



www.allmetysa.org



2019 Registration Information

Below you will find information needed for the 2019 football season. Please take a moment to review the information and let us know if you have any questions.

2019 Registration Fees

Registration fees for the 2019 football season are as follows:

Spring Football - Registration closes on April 20	\$100.00
Spring/Fall Football (\$75 savings)	\$200.00
Fall Football - Registration closes on August 31	
Early Registration (by June 15).....	\$150.00
Regular Registration (after June 15).....	\$175.00

There is no discount on the Spring registration fee(s). If your child is playing Fall football and paying the Regular registration fee (\$175), there will be a \$25 discount applied for any sibling(s) registered, making the registration fee \$150 per child after the first child.

Accepted methods of payment are cash, debit card, cashier's check or money orders. Debit card payments can be made via **Cash App** to the All Met YSA cashtag of **\$AllMetYSAInc**. Cashier's checks or money orders can be made payable to **All Met Youth Sports Association, Inc.**

General Information

All players must have an ID card (i.e., State ID card, Passport, or Military ID) to be eligible to play. If your child does not have an ID card, Metro AYF will be preparing league ID cards on a date to be determined. The cost will be approximately \$10 each, the original Birth Certificate and a copy to be notarized is required, and the card is good for two (2) years.

Social Media Contact

 @allmetysa

 @allmetysa



**All Met Youth Sports Association, Inc.
2019 Spring Football**

Registration Form

PLAYER'S INFORMATION:

Full Name:			
Date of Birth:		Age:	
Address:			
City, State, Zip:			
School Name:		Grade:	
Doctor:		Phone:	
Insurance Carrier:			
Group #:		ID #:	
Allergies:			

PARENT/GUARDIAN INFORMATION:

Full Name:			
Address:			
City, State, Zip:			
Home Phone:		Cell:	
Email:			

Full Name:			
Address:			
City, State, Zip:			
Home Phone:		Cell:	
Email:			

EMERGENCY CONTACT INFORMATION:

Full Name:			
Home Phone:		Cell:	
Email:			

Medical Authorization

I hereby approve my child's participation with the AMYSA, Inc. (aka All Met Cowboys) and consent to emergency medical treatment for my child on my behalf. To the best of my knowledge, there are no physical or other conditions that will interfere with my child's participation. I know the participation in sports activities is potentially harmful and can cause bodily injury or death. I clearly understand that, by agreeing to this statement and/or my child's participation in this sport activity, I assume all risk for any injury resulting therefore.

Parent's Signature

Parent's Name (Print)

Date

Waiver and Release of Liability

I/We, the Parent(s) of the above named Participant, hereby give my/our approval for his/her participation in any and all AMYSA, Inc., or other affiliated, events/activities to the following:

1. The risk of injury to the Participant or myself from the activities involved in this program is significant, including the potential for permanent disability, paralysis, and death, and while particular rules, equipment and personal discipline may reduce this risk, the risk is serious injury does exist.
2. For myself, spouse, and child/ward, I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the Releasees or others, and assume the full responsibility for the Participant's participation.
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant concern the Participant's readiness or, hazard during my presence or participation, and/or in the program itself, I will remove the Participant from participation and bring such to the attention of the nearest official immediately.
4. I, for myself, my spouse, the Participant, and on behalf of my/our heirs, assigns, personal representatives and next-of-kin, hereby release, indemnify, and hold harmless the AMYSA, Inc., the local organization, their respective officers, directors, officials, volunteers, agents, and/or employees, other participants, sponsoring agencies, tournament hosts, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct events (Releasees), with respect to any and all injury, disability, death, or loss or damage to person or property, incident to the Participant's involvement or participation in the program, whether arising from the negligence of the Releasees or otherwise, to the fullest extent permitted by law.
5. I, for myself, my spouse, the Participant, and on behalf of my/our heirs, assigns, personal representatives and next-of-kin, hereby indemnify and hold harmless all the above Releasees from any and all liabilities incident to the Participant's involvement or participation in the program, even if arising from their negligence, to the fullest extent permitted by law.

I have read this Release of Liability and assumption of risk agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.

Parent's Signature

Parent's Name (Print)

Date

Rules and Regulations

I/We willing agree to the terms and conditions for participation. I/We will furnish a certified birth certificate for the above named Participant. I/We agree to be financially responsible for all registration fees, travel expenses, or other fees associated with equipment issued to the Participant, other than normal wear and breakage during practices and games. I will reimburse AMYSA, Inc. for the loss and/or damage to equipment and/or uniforms. I/We, the Parent(s) of the above named Participant, understand it is the responsibility of the parents to comply with any rules and regulations of the organization.

Parent's Signature

Parent's Name (Print)

Date

Parent's Acknowledgement

I/We certify, to the best of my/our knowledge, that all of the above information is true and accurate, and that any false information may be a cause for disqualification of the Participant. I have read over the statements above, fully understand the terms, and understand that I/We have given up substantial rights by signing, but sign it freely and voluntarily without any inducement.

Parent's Signature

Parent' Name (Print)

Date



All Met Youth Sports Association, Inc.

Participant's Code of Ethics/Conduct

I, _____, hereby pledge to have a positive attitude about my youth sports experience and accept responsibility for my participation by adhering to the following Participant's Code of Ethics/Conduct.

- I will maintain a minimum of a 2.0 GPA during the American Youth Football and Cheer (AYF/C) and/or All Met Youth Sports Association (AMYSA), Inc. football/cheerleading season.
- I will encourage respect and good sportsmanship from fellow participants, coaches, officials, and parents at every game and practice by demonstrating those qualities.
- I will attend every practice and game that I can, and I will notify my coach if I am not able to attend.
- I will do my very best to listen and learn from my coaches.
- I will treat my coaches, other participants, officials, and fans with respect regardless of race, sex, creed, or abilities and I will expect to be treated accordingly.
- I deserve to have fun during my sports experience and will alert my Parent(s) or coaches if it stops being fun.
- I deserve to play in an environment that is free of foul language, drugs, tobacco, and alcohol and expect adults to refrain from their use at all AYF/C and/or AMYSA, Inc. events.
- I will encourage my parents to be involved with my team and/or AMYSA, Inc., in some capacity, because it is important to me.
- I will remember that youth sports are an opportunity to learn and have fun.
- I will participate in fundraising and/or sponsorship activities to raise funds for the AMYSA, Inc.

DISCIPLINARY ACTION: Any individual in violation of this Code of Ethics/Conduct may be removed from participation without receiving a refund of any paid fees.

Disciplinary actions for Participant(s) and/or Parent(s) who violate any Code(s) of Ethics/Conduct will be as follows:

First Offense – The Participant or Parent will be given a warning and/or ejected from a game/location.

Second Offense – The Participant or Parent is subject to one (1), or more, game/location suspension.

Third Offense – The Participant is subject to season suspension.



All Met Youth Sports Association, Inc.

Parent's Code of Ethics/Conduct

I hereby pledge to provide positive support and encouragement for my child, _____, as he/she participates in the activities of the American Youth Football and Cheer (AYF/C) and/or All Met Youth Sports Association (AMYSA), Inc. by adhering to the following Code of Ethics/Conduct.

- I will encourage good sportsmanship by demonstrating positive support for all participants, coaches and officials at every game, practice or other AYF/C and/or AMYSA, Inc. events.
- I will place the emotional and physical well-being of my child ahead of any personal desire to win.
- I will ensure that my child has the benefit of participating in a safe, healthy, fun, and learning environment, including, but not limited to, practices, competitions, and banquets.
- I will provide support for all AYF/C and/or AMYSA, Inc. officials and/or coaches working with my child to provide a positive and enjoyable experience for all.
- I promise to stay in designated areas, as defined by the AYF/C and/or AMYSA, Inc. I will not disturb the coaching staff or team when they are busy working and/or coaching, but will speak to them only at a scheduled time.
- I will conduct myself in a calm, civilized manner at all times. I will direct any comments or criticisms, away from the children, that I may wish to express to parents, coaches, or officials.
- I will demand a drug, alcohol, and tobacco-free sports environment for my child and agree to assist by refraining from their use at all AYF/C and/or AMYSA, Inc.-related events.
- I will refrain from any vulgar, lewd, or obscene language or gestures, or other activity that would warrant the summoning of law enforcement officials, while participating in or watching any AYF/C and/or AMYSA, Inc.-related events.
- I will remember that the game is for the children and not for the adults.
- I will do my very best to make AYF/C and/or AMYSA, Inc. fun for my child, coaches, and league officials.
- I will ask my child to treat other participants, coaches, spectators, referees, and officials with respect, regardless of race, sex, creed or ability.

- I promise to help my child enjoy the AYF/C and/or AMYSA, Inc. sports experience within my personal constraints by assisting with coaching, field operations, and/or administrative support and by being a respectful spectator, providing transportation, or volunteering in whatever way I can.
- I will require that my child’s coaches be trained in the responsibilities of being an AYF/C and/or AMYSA, Inc. sports coach and that the coach agrees to the AYF/C and/or AMYSA, Inc. Code(s) of Conduct.
- I will participate in fundraising and/or sponsorship activities to raise funds for the AMYSA, Inc.
- I will attend the AMYSA, Inc. Parents’ meetings and any other workshops that will assist me in being a responsible and dedicated Parent in the AYF/C and/or AMYSA, Inc. family.

DISCIPLINARY ACTION: Any individual in violation of this Code of Ethics/Conduct may be removed from participation without receiving a refund of any paid fees.

Disciplinary actions for Participant(s) and/or Parent(s) who violate any Code(s) of Ethics/Conduct will be as follows:

First Offense – The Participant or Parent will be given a warning and/or ejected from a game/location.

Second Offense – The Participant or Parent is subject to one (1), or more, game/location suspension.

Third Offense – The Participant is subject to season suspension.

The AMYSA, Inc. Executive Board may determine that a violation of the Code(s) of Ethics/Conduct may warrant additional or harsher penalties.

If a Participant or Parent deems it necessary to appeal a disciplinary action ruling, the following procedure must be followed:

- Submit a Letter of Appeal to the Executive Board.
- The Executive Board will review the Letter of Appeal.
- Should the Executive Board feel the appeal is warranted, a date will be scheduled for a meeting.
- All Parties will be informed of the date and time of the meeting.
- The meeting will be held.
- A Decision Letter will be sent to Participant and Parent regarding the outcome of the meeting.

READ, UNDERSTOOD, ACCEPTED, AND AGREED TO:

Signature of Parent or Legal Guardian	Printed Name	Date
--	---------------------	-------------

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.*



CONCUSSIONS AFFECT EACH CHILD AND TEEN DIFFERENTLY.

While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' healthcare provider if their concussion symptoms do not go away, or if they get worse after they return to their regular activities.

What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

Children and teens who continue to play while having concussion symptoms, or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious, and can affect a child or teen for a lifetime. It can even be fatal.

What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's healthcare provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

To learn more, go to [cdc.gov/HEADSUP](https://www.cdc.gov/HEADSUP)



Discuss the risks of concussion and other serious brain injuries with your child or teen, and have each person sign below.

Detach the section below, and keep this information sheet to use at your children's or teens' games and practices to help protect them from concussion or other serious brain injuries.

- I learned about concussion and talked with my parent or coach about what to do if I have a concussion or other serious brain injury.

Athlete's Name Printed: _____ Date: _____

Athlete's Signature: _____

- I have read this fact sheet for parents on concussion with my child or teen, and talked about what to do if they have a concussion or other serious brain injury.

Parent or Legal Guardian's Name Printed: _____ Date: _____

Parent or Legal Guardian's Signature: _____