



- May 29th 30th 31st 2010 Saturday Sunday Monday
- Memorial Day Weekend
- Boys & Girls Divisions
- 3/U9 4/U10 5/U11 6/U12 7/U13 8/14 Youth Divisions
- 9/U15 10/U16 & Open/Jr. High School Divisions
- 4 Game Guarantee
- Top Teams
- Great Facilities - Seattle Area Gyms
- PNBOA Certified Officials
- Trophy's for 1st & 2nd Place Teams
- T-shirts for Champions
- PNWAAU Sanctioned

**Enter Early  
Space is limited**

**For more information Contact  
Sean Connors  
(206) 501-7583  
hoops@wayouthsports.com**

**SEND ENTRY TO:  
PO Box 27114  
SEATTLE WA 98165**

*Make Checks Payable To  
WYS*

I am sorry we are unable to hold space for your teams with email, phone message or fax



*This is an AAU Sanction Tournament. All players, Coaches and Volunteers must have a current 2010 AAU Membership Card*

**To become An AAU Member  
Www.ausports.org**



**Click To Enter Online**



www.wayouthsports.com

Team Name \_\_\_\_\_ Grade/Age \_\_\_\_\_

Team Contact \_\_\_\_\_ Boy's \_\_\_\_\_ Girl's \_\_\_\_\_

Phone \_\_\_\_\_ Cell \_\_\_\_\_

Email \_\_\_\_\_

Division 1  Division 2

Check a preference

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(206) 501-7583  
Email hoops@wayouthsports.com

Send entry to:  
WYS  
PO Box 27114  
Seattle WA 98165

MUST Be 2010 AAU Member  
For AAU Membership  
Www.aausports.org



**\$325**

Player #	Players Name	Date of Birth	AAU Card #
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____
6.	_____	_____	_____
7.	_____	_____	_____
8.	_____	_____	_____
9.	_____	_____	_____
10.	_____	_____	_____
11.	_____	_____	_____
12.	_____	_____	_____
13.	_____	_____	_____
14.	_____	_____	_____

Head Coach \_\_\_\_\_ AAU Card # \_\_\_\_\_

Assistant Coach \_\_\_\_\_ AAU Card # \_\_\_\_\_

Assistant Coach \_\_\_\_\_ AAU Card # \_\_\_\_\_

Assistant Coach \_\_\_\_\_ AAU Card # \_\_\_\_\_

**Amateur Athletic Union  
CONCUSSION IN AAU SPORTS  
A GUIDE FOR AAU MEMBER CLUBS FOR PRACTICES AND  
AAU SANCTIONED EVENTS  
"The Lystedt Law" HB1824  
THE FACTS**

- The State of Washington signed into law in July HB1824.
  - The AAU program clubs, using school facilities, must abide with HB1824.
- RESPONSIBILITIES:**
- PRACTICE: (AAU Clubs must deal directly with school district)**
- AAUMember Clubs shall submit a statement of compliance with the insurance coverage and required head injury training prior to receiving access to school facilities.
  - All AAU Member teams must be part of an AAU Member Club in order to have practice insurance.
  - AAUMember Clubs may have multiple teams under the same AAU Member Club number.
  - AAUMember Clubs and teams must follow procedures established by school districts to use their facilities for practice.
  - AAU Clubs 3-a Party Insurance Certificates must be purchased in advance.
  - AAU member coaches will be responsible for their team's athlete and parent education of concussions and head injuries. Signed forms of parents and athletes must be kept on file by all AAUMember Clubs.
- Form must be signed by the parents before the child can practice or participate in any AAU sanctioned practice.
- EVENTS:**
- AAU events in the State of Washington are sanction by Level 2 or 3 AAU Member clubs. These clubs have the right to sanction events.
  - AAUMember clubs Level 1, 2 or 3 contact must submit a form to the Event Operator stating that their team is in compliance with HB1824, section 2.
  - Compliance form must be submitted for each event that the AAU Club team enters. The compliance form must be submitted with the entry form provided for the event. No AAUMember Club team will be allowed to participate without this compliance form.
  - Entry forms must be filled out completely, rosters need to be very accurate.
  - Changes made to the roster form must be done in advance by submitting a revised entry form to the Event Operator.
- EDUCATION:**
- Education for Head Injuries and Concussions can be found on the web sites: [www.wiaa.com](http://www.wiaa.com)

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## CONCUSSION IN YOUTH SPORTS

**A Fact Sheet for AAU Member Coaches**  
**(Requirement to Read and Signed by Coaches) Return this form to AAU Club contact**

### WHAT IS A CONCUSSION?

A concussion is a brain injury that is caused by a bump or blow to the head. It can change the way your brain normally works. It can occur during practices or games in any sport. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. A concussion can happen even if you haven’t been knocked out. You can’t see a concussion. Signs and symptoms of a 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.

### Coaches

#### What are the signs and symptoms of a concussion observed by Coaches:

If your athlete 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:

- 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 being hit or falling
- Can’t recall events after being hit or falling

#### How can a coach help their athlete prevent a concussion?

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

- Ensure that they follow your 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 a Coach do if they think their athlete has a concussion?

1. Talk with the parents and have them 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 their child to return to sports. Listen to the parents and their concerns about concussion or head injuries.
2. Keep your athlete out of play. Concussions take time to heal. Don’t let your athlete 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. Keep informed about any recent concussion in ANY sport or activity. You may not know about a concussion your athlete received in another sport or activity unless you are told by the parents.

I have viewed the video provided on the [www.aau.com](http://www.aau.com) web site about head injuries and concussions? YES NO

Coaches Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**IT’S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.**

For more detailed information on concussion and traumatic brain injury, visit:  
<http://www.cdc.gov/injury> or [www.cdc.gov/ConcussionInYouthSports](http://www.cdc.gov/ConcussionInYouthSports)

## AAU Member Club Compliance Form

### CONCUSSION LAW REQUIREMENTS

Required by AAU Event Operators to participate in AAU sanction events.

HB1824, otherwise known as the Zachery Lystedt Law, was signed into law on May 14, 2009. It requires, as of July 26, 2009, that additional steps be taken regarding concussions in private non-profit youth athletic programs using school district facilities.

This bill requires training and documentation which AAU Member Clubs must adhere to. AAU players and their parents/guardians must meet these minimum requirements:

1. All AAU member coaches will have to take training on the nature and risk of concussions and head injury including continuing to play after a concussion or head injury.
2. On a yearly basis, a concussion and head injury information sheet shall be signed and returned by the youth athlete and athlete's parents/guardian prior to the youth athlete's initiating practice or competition.
3. All athletes suspected of suffering a concussion or brain injury will be removed from practice or competition and not returned to play until cleared in writing by a licensed health care provider trained in the evaluation and management of concussions (Medical Doctors, Doctor of Osteopathy, Advanced Registered Nurse Practitioner, Physicians Assistants, and *Certified Athletic Trainers*).

### AAU Event Operator Compliance Statement for HB1824 Youth Sports-Head Injury Policies

This page must accompany each Tournament Entry form. Participation in AAU Sanctioned Events will not be granted until this page is returned and requirements of this application are complete and approved by AAU Sanction event operator.

Team \_\_\_\_\_ Division \_\_\_\_\_

Club \_\_\_\_\_ Club Number \_\_\_\_\_

As the AAU Club contact I verify all coaches, athletes and their parent/guardian have complied with mandated policies for the management of concussions and head injuries as prescribed by HB 1824, section 2.

Signed:

AAU Club Contact \_\_\_\_\_ Position with AAU Club \_\_\_\_\_ Date signed \_\_\_\_\_

## HEADS UP: CONCUSSION IN YOUTH SPORTS

A Fact Sheet for AAU Member Parents and AAU Member Athletes

(Requirement to Read and Signed by parents and athletes) Return this form to AAU member team coach.

### WHAT IS A CONCUSSION?

A concussion is a brain injury that is caused by a bump or blow to the head. It can change the way your brain normally works. It can occur during practices or games in any sport. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. A concussion can happen even if you haven’t been knocked out. You can’t see a concussion. Signs and symptoms of a 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.

### PARENTS AND GUARDIANS

**What are the signs and symptoms of a concussion observed by Parents/Guardians:**

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:

- 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 being hit or falling
- Can’t recall events after being hit or falling

**How can a Parent/Guardian help their 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 a Parent/Guardian do if they think their 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. Notify your child’s coach if you think your child has a concussion.
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 in ANY sport or activity. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

### ATHLETES

**What are the symptoms of a concussion?**

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light
- Bothered by noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion
- Does not “feel right”

**What should an athlete do if they think they have a concussion?**

- Tell your coaches and your parents. Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates might have a concussion.
- Get a medical check up. A doctor or health care professional can tell you if you have a concussion and when you are OK to return to play.
- Give yourself time to get better. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.
- It is better to miss one game than the whole season.

**How can athletes prevent a concussion?**

- Every sport is different, but there are steps you can take to protect yourself.
- Follow your coach’s rules for safety and the rules of the sport.
  - Practice good sportsmanship at all times.
  - Use the proper sports equipment, including personal protective equipment (such as helmets, padding, shin guards, and eye and mouth guards). In order for equipment to protect you, it must be:
    - The right equipment for the game, position, or activity
    - Worn correctly and fit well
    - Used every time you play
    - Repaired and maintained

Student Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**IT’S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.**

For more detailed information on concussion and traumatic brain injury, visit:

<http://www.cdc.gov/brain> or [www.cdc.gov/ConcussionYouthSports](http://www.cdc.gov/ConcussionYouthSports)