



# Mustang Youth Athletics

## Parent/Guardian & Player Code of Conduct

### Mission

Mustang Athletics aims to provide a recreational basketball and cheerleading program for the youth of Gwinnett County with a major emphasis on **fun** and **enjoyment** for both boys and girls alike. Mustang Youth Athletics is made available to facilitate the children in **learning fair play, sportsmanship**, and the **fundamentals** of basketball and cheerleading. It is always fun to win; however winning is **NOT** the main goal.

### Code of Conduct

Parent Initial's \_\_\_\_\_

Our goal is to promote the development of strong character, the right attitude, a sense of responsibility and citizenship in the youth of our community. It is the purpose of Mustang Athletics to achieve this goal through fair play and good sportsmanship with adult leaders (volunteer coaches, and parents) providing the example. It is strictly against Mustang Athletics code of conduct guidelines for any person, either as a participant, coach or spectator to engage in arguments, to use abusive language, harass or make any threatening gestures towards referees, coaches, players, other spectators, or GCPR Staff. Failure to abide by these guidelines will result in removal from the gymnasium and from the season as a coach or parent and spectator. GCPR Staff will determine whether or not the coach will be allowed to coach during the next season. The sole purpose of this league is for teaching, participation and enjoyment of the game.

### General Conduct and Gymnasium Rules

- **NO SMOKING OR USE OF ANY TOBACCO PRODUCTS** in the gym or immediately outside the Community Center in the path of those entering or leaving the building. Must be outside and twenty feet away from the building in order to smoke or chew tobacco.
- **NO FOOD OR DRINK WILL BE ALLOWED IN THE GYMNASIUM, EXCEPT FOR BOTTLES OF WATER** No containers (glass, can, etc.) other than plastic WILL be allowed. Game snacks should be left at the front desk & picked up after games.
- **NO NOISE MAKERS** (blow horns, whistles, etc.) will be allowed in the gym. First offense will result in a warning and removal of the noisemaker. Second offense will result in being asked to exit the gym for the remainder of the day. Third offense will result in a 3 game suspension or expulsion from the program – this decision will be up to the league manager and facility supervisor.
- **NO CLOTHING ADVERTISING ALCOHOL ILLEGAL SUBSTANCE OR PROFANITY**
- **NO BASKETBALLS** will be allowed in the gym during games other than the **GAME BALLS** provided by Mustang Athletics.
- No one is allowed to stand upstairs at Lucky Shoals Gym (must be walking at all times). No basketballs allowed on the walking track.
- **NO PRACTICE SHOOTING/PLAYING BY OTHER THAN ACTIVE TEAMS WILL BE ALLOWED.**

### Parent Responsibilities

- Inform your coach if you will not be around for practices or games, and how you can be reached
- Encourage your children to be at all practices and games.
- Pick up your child(ren) promptly at the end of each game and practice.
- Teach and encourage your child to exhibit sportsman-like conduct. Prepare your child(ren) for losing as well as winning.
- Always set a good example
- No person other than the official scorekeeper, bookkeeper, officials, and Mustang staff is permitted to sit at the scorer's table during a game. The scorebook will be used as the official record for every game and must be kept with accuracy. In the event of any discrepancy, the scorebook overrules the scoreboard. The officials for the game in question will review the official book and sign the official score. It is recommended that the clock operator and the scorekeeper periodically check to make sure that the score reflected on the board is the same as the running score in the book.
- Clean up after yourself

### Player Responsibilities

- **ACCOUNTABILITY:** Be present for all practices and games and inform your coach if you will not be able to attend. Coaches are not required to play your child if they miss a practice!
- **RESPECT:** Pay attention to your coach during practices and games. Be mindful of rules while in the gym.
- **SPORTSMANSHIP:** Treat coaches, referees, GCPR staff, teammates and other players with respect.
- **RESPONSIBILITY:** Clean up after yourself. Don't leave water bottles, gym clothes or balls in the gym.

I and my child do hereby agree to abide by the Mission Statement and Code of Conduct set forth by Mustang Youth Athletics. By signing I understand that violation of the code of conduct may result in my being removed from the gymnasium and/or facility.

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Child(ren)'s Name(s)

\_\_\_\_\_  
 Parent/Guardian Name (**PRINT**)

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

# HEADS UP CONCUSSION ACTION PLAN



## IF YOU SUSPECT THAT AN ATHLETE HAS A CONCUSSION, YOU SHOULD TAKE THE FOLLOWING STEPS:

1. Remove the athlete from play.
2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the seriousness of the injury yourself.
3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.
4. Keep the athlete out of play the day of the injury. An athlete should only return to play with permission from a health care professional, who is experienced in evaluating for concussion.

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



## CONCUSSION SIGNS AND SYMPTOMS

Athletes who experience one or more of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

### 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

Parent Signature:

Date:

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# HEADS UP

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