



Mission: To provide a recreational basketball and cheerleading program for Gwinnett youth with an emphasis on fun and enjoyment, fair play, sportsmanship, and game fundamentals. Winning is fun, but not the main goal.

Code of Conduct

Parent initial's _____

Our goal is to promote the development of strong character, great attitude, and a sense of responsibility and citizenship in our youth. To achieve this goal, our volunteer coaches and parents must set a positive example of fair play and sportsmanship. It is against conduct guidelines for any participant, coach, or spectator to argue, use abusive language, harass, or make threatening gestures toward anyone. Failure to abide by these guidelines will result in removal from the gym and from the season as a coach or parent and spectator. Staff will determine whether 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 Gym Rules

- Smoking or use of tobacco products is not allowed on Gwinnett County property
- Except for plastic water bottles, food and drinks are not allowed in gym; snacks can be left at front desk and picked up after games
- Noisemakers (blow horns, whistles, etc.) are prohibited. First offense will result in a warning and removal of noisemaker; second offense will result in being asked to exit gym for the day; third offense will result in 3-game suspension or expulsion from program, determined by league manager and facility supervisor.
- Clothing advertising alcohol, illegal substance, or profanity is prohibited
- Other than game balls provided by association, balls are not allowed in gym during games
- Basketballs are not allowed on walking track
- Upstairs is reserved for walking only, standing spectators are not allowed
- Except for active teams, practice shooting/playing is not allowed

Parent Responsibilities

- Inform your coach if you will be absent for practices or games, and how you can be reached
- Encourage your child to be at all practices and games
- Pick up your child promptly at the end of each game and practice
- Set a good example: teach your child sportsman-like conduct and prepare your child for winning and losing
- Only the official scorekeeper, bookkeeper, officials, and staff are permitted to sit at the scorer's table during a game. The scorebook will be used as the official record for games and must be kept with accuracy. For any discrepancies, the scorebook overrules the scoreboard. The officials for the game in question will review the official book and sign the official score. The clock operator and scorekeeper should periodically check to assure the score on the board matches the running score in the book.
- Clean up after yourself

Player Responsibilities

- **Accountability:** Be present for all practices and games; inform your coach if you are unable 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, 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 agree to abide by the mission statement and code of conduct of Mustang Youth Athletics. By signing below, I understand that violations may result in my removal from the gym and/or facility.

Parent/guardian name (print)

Parent/guardian signature

Child(ren)'s name(s)

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

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