



USJF Sanction # 15-08-01:

Date: Aug. 8-9, 2015

Where: Southside Dojo, 8534 Portage Rd. Portage, Mi. 49002

Eligibility: All participants **must** provide their **primary** U.S.J.F., U.S.J.I. or U.S.J.A. card. Foreign contestants **must** have the proper ID from their home country. If you do not present your valid primary card, you must purchase one on site. U.S.J.I., U.S.J.F., and U.S.J.A. applications will be available at the tournament site. All junior's competitors must have a signed consent head up concussion form.

Registration:

At the door starts Saturday, August 8, 2015 at 12:30pm. Please be on the mat by 1:30pm.

If you will be joining us for the Sunday Clinic only please register by 8:30am on Sunday as the on mat session starts at 9am.

Clinicians: Francis Glaze, Louise Ullman and others TBA

Cost:

Saturday or Sunday only session: Pre register \$25.00, on site \$30.00

Saturday and Sunday: Pre Register \$40.00, on site \$50.00

Instructions:

Campers bring your sleeping bag, towel, and any personal item you will want for the stay.

Included for the campers, will be cookout Saturday night, breakfast and a snack lunch Sunday

Please complete the registration sheet, the Waiver, and if your are under 18 the head injury sheet. This Flier must be postmarked no later than July 31, 2015. Please send the materials and check to: Deborah L. Fergus, 2006 Wickwire Rd. Benton Harbor, MI. 49002. Pre-registration is appreciated in order to plan the events and meals for the campers.

Information Contact: Deborah Fergus, defrgs6@att.net.

Fight Like A Girl Camp Entry Form
USJF Sanction # 15-08-01

Name: _____

Address: _____ City: _____
State: _____ Zip: _____

Contact Phone: _____ Age _____

E-mail _____

Organization: _____ Member #: _____
Exp. Date: _____

Club: _____ Rank (NOT COLOR): _____

Camper ___ \$40/2 day one day ___ \$25.00/day
Walk in ___ \$50/2 day one day ___ \$30.00/day

Please make checks payable to Deborah L. Fergus

If assistance/accommodation is needed (check off appropriate box)

- Vision Loss/Blindness Hearing loss/Deafness
 Other _____ Type of assistance/accommodation requested or name of person assisting _____

Pre Registration is appreciated: Please complete this form and the waiver and concussion form (if under 18) and send to:

**Deborah L. Fergus,
2006 Wickwire Rd.
Benton Harbor, Mi. 49022**

Or e-mail to: defrgs6@att.net

Phone: 269 208 1068

Fight Like a Girl Camp
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HEAD UP WAIVER

For those under 18; this form must be signed by the parent or guardian and minor

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 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)

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

1. 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 evaluation for concussion, says s/he is symptom-free and it's OK to return to play.
2. 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, and 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.
3. 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.

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 in your athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

By my name and signature below, I acknowledge in accordance with Public Acts 342 or 2012 that I received and reviewed this concussion educational material.

STUDENT-ATHLETE NAME PRINTED

STUDENT-ATHLETE NAME SIGNED

DATE

PARENT OR GUARDIAN NAME PRINTED

PARENT OR GUARDIAN NAME SIGNED

DATE