



**2016 FLORHAM PARK SHARKS SUMMER SWIM TEAM
REGISTRATION FORM**

Participant's Legal Name _____ Name called _____

Address _____

Age _____ Date of Birth _____ Gender _____ Home Phone _____

T-Shirt Size: __YS __YM __YL __AS __AM __AL __AXL

Parent's Name _____

Parent's Email _____

Best Phone number _____ (c) (h) (w) Other Phone Number _____ (c) (h) (w)

In case of emergency, please notify the following person (if parent cannot be reached):

Name _____ Phone _____ Relationship _____

7-8 age group

9-10 age group

11-12 age group

13-over age group

Swim Team Policies

Medical Treatment: The Florham Park Swim team does not normally administer any medication. However, in the event of an emergency in which the parents cannot be contacted, emergency medical staff and the Florham Park Swim staff may take appropriate action in the best interest of the participant.

Initial: _____

As determined by my child's physician, my child is in good physical condition and not aware of any present or previous disease or injury that would result in being impaired during participation in the Florham Park Swim Team program.

Initial: _____

Special Needs? (please list) _____

Waiver: I understand that Florham Park Swim Team activities have inherent risks and I hereby assume all risks and hazards incident to my participation/my child's participation on the Florham Park Swim Team program. I further waive, release, absolve, indemnify and agree to hold harmless the Florham Park Recreation, and its employees, organizers, volunteers, supervisors, officers, directors, participants, coaches, and referees, as well as all persons or parents transporting participants to and from activities, from any legal claims, liabilities, damages and costs for any physical injury or damage to my personal property sustained during my use of Florham Park Municipal Swimming Pool property and/or my participation/my child's participation in any Florham Park Swim Team activities.

Initial: _____

I, the parent/guardian of the above-named swimmer(s), agree that I and the swimmer(s) will follow directions of the Swim Team coach and the assistant coaches and will abide by the rules and regulations of the Florham Park Municipal Pool and the North Jersey Summer Swim League. I will advise my swimmer(s) of these requirements. I understand that my failure or my swimmer(s) failure to follow the direction of coaches and/or rules can result in the dismissal from the Florham Park Municipal Swim Team without refund.

Initial: _____

I give permission to the Florham Park Municipal Pool to use my swimmer(s) name, picture, and/or likeness in print, electronic format, broadcast and other materials or media concerning the pool and the team.

Initial: _____

I have read, understand, and will abide to all the policies states above.

Parent/Guardian Signature _____

Date _____

CONCUSSION INFORMATION FOR YOUTH SPORTS

I HAVE READ THE concussion information for Youth Sports (attached information) and understand that I have a responsibility to report my child's symptoms to coaches, administrators and health care providers.

I also understand that I/my child must have no symptoms before return to play can occur.

Parent/Guardian Signature _____

Date _____

Registration fee: \$125.00 per swimmer

You must have a Florham Park pool membership to register for and participate on the swim Team

Total Payment:

Check#/cash:

HEADS*UP

CONCUSSION IN SPORTS

A FACT SHEET FOR **PARENTS**

What is a concussion?

A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head or body. 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?

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 after the injury. If your teen reports *one or more* symptoms of concussion listed below, or if you notice the symptoms yourself, keep your teen out of play and seek medical attention right away.

<ul style="list-style-type: none"> • 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 mood, behavior, or personality changes • Can't recall events prior to hit or fall • Can't recall events after hit or fall 	<ul style="list-style-type: none"> • Headache or "pressure" in head • Nausea or vomiting • Balance problems or dizziness • Double or blurry vision • Sensitivity to light or noise • Feeling sluggish, hazy, foggy, or groggy • Concentration or memory problems • Confusion • Just not "feeling right" or is "feeling down"
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How can you help your teen prevent a concussion?

Every sport is different, but there are steps your teens can take to protect themselves from concussion and other injuries.

- Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.

- Ensure that they follow their coaches' rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.

What should you do if you think your teen has a concussion?

1. **Keep your teen out of play.** If your teen has a concussion, her/his brain needs time to heal. Don't let your teen return to play the day of the injury and until a health care professional, experienced in evaluating for concussion, says your teen is symptom-free and it's OK to return to play. A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.
2. **Seek medical attention right away.** A health care professional experienced in evaluating for concussion will be able to decide how serious the concussion is and when it is safe for your teen to return to sports.
3. **Teach your teen that it's not smart to play with a concussion.** Rest is key after a concussion. Sometimes athletes wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don't let your teen convince you that s/he's "just fine."
4. **Tell all of your teen's coaches and the student's school nurse about ANY concussion.** Coaches, school nurses, and other school staff should know if your teen has ever had a concussion. Your teen may need to limit activities while s/he is recovering from a concussion. Things such as studying, driving, working on a computer, playing video games, or exercising may cause concussion symptoms to reappear or get worse. Talk to your health care professional, as well as your teen's coaches, school nurse, and teachers. If needed, they can help adjust your teen's school activities during her/his recovery.

If you think your teen has a concussion:
 Don't assess it yourself. Take him/her out of play.
 Seek the advice of a health care professional.

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

For more information and to order additional materials *free-of-charge*, visit: www.cdc.gov/Concussion.

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
 CENTERS FOR DISEASE CONTROL AND PREVENTION



2016

Division 1

	Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
June	26	27 pm CH @ FP	28 pm SU @ WE	29 pm EH @ CH	30 am FP @ SU pm WE @ EH	1 MAKE UPS	2
July	3	4 Holiday	5 pm SU @ EH FP @ WE	6 pm WE @ CH	7 am CH @ SU pm EH @ FP	8 MAKE UPS	9
July	10	11 pm CH @ EH	12 pm SU @ FP	13 pm EH @ WE	14 am WE @ SU pm FP @ CH	15 MAKE UPS	16
July	17	18 pm WE @ FP	19 pm FP @ EH SU @ CH	20	21 am EH @ SU pm CH @ WE	22 MAKE UPS	23
July	24	25 DIVISIONALS	26	27	28 MEET OF CHAMPIONS	29	30
July	31						

Division 1 CH - Chatham
 EH - East Hanover
 FP - Florham Park
 SU - Summit (am only)
 WE - West Essex (N. Caldwell and Fairfield)

Records by Division

Division	2014	2015
Division 1	Chatham 2-6 East Hanover 5-3 Millburn 3-5 Summit 6-2 West Essex 4-4 Win-Lose	Chatham 3-4-1 East Hanover 4-3-1 Millburn 6-2 Summit 4-4 West Essex 3-5 Win-Lose - Tie
Division 2	Berkeley Heights 5-3 Florham Park 4-4 Madison 0-8 Mountainside 8-0 Verona 3-5	Berkeley Heights 6-2 Florham Park 1-7 Madison 1-7 Mountainside 7-1 Verona 5-3 moves down moves up
Division 3	Cedar Grove 4-4 Livingston 6-2 Maplewood 0-8 Springfield 4-4 West Caldwell 7-1	Cedar Grove 4-4 Livingston 1-7 Maplewood 3-5 Springfield 5-3 West Caldwell 8-0 moves down moves up
Division 4	Morris Township 0-8 New Providence 6-2 South Orange 4-4 Westfield 8-0 West Orange 2-6	Morris Township 0-8 New Providence 6-2 South Orange 3-5 Westfield 8-0 West Orange 3-5 moves down

New Providence - meet of Champions