

BARNES & NOBLE

Summer Reading Journal

This summer, earn a free book through the Barnes & Noble Summer Reading Program for kids in Grades 1-6.

SIMPLY FOLLOW THESE THREE EASY STEPS:

1. Read any eight books this summer and record them in this Summer Reading Journal. Tell us which part of the book is your favorite, and why.
2. Bring your completed journal to a Barnes & Noble store between August 1st and August 31st, 2019.
3. Choose your free reading adventure from the books listed below.

GRADES 1 & 2

Malala: My Story of Standing Up for Girls' Rights	by Malala Yousafzai
The Mount Rushmore Calamity (Flat Stanley's Worldwide Adventures Series #1)	by Sara Pennypacker
Amelia Bedelia Means Business (Amelia Bedelia Chapter Book Series #1)	by Herman Parish
Pete the Cat and the Cool Caterpillar	by James Dean
Disney Junior Fancy Nancy: Chez Nancy	by Nancy Parent
The Princess in Black	by Shannon Hale & Dean Hale
Jorge el curioso: De basura a tesoro (Bilingual)	by H. A. Rey
Purrmaids #1: The Scaredy Cat	by Sudipta Bardhan-Quallen
Sunbeam's Shine (Unicorn Princesses #1)	by Emily Bliss

GRADES 3 & 4

Middle School: The Worst Years of My Life	by James Patterson and Chris Tebbetts
CatStronauts: Mission Moon	by Drew Brockington
Mistakes Were Made (Timmy Failure Series #1)	by Stephan Pastis
My FANGtastically Evil Vampire Pet	by Mo O'Hara
The Super Life of Ben Braver	by Marcus Emerson
Drew Pendous and the Camp Color War (Drew Pendous #1)	by David Lewman (Adapted by)
Drew Pendous Travels to Ancient Egypt (Drew Pendous #2)	by David Lewman (Adapted by)
Classic Starts: The Swiss Family Robinson	by Johann David Wyss, Chris Tait (Adapted by)
Judy Moody (Judy Moody Series #1)	by Megan McDonald
Judy Moody está de mal humor, de muy mal humor (Judy Moody)	by Megan McDonald

GRADES 5 & 6

The Last (Endling Series #1)	by Katherine Applegate
Friendship List #1: 11 Before 12	by Lisa Greenwald
James and the Giant Peach	by Roald Dahl
Treasure Hunters (Treasure Hunters Series #1)	by James Patterson and Chris Grabenstein
Because of Winn-Dixie	by Kate DiCamillo
Ellie's Story: A Dog's Purpose Puppy Tale	by W. Bruce Cameron
The Race to Space: Countdown to Liftoff (Epic Fails #2)	by Erik Slader and Ben Thompson
Aru Shah and the End of Time (Pandava Series #1)	by Roshani Chokshi
Disney after Dark (Kingdom Keepers Series #1)	by Ridley Pearson
The Unicorn Quest	by Kamilla Benko

THIS SUMMER READING JOURNAL BELONGS TO:

STUDENT NAME

SCHOOL

GRADE

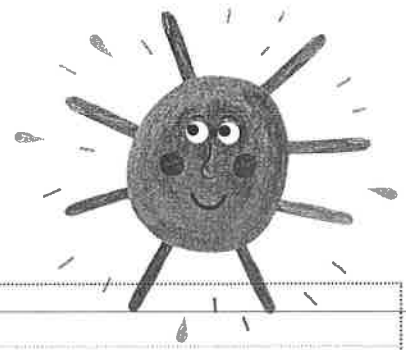
PARENT/GUARDIAN NAME

PARENT/GUARDIAN EMAIL*

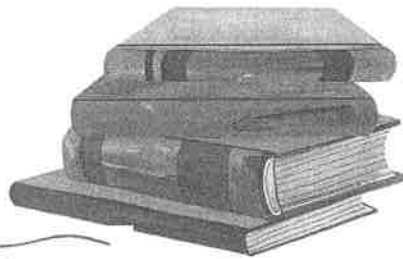
*Your email address will be used in accordance with our Privacy Policy, which can be found at [BN.COM/privacy](https://www.barnesandnoble.com/privacy)

TEAR SHEET

Write the titles and authors of the books you've read in the boxes below. Tell us which part of the book is your favorite, and why.



1	Title/Author	
	Favorite Part	
2	Title/Author	
	Favorite Part	
3	Title/Author	
	Favorite Part	
4	Title/Author	
	Favorite Part	
5	Title/Author	
	Favorite Part	
6	Title/Author	
	Favorite Part	
7	Title/Author	
	Favorite Part	
8	Title/Author	
	Favorite Part	



Summer Reading Program Offer: For each customer, this coupon can be redeemed only once at any Barnes & Noble store. This coupon is valid from August 1, 2019 to August 31, 2019 at close of business. This coupon entitles each customer to receive one eligible title for free while supplies last.

Additional Rules Governing Use of this Coupon: This coupon is (i) not redeemable for cash or cash equivalents (including Gift Cards and eGift Cards); (ii) not valid on past or pre-ordered purchases; (iii) not eligible for purchases of the following products and services: Barnes & Noble Memberships, Gift Cards, eGift Cards, gift wrapping, textbooks, print-on-demand products, digital content (including but not limited to Nook Books™, Nook Magazines™, and Nook Periodicals), Nook® devices, Nook accessories that are already discounted, other hardware and electronics, software, products available for pre-order, products from the Rosetta Stone® Series, Moleskine® Smart Writing Set Paper Tablet and Pen+, Da Vinci Jr. 3D Printer, Online Clearance, all LEGO® items in the Toys & Games Department, in-store Sale and Clearance Items, in-store Hardcover Bestseller Program 30% off (40% off for Members), products marked as not eligible for coupons or promotional discounts; (iv) not valid on purchases made from third parties accessible from the bn.com website (e.g., used books, etc.); (v) not valid on applicable sales tax or shipping or handling expenses; (vi) may not be combined with any other coupon or promotional discounts except when noted; and (vii) may not be combined with the Educator program discount. This coupon may not be applied to bulk orders. This coupon is not valid at Barnes & Noble College bookstores or websites, or at Barnes & Noble Kitchens. Void where prohibited by law. This offer is subject to change or discontinuation without notice; we will, however, honor properly placed orders with valid methods of payment with sufficient funds placed prior to such change or discontinuation. Barnes & Noble is not responsible for typographical or pictorial errors.

Bookseller Ringing Instructions: Scan barcode on reading journal. Can give journal back to the customer if they'd like it.



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TEAR SHEET



Teen Volunteers

Summer 2019

We need your help this summer! Volunteering at the library is fun, great experience for future jobs, and can be counted as community service hours. Teens must be ages 13-18 to volunteer this summer.

There are a variety of volunteer activities you can participate in this summer, including: Summer Reading registration, helping with children's programs, taking pictures at library events, preparing craft projects, keeping library shelves in order, demonstrating science experiments, helping outdoors with Parks events, and more.

Attached is an application; please be neat and complete. Be sure to review your summer schedule before committing to volunteer. **All applications must be returned to the Youth Desk at the library by May 24.**

Please note that due to the overwhelming response we have had in the past, the number of volunteers we can accept for the summer is limited. All interested teens are encouraged to complete an application, however, turning it in does **not** guarantee a volunteer spot. We will evaluate all applications, and **volunteers who have been accepted for summer 2019 will be contacted by May 30.** Any teens who we do not have space for will be put on a waiting list to be contacted if additional volunteer opportunities become available, which may include Parks & Recreation programs, as they often need additional volunteers.

Besides volunteering, teens can get involved with the library in other ways this summer:

- Sign up for our **Teen Summer Reading Program** to earn prizes for reading. The Teen Kick-Off is Friday, June 14, 5:30-7:30 p.m. Get a grand prize drawing bonus entry just for coming to the kick-off.
- Check out our other teen summer programs, including Google Digital Skills Training, Teen Tech: Robotics, Fandom Escape Room, Teen Movie Marathon, Out of This World Art, Youth Art Show, and 4-H SPIN Clubs.
- We also have volunteer opportunities during the school year, so consider applying again in August for the fall.

Volunteer orientations will take place on May 31 (evening) and June 1 (morning). Accepted volunteers will be contacted with more details and are strongly encouraged to attend one of these sessions. A final volunteer schedule will be handed out at orientation.

All summer teen volunteers will be rewarded with a Volunteer Appreciation Lock-in Party at the library August 9-10. (Teens who do not wish to stay overnight in the library may still attend for part of the time.)

Need more information or have questions? Call the Youth Desk at 517-321-4014 x3, email deltateens@gmail.com, or visit deltateens.wordpress.com/volunteering.

Delta Township District Library

5130 Davenport Drive
Lansing, MI 48917

517.321.4014
dtdl.org



Teen Volunteer Application

Delta Township District Library – Summer 2019

NAME: _____ AGE: _____

ADDRESS, CITY & ZIP: _____ PHONE: _____

EMAIL: _____ SCHOOL: _____

Can we put your name and phone number on a contact list to give to other summer teen volunteers?

No Yes, preferred phone #: _____ Is texting okay at this number? No Yes

PARENT NAME: _____ PARENT PHONE: _____

I give permission for my child to volunteer at DTDL. I will not hold the library responsible for any injury, illness, or lost/damaged property that may occur while my child is volunteering.

PARENT SIGNATURE: _____

Please return this form to the library's Youth Desk by May 24. Accepted volunteers will be contacted by May 30.

Volunteer Questionnaire: Please answer the following questions honestly. This will help us match our volunteers to programs and tasks. Please check any statements that apply to you:

- | | |
|---|--|
| <input type="checkbox"/> I like arts & crafts | <input type="checkbox"/> I follow directions well |
| <input type="checkbox"/> I am outgoing/like to interact with people | <input type="checkbox"/> I have experience taking photos |
| <input type="checkbox"/> I am quiet/shy | <input type="checkbox"/> I can cut well with scissors |
| <input type="checkbox"/> I know my way around the library | <input type="checkbox"/> I like science |
| <input type="checkbox"/> I know how to use the library catalog | <input type="checkbox"/> I like things neat and tidy |
| <input type="checkbox"/> I like to be outdoors | <input type="checkbox"/> I like to act/perform |
| <input type="checkbox"/> I get bored easily | <input type="checkbox"/> I like to work with children |

What kinds of books do you like? _____

What other interests/hobbies do you have? _____

What extracurricular activities (sports, clubs, etc.) are you involved in? _____

Have you volunteered at DTDL before? Yes No
If no, is this your first time applying to volunteer at DTDL? Yes No

Do you have any other volunteer or job experience? _____

Why do you want to volunteer at the Delta Township District Library? _____

Do you have a certain amount of shifts or total number of hours that you would like to volunteer with us this summer?

No Yes, I would prefer: _____

(We cannot guarantee a certain number of hours but will try our best to work with your preferences.)

Are you volunteering to get community service hours for school, a club, or some other specific purpose?

No Yes, I am volunteering for _____

Volunteer Schedule

Below is a list of programs that we will need volunteers to help with this summer. Check the programs that you are **interested in and available to help with on a regular basis** (you are available to help at least 3 times). This is for us to know your availability (you will most likely not be scheduled for all the programs you check). Unless noted, these are weekly programs that run from June 17 – August 2. Visit deltateens.wordpress.com/volunteering for more details.

- Mondays, 1-3:30 pm: Family programs (with performers & presenters)
- Mondays, 5:30-7:30 pm (monthly: June 3, July 1, August 5): Domino Club (for ages 8-18)
- Tuesdays, 10 am-12 pm: Storytime (for ages 2-5)
- Wednesdays, 10-11:45 am: Baby Time (for ages birth-2)
- Wednesdays, 10:30 am-12 pm: General library help, packing food bags for Meet Up & Eat Up
- Thursdays, 10 am-12 pm: STEAM Kids (for ages 5-8)
- Thursdays, 1:15-3 pm: General library help, cleaning, and shelf reading
- Thursdays, 5:30-7:30 pm: Music & Movement Storytime (for all ages)
- Fridays, 9:15 am-12:15 pm: Movies (make popcorn, set-up/clean-up, and can also watch movie)
- Fridays, 11:45 am-1:30 pm: Meet Up & Eat Up (set-up/clean-up, serving food, lunch included!)
- Saturdays, 10-11:45 am (monthly: June 15, July 20, Aug. 17): Sensory Storytimes (for people with special needs)

Please list any specific dates/times that you know you will **not** be able to volunteer (vacations, camps, lessons, etc.)

Below are additional volunteer opportunities. Please check those that you are able to help with and that interest you.

Library Programs

- Saturday, June 8: Summer Reading Kick-Off (indoor & outdoor activities, summer reading registration)
Shifts (circle any you are available for): 9:30 am-11:45 am 11:30 am-1:30 pm
- Wednesday, June 19: STEAM for Tweens (helping with science & tech activities), 1:30-3:30 pm
- Friday, June 21: Stories & activities with child care group, 1:30-4:15 pm
- Wednesday, June 26: Under the Stars (help with astronomy & glow-in-the-dark activities), 5:30-8 pm
- Monday, July 8: Family Fandom Fest (help with activities & crafts), 1:30-3:30 pm
- Friday, July 12: Tween Escape Room (help with activities), 5-8:45 pm
- Saturday, July 13: Family Dance Party (hand out props, dance with the kids), 10 am-12 pm
- Wednesday, July 17: Tweens: I Survived! (help with survival-themed activities), 1:30-3:30 pm
- Thursday, July 18: Stories & activities with child care group, 1:30-4:15 pm
- Monday, July 22: Astronaut Training (help with games & crafts, may be outside), 1:30-3:30 pm
- Wednesday, July 31: Tween/Teen Art (can also participate while helping), 1:30-4:30 pm
- Thursday, August 1: Stories & activities with child care group, 1:30-4:15 pm
- Monday, August 5: Shoot for the Moon Party (help with activities, food & crafts, may be outside), 1:30-3:30 pm
- Thursday, August 8: Youth Art Show (set-up/clean-up, taking photos), 6-8 pm

Non-Library Programs (with our partners: Delta Twp. Parks & Recreation and Friends of the Library)

- Saturday, June 22: Delta Rocks! Family Festival (outdoors at Sharp Park, helping with kids activities)
Shifts (please circle one): 11:30 am-2 pm 1:45-4:15 pm 4-6:15 pm
- Wednesday, July 3: Delta Twp. Fireworks, 5:30-9 pm (outdoors at Sharp Park, taking tickets & food area)
- Tuesday, July 30: Kids Mud Run, 4:30-8 pm (outdoors at Grand Woods Park, cheer runners at obstacles)
- Saturday, August 10: Touch a Truck Day (outdoors at Sharp Park, handing out popsicles)
Shifts (please circle one): 9:30-11:30 am 11:30 am-2 pm
- Friends Book & Bake Sale (This event is at the library. Volunteers will be helping set up & clean up the sale.)
Shifts (circle any you are available for): Mon, August 19: 10-11:30 am Sat, August 24: 2-3:30 pm

We also need volunteers for general help around the library. If there are specific days and times that you are available to work that are not listed above, please write them below, and check any areas you may be interested in.

-
- Shelf reading (making sure books are in order on the shelves)
 - Preparing craft materials (cutting things out, making samples, etc.)

- Cleaning shelves, tables, toys, etc.

2019 DATES

June 25-28

Overnight and Day Camp

Overnight and Day Camp

Grades 3-12

Join the Michigan State Women's basketball team this summer for skill development, team concepts and much more!

*Must be 12 years old to spend the night

Registration: Park at Spartan Stadium Lot 79 south off Shaw Lane and proceed to Munn Ice Arena.

Check-in: 12:00 p.m. - 1:00 p.m.

Check-out: 11:30 a.m.

Camp fees:	Resident Camp (includes all meals)	\$475.00
	Commuter Camp (includes lunch)	\$375.00

*Subtract \$25.00 if enrollment is received prior to May 1st.

This Summer We Train Like Spartans!

CAMP FEATURES

- MSU women's basketball players and coaches
- Expert instruction
- Individual attention
- State-of-the-art facilities and equipment and much more...

Sport Specific Equipment To Bring To Camp

- Basketball Shoes
- Gym Shorts
- T-shirt

2019 DATES

June 25-28

Overnight and Day
Camp

Overnight and Day Camp

Grades 3-12

CAMP INFORMATION

Resident campers **MUST** be 12 years old to spend the night.

Refund Policy

Campers unable to attend camp are entitled to a refund. A \$55 administrative fee (only \$30 if you enrolled online) will be deducted from all refunds, **regardless of the reason**. Refund requests must be submitted in writing **PRIOR** to the first day of the camp session in which the camper was originally enrolled. **No refunds for any reason (i.e. injury, illness) will be given once a camper is on campus.**
fax: 517-355-6891 email: msucamps@msu.edu

Check-In/Check-Out

Time and location of check-in/check-out will be printed on your receipt and sent to you at time of payment.

Medical Policy

Each participant should have his or her own medical insurance. A student trainer will always be available. Participants are automatically enrolled in MSU's accident insurance plan. Eligible covered expenses will be paid only if they are in excess of other valid and collectible insurance. No physicals are required.

CONTACT INFORMATION

Sports specific
questions contact:
517-353-8613

General, Registration and
Roommate questions:
www.sportcamps.msu.edu

REGISTRATION INFORMATION

Register online at www.sportcamps.msu.edu or complete the attached application. **Full payment by either check, MasterCard, VISA, Discover or American Express must accompany the application.** Make checks payable to Michigan State University. No applications will be accepted before February 1st. You will receive confirmation for receipt of enrollment by mail within 12-15 business days.

MSU Sport Camp Policy

Persons enrolled in MSU Sport Camps will be required to attend all sessions and to comply with the rules and regulations of Michigan State University governing the conduct of all students on the campus.

IMPORTANT PARKING INFORMATION

Parking on campus before, during and after camp check-in is NOT complimentary Monday thru Friday. Please visit www.police.msu.edu for campus maps, parking rates Monday thru Friday and visitor parking pass options. Lot 79 (South end of the Football Stadium), 62W (IM West), 63W (Breslin Center) and 67 (Jenison Fieldhouse) are **COMPLIMENTARY ON SATURDAY AND SUNDAY ONLY, weekday rates will apply.** It is recommended that when checking in or out of camp at Munn Ice Arena, Skandalaris or Duffy Football building you park in Lot 79 (Stadium) or Lot 15 (off Kalamazoo St). If

you are checking in or out of an overnight camp it is recommended that you walk to your residence hall from one of these lots as parking at the residence halls is very limited and heavily monitored by MSU parking enforcement. If your camp check in or out is at Jenison Fieldhouse, McLane Stadium, Secchia Stadium or DeMartin Stadium Monday thru Friday, it is recommended that you park in Lot 62W (IM West) or the Kellogg Center parking ramp off Harrison Road and walk to your camp check in or check out. Lot 67 (Jenison Fieldhouse) is for **staff only MONDAY thru FRIDAY** with

a limited number of metered spots and you will be ticketed if you do not have a staff permit or park in a metered spot. If your camp check in or check out is at IM West, please park in Lot 62W (IM West). Parking in Lot 62W (IM West) on Saturday and Sunday is complimentary, weekday rates will apply. Please note that the camp office has no authority over parking for camps and therefore cannot assist you with any parking issues or tickets you may receive. Parking is enforced by the MSU Police Department.

MSU Sport Camps are open to any and all entrants (limited only by number, age and grade level).

The Girl's Basketball Camp Application REGISTER AT WWW.SPORTCAMPS.MSU.EDU

PLEASE PRINT INFORMATION BELOW OR ENROLL ONLINE

Name _____

Address _____

City _____ State _____ Zip _____

Parent or Guardian _____

Daytime Telephone _____

Evening Telephone _____

E-mail _____

Grade in September: _____ Age: _____
REQUIRED FOR REGISTRATION

Sex: _____ Date of Birth: _____ Ht: _____ Wt: _____

School: _____

Must be 12 years old to spend the night.

Roommate preference: _____

Youth Shirt Size: Large

Adult Shirt Size: Small Medium Large X-Large XX-Large

Please enroll me in the following Girl's Basketball camp:

Camp Date	Overnight Camp	Day Camp
JUNE 25-28	<input type="checkbox"/> \$475.00	<input type="checkbox"/> \$375.00

***Subtract \$25.00 if enrollment is recieved prior to May 1st.**

U.S. FUNDS ONLY.
Please make checks payable to
MICHIGAN STATE UNIVERSITY

Check one:

Check Mastercard VISA Discover American Express

Card Number _____

3 digit security code _____ Exp. Date _____

Signature _____

Amount of Check/Charge enclosed _____

** we will not accept checks within 10 calendar days of camp start date.*

Medical Treatment Authorization Form

Participant's Name _____ DOB ____/____/____
What Sport: **Girl's Basketball**

Date of Camp: _____

Participants are automatically enrolled in MSU's accident insurance plan. Eligible covered expenses will be paid only if they are in excess of other valid and collectible insurance.

1. List any medical conditions that camp personnel should be aware of (use additional pages if necessary):

2. List any medications currently taking:

3. List any allergies:

In case of emergency please contact:

Name _____

Daytime Telephone _____ Evening Telephone _____

Insurance Information:

Name of Medical Insurance Company _____ Insurance Company Telephone _____

Name of Insurance Policy Holder _____ Policy Holder DOB _____

Medical Insurance Policy Number _____ Medical Insurance Group# (if appl) _____

_____, as parent or legal guardian of the participant named above, authorizes MSU to seek medical and/ or surgical treatment which is reasonably necessary to care for the participant. I further authorize the medical facility that treats the participant to release all information needed to complete insurance claims. I acknowledge my responsibility to pay all costs associated with the participant's medical care and authorize all insurance payments, if any, to be made directly to the medical facility.

Signature (Parent or Guardian) _____ Date _____

Send Application and Medical Treatment Form with payment in full to:

MICHIGAN STATE UNIVERSITY
Sports Camp Office
535 Chestnut Rd, W239
Spartan Way, East Lansing, MI 48824
Fax: 517-355-6891

Pick-up, Drop-off, and Commuter Permission Form

This form must be completed prior to the start of the MSU youth program by the parent/guardian listed as the youth participant's emergency contact for the following instances:

- The participant's parents/guardians wish for the participant to be excused from the program prior to its scheduled conclusion
- The participant's parents/guardians have arranged for the participant to be temporarily checked out of the program for another event (scheduled family gathering, medical appointment, dining off-site with a family member, etc.)
- The participant's parents/guardians have arranged for a specified adult other than the participants parents/guardians to take responsibility for the participant during the youth program's drop-off process
- The participant's parents/guardians have arranged for a specified adult other than the participants parents/guardians to take responsibility for the participant during the youth program's pick-up process
- The participant's parents/guardians authorize the participant to commute independently to and from the specified youth program

PARTICIPANT'S NAME: _____

PROGRAM NAME: _____

Permission for Early/Alternative Release

I, _____, parent/guardian of _____, grant permission to the Michigan State University Youth Program faculty/ staff/ volunteers to release responsibility for my youth participant to the following individuals only, during the specified dates and times of the MSU Youth Program.

First Name	Last Name	Relationship to Participant	Phone Number	Date/Time of Release	Date/Time of Return

Permission for Youth Participant to Commute Independently

I, _____, parent/guardian of _____, permit the youth program participant to commute independently to and from the specified youth program.

Authorization Signature

By signing below, I acknowledge that MSU will not be responsible for the participant after the participant is excused in the one of the above ways. I also understand that the participant will not be released to any persons other than those listed above.

Parent/Guardian Signature: _____ **Date of Signature:** _____

Parent/Guardian Work Phone: _____ **Parent/Guardian Cell Phone:** _____

Parent/Guardian E-mail: _____

Parent/Guardian Consent Form

I grant permission for **(Print Participant's Name)** _____
to participate in all educational, physical and social activities of the following MSU Sport Camp **(Please write in Sport and Camp Date of camp)** _____.

I understand that sessions may entail field trips and/or campus facility tours. I also understand that participants may engage in athletic or other recreational activities that have special risks. I also understand that my child has occupied a camp spot and therefore, once camp has begun there will be no refunds for any reason, including injury or illness.

I have read the session descriptions and approve of my child's selections. I accept any risks associated with the assigned sessions and selected recreational activities.

I understand that my child has a role to play in regards to his or her safety and security. I will speak with my child about the need to honor safety rules and to behave responsibly.

(PLEASE PRINT)

Parent or Legal Guardian: _____

Signature: _____

Date: _____

PARENT & ATHLETE CONCUSSION INFORMATION SHEET



WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. 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 OF 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 an athlete reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury. The athlete should only return to play with permission from a health care professional experienced in evaluating for concussion.

DID YOU KNOW?

- 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.

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
- Just not "feeling right" or is "feeling down"

SIGNS OBSERVED BY COACHING STAFF:

- 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

Michigan Department
of Community Health



Rick Snyder, Governor
James K. Haveman, Director

▶ **"IT'S BETTER TO MISS ONE GAME
THAN THE WHOLE SEASON"**

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 evaluating 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 can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

STUDENT-ATHLETE NAME PRINTED

STUDENT-ATHLETE NAME SIGNED

DATE

PARENT OR GUARDIAN NAME PRINTED

PARENT OR GUARDIAN NAME SIGNED

DATE

JOIN THE CONVERSATION  www.facebook.com/CDCHeadsUp

TO LEARN MORE GO TO >> WWW.CDC.GOV/CONCUSSION