recreation Department and its representatives, successors and assigns for any and all injuries suffered by myself or my child at any activity sponsored by the City of Tukwila Parks and Recreation Department.

Parent signature: _____

Date: _____

NOTE: You must read and sign BOTH SIDES of this form before submitting it for registration.

Are you interested in donating to our scholarship fund? \$1 \$5 \$10 Other: \$ _____

Don't miss this chance to help local kids enjoy the many benefits of recreation!

BUSINESS SPONSORSHIP OPPORTUNITIES

The Youth/Teen basketball season will soon be here, and Tukwila Parks & Recreation has over 40 teams that need sponsors. If you choose to be a sponsor, hundreds of families will see your business/organization name at games, at the schools, and at the Tukwila Community Center.

For information regarding sponsorship opportunities, please contact Dave Johnson at 206-768-2822, or send an email to Dave.Johnson@TukwilaWA.gov.

Please bring this completed form to the Tukwila Community Center.



TUKWILA
PARKS & RECREATION
GOOD HEALTHY FUN

YOUTH & TEEN LEAGUE BASKETBALL

This program is a recreational league that offers boys and girls an opportunity to learn fundamentals, teamwork and sportsmanship.

Team practices will begin the week of December 5, and are held during the evenings at local schools.

Starting on January 14, league games will be held on Saturdays and weeknights, depending on turnout.

Players will be assigned to teams & coaches.

Picture day will be held on Saturday, January 14.

DON'T MISS OUT ON THE FUN... SIGN UP EARLY!

**Tukwila
Community Center
206-768-2822**



REGISTRATION BEGINS THURSDAY, SEPTEMBER 1