

STUDENT-ATHLETE & PARENT/LEGAL GUARDIAN CONCUSSION STATEMENT

According to the Centers for Disease Control and Prevention, a concussion is a type of traumatic brain injury that changes the way the brain normally works. 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 new concussion law is an opportunity to make playing sports safer for Tennessee's young athletes. For more information, visit: <http://tn.gov/health> --> Preventing Brain Injury

This form must be signed and returned to Rc3 prior to participation in practice or play. Rc3 strives to keep children and adults safe in all of our programs. Coaches will follow concussion protocols during practices and games.

Student-Athlete Name: _____

Parent/Legal Guardian Name(s): _____

After reading the information sheet, I am aware of the following information:

Student-Athlete Initials		Parent/Legal Guardian Initials
	A concussion is a brain injury which should be reported to my parents, my coach(es) or a medical professional if one is available.	
	A concussion cannot be "seen." Some symptoms might be present right away. Other symptoms can show up hours or days after an injury.	
	I will tell my parents, my coach and/or a medical professional about my injuries and illnesses.	
	I will not return to play in a game or practice if a hit to my head or body causes any concussion-related symptoms.	
	I will/my child will need written permission from a health care provider* to return to play or practice after a concussion.	
	Most concussions take days or weeks to get better. A more serious concussion can last for months or longer.	
	After a bump, blow or jolt to the head or body an athlete should receive immediate medical attention if there are any danger signs such as loss of consciousness, repeated vomiting or a headache that gets worse.	
	After a concussion, the brain needs time to heal. I understand that I am/my child is much more likely to have another concussion or more serious brain injury if return to play or practice occurs before the concussion symptoms go away.	
	Sometimes repeat concussion can cause serious and long-lasting problems and even death.	
	I have read the concussion symptoms on the Concussion Information Sheet.	

* "Health care provider" means a Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training, or a physician assistant with concussion training who is a member of a health care team supervised by a Tennessee licensed medical doctor or osteopathic physician.

Signature of Student-Athlete Date

Signature of Parent/Legal Guardian Date



Tumbling

Winter 2022

- Ages:** **Girls and boys 3 years old- high school.** Four classes are offered based on age and skill level. See below for class description.
- Cost*:** Tumbling (toddler class and ages 4-18) - **\$50.00** (Rc3 member) or **\$85.00** (potential member)
*Financial assistance is available. Please ask front desk staff for an application.
- Dates:** **Open registration begins November 1th** and ends prior to the first class on November 8th or when a class reaches maximum capacity. Winter tumbling class includes 8 weeks of instruction. Classes meet Tuesdays, November 8, 2022 - January 17, 2023.
- Attire:** **Suggested dress includes athletic wear (flexible shorts/t-shirt that can be tucked in) or gymnastics leotards. Long hair should be tied back or pulled out of the face. Children may choose to wear socks or be barefoot. Chewing gum is not permitted during tumbling classes. Jewelry (bracelets, necklaces, dangling earrings, etc.) should not be worn.**

Class Descriptions & Prerequisite Skills:

Toddler (3 yr old): This half hour class is specially designed for toddlers. Toddlers will learn listening skills, gross motor control, and build a foundation for more complex tumbling skills. Class format will include beginning stretching, various tumbling and crawling stations, and jumps. Age 3 years old, at start of class, **must be three before the first class** (no exceptions).

Beginner (4-5 yr old): A one-hour class designed for children to learn basic tumbling and balancing skills. Each class will learn an exhibition. Class format will involve stretching, gross motor skills, and various tumbling stations. Ages 4-5 years old, **must be four-year-old by the first class.**

Beginner/Intermediate (6-12 yr old): This one-hour class works on developing beginner and intermediate tumbling skills. Each class will learn an exhibition. Teachers will work with groups at their ability level to expand participant's tumbling skills. Class format includes stretching, working various tumbling skills, tumbling stations and conditioning. Ages 6-10 years old, **must be at least six before the first class.**

Intermediate/Advanced/Cheer Tumbling (8 yr. old - Up): A one-hour class for 8 year olds and up. For those interested in advanced tumbling and cheer tumbling, this class will continue to refine beginning tumbling skills and expand to advanced tumbling. Class will include advanced moves for use in cheerleading but is NOT just for cheerleading. Format includes stretching, conditioning, and various intermediate and advanced tumbling skills, such as: round off, back handspring to back handspring/back tuck, front handsprings, and front and back walkovers. Class placement between beginner/intermediate or intermediate/advanced will be determined by the coaches and the individual prerequisite skill set. The prerequisite skill set for this class will include: cartwheel, round-off, able to kick up to handstand (a hold is not needed). Age exceptions can be made if a student can do a spotted round off back handspring in addition to prerequisite skill set.