

Parents Information Packet

2025 Cheerleading

Packet Includes:

1. Concussion Information
2. Information on Equipment
3. Important Dates to Remember
4. Youth Sports Parent Code of Conduct
5. Addresses of Game Sites / Directions

PLEASE TAKE THE TIME TO READ OVER ALL OF THE ENCLOSED INFORMATION. IT WILL HELP MAKE THIS A GREAT SEASON FOR YOU, YOUR CHILD, AND THE BULLOCH COUNTY COMMUNITY.

THANK YOU.

Equipment

CHEERLEADING

Provided by the BCRPD

- Shirt
- Pom-Poms

Provided by Parents/ Players

- Shoes
- Black shorts or leggings
- TEAM SPIRIT

Important Dates to Remember

- | | | |
|----|---|---|
| 1. | Team Post Date Midget Tackle | August 27 th |
| | Team Post Date Minor Tackle | August 27 th |
| | Team Post Date for Girl's Flag | August 27 th |
| | Team Post Date Tiny Mite Tackle and PeeWee Flag | August 27 th |
| 2. | Midget Tackle Practices Begin | September 2 nd |
| | Minor Tackle Practices Begin | September 2 nd |
| | Girl's Flag Football Practices Begin | September 4 th |
| | Tiny Mite Tackle and PeeWee Practices Begin | September 2 nd |
| 3. | Labor Day | September 1 st |
| 4. | 1 st Games | Fall- Kick off September 13 th |
| 5. | BOE Fall Break | October 13 th – October 17 th |

Concussion

INFORMATION SHEET



This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - Work with their coach to teach ways to lower the chances of getting a concussion.
 - Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
 - Ensure that they follow their coach's rules for safety and the rules of the sport.
 - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.



Plan ahead. What do you want your child or teen to know about concussion?

How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents or Coaches

- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the 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* or *after* a hit or fall

Symptoms Reported by Children and Teens

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not "feeling right," or "feeling down"

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious, or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that *it's better to miss one game than the whole season.*



cdc.gov/HEADSUP

Sport Parent Code of Conduct

We, the Statesboro Bulloch County Park & Recreation Department, have implemented the following Sport Parent Code of Conduct for the important message it holds about the proper role of parents in supporting their child in sports. Parents should read, understand and sign this form prior to their children participating in our league.

Any parent guilty of improper conduct at any game or practice will be asked to leave the sports facility and be suspended from the following game(s). Repeat violations may cause a multiple game suspension, or the season forfeiture of the privilege of attending all games.

Preamble

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles:

- Trustworthiness
- Respect
- Responsibility
- Fairness
- Caring
- Good Citizenship

The highest potential of sports is achieved when competition reflects these "six pillars of character."

I therefore agree:

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of others.
4. I will learn the rules of the game and the policies of the league.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sports event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official,

coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.

7. I will not encourage any behaviors or practices that would endanger the health and well being of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
10. I will teach my child to do one's best.
11. I will praise my child for competing fairly and trying hard.
12. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
13. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize games and competition in the lower age groups.
14. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
17. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.

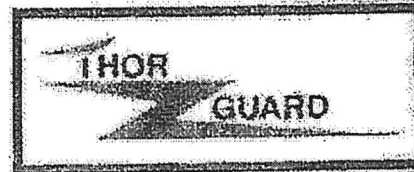
Parent/Guardian Signature

Thor Guard Lightning Prediction System

"A Proactive Solution for Lightning Safety"

How it Works

- * Sensors measure and analyze the electrostatic fields in the atmosphere
- * Predicts the possible occurrence of lightning 8 - 20 minutes before it could potentially strike



Operational Statistics

- * The system has a coverage area radius of 2.5 miles
- * It is 97% accurate within a 2-mile radius
- * System operates seven days per week, from 8am - 9:30pm in the months of March - November

When a Threat is Detected

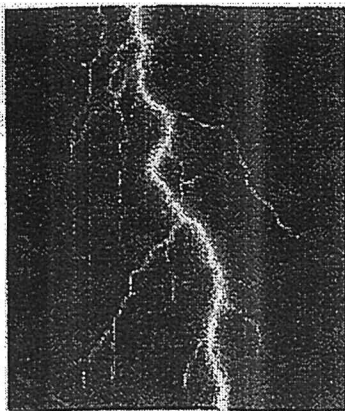
- * Warning horn will sound with an uninterrupted 15-second blast and a strobe light will flash when there is the potential for a lightning strike within the coverage area
- * Once a threat is detected, the system continuously updates data about energy in the air 50 times per second to see if the atmosphere still retains the potential energy necessary for a lightning strike
- * Upon hearing the horn blast and/or seeing the strobe light, park users must leave the park and seek appropriate shelter

What Qualifies as Appropriate Shelter

- * Inside buildings, hard-top vehicles or other lightning protected facilities and amenities.
- As a Last Resort: Seek low-lying areas or dense woods*

What to Avoid

- * Open areas/isolated trees
- * Water
- * Metal
- * Wire Fences
- * Overhead wires/power lines
- * Elevated ground
- * Maintenance Machinery
- * Open top or soft top vehicles



When the Threat has Diminished

- * The horn will sound three short 4-second blasts and the strobe light will turn off
- * The horn signals that normal activity may resume

Thorguard Location

- * near pond at Mill Creek Regional Park

Other Non-covered Locations

- * Signal horns may not be at your site, but at a site within ear shot. If you hear the alarm, please leave the park immediately.

If you have any questions or concerns regarding the Thorguard Lightning Prediction System, please contact the Statesboro-Bulloch Parks and Recreation Department at (912) 764-6637 or mail@bullochrec.com.

Please visit our website for more details: www.bullochrec.com.

Please enjoy your day at beautiful Mill Creek Regional Park!