

# Tahoma Bears Cheerleading Camp



Come join the THS Varsity Cheerleaders Winter Cheer Camp. Participants will learn THS Cheers and a short routine on the first day. Then come back to perform it at the THS Basketball game half time the next night.

Proceeds from this camp will support the THS Cheer Squad.  
**Go BEARS!!!!**



Course: SP44.210      Instructors: Tahoma Bears Varsity Cheerleaders & Staff  
 Date: 1/27/10 (Wednesday)      Performance 1/28/10 at THS Basketball Halftime  
 Time: 6:00-8:00 PM      Location: THS Multi-Gym  
 Age: K-7th Grades Boys & Girls      Fee: \$30/student (1 Class + Performance night)  
 T-Shirt Included (register by Jan 20th to guarantee shirt and include T-shirt Size)  
 Bring water bottle and wear comfortable shorts and tennis shoes.

Name of Person Paying (Print): \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_  
 Method of Payment: Cash, Check # \_\_\_\_\_, or pay with Visa/Mastercard on EFUNDS  
 Yes, I would like to be notified of future TLC listings by email

Mail Form To TLC: 25720 Maple Valley/Black Diamond Rd SE, Maple Valley, WA 98038  
 Call: 425-413-3405 or Fax to: 425-413-3455

Roster \_\_\_\_\_ FOR OFFICE  
 DB \_\_\_\_\_ USE ONLY  
 RW# \_\_\_\_\_

Course Number	Course Title	Participant's Name	School/Grade	Course Fee
SP44.210				

**TOTAL \$**

**Tahoma Learning Community Hold Harmless Clause:**

The undersigned adult on behalf of themselves or their children agree to hold Tahoma Learning Community, it's agents, employees, & officials, while acting within the scope of their duties, harmless from all causes of actions, demands, and claims, including the costs of their defense, arising in favor of myself, of the child participant, or third parties on account of personal injuries, death, or damage to property arising out of activities at the premises & in any way connected with the activities of myself or the child participant in the Tahoma Learning Community Programs except for those acts or commissions which are the sole negligence of the Tahoma Learning Community, it's agents, employees & officials. By my signature below, I also acknowledge and hereby consent to promotional publication of photographs that may be taken during TLC class participation.

Adult Participant/ Parent Signature: \_\_\_\_\_

## Tahoma School District—Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

**Symptoms may include one or more of the following:**

- Headaches
- "Pressure in head"
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- "Don't feel right"
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems (forgetting game plays)
- Repeating the same question/comment

For current and up-to-date information on concussions you can go to: <http://www.cdc.gov/ConcussionInYouthSports/>

Athlete Name Printed: \_\_\_\_\_ Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Legal Guardian Printed \_\_\_\_\_ Parent/Legal Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_