

# CYO REGISTRATION INSTRUCTIONS

Please follow all instructions carefully and completely!

1. The **St. Helen CYO registration form**, **CYO Athletic Preparticipation Form**, and **Emergency Medical Authorization** must be completed and *signed* for all CYO participants.

**\*\*Be sure that both the CYO Athletic Preparticipation Form and Emergency Medical Authorization Form are completed *in their entirety*. If either of these forms is not completed, the athlete will not be permitted to participate in CYO athletics.**

**\*\*CYO Athletic Participation Form MUST BE SIGNED AND THE PHYSICAL EXAM DATED BY PHYSICIAN in order to be valid.**

**\*\*Athletes are forbidden from participating until a valid **CYO Athletic Preparticipation Form** is submitted to the St. Helen's Boosters. Physical Exams are valid for 13 months from the date of examination. Example: March 5<sup>th</sup>, 2018 is good through April 5<sup>th</sup>, 2019.**

**\*\*Any athlete whose physical expires during the course of the season will become ineligible to continue participation until an updated **CYO Athletic Preparticipation Form** is submitted.**

2. **Completed forms & Participation Fees** must be submitted by the deadlines listed on the St. Helen CYO Registration forms. Strict adherence to these dates is necessary in order to meet Diocesan CYO team registration requirements and team formations. (Angel Fund is not available for CYO sports NOT run through St. Helen Boosters- i.e. St. Anselm track & Geauga Lions Football (St. Mary's))
3. Forms and Fees may be submitted to either St. Helen Parish Office, St. Helen School Office, St. Helen Booster box in church gathering space or by mail to:

**St. Helen Boosters Association**

12060 Kinsman Rd.

Newbury, Ohio 44065

Make checks payable to **St. Helen Boosters**

4. Questions or Concerns? Please contact:  
Megan Zaumeyer 440-637-6522 or Sharon Hoenigman 440-655-5466

# St. Helen CYO Participation Registration

## BASKETBALL 2018

Grade:      4<sup>th</sup>    5<sup>th</sup>    6<sup>th</sup>    7<sup>th</sup>    8<sup>th</sup>

Athlete's Full Name	
Athlete's Birthdate	
Address, City, Zip	
Home Phone	
Guardian 1 Name	
Guardian 1 Email	
Guardian 1 Cell #	
Guardian 2 Name	
Guardian 2 Email	
Guardian 2 Cell #	
Athlete's School	
Athlete's Parish	
Parent's / Guardians Signature	

**Participation Eligibility:** Registration is open to students in grades 4-8 in the following order:

1. St. Helen students
2. St. Helen parishioners who regularly attend PSR classes
3. Students from St. Mary's Chardon, NDES that do not have team available at their parish but are registered parishioners and attend PSR classes.

### Registration Fees & Dates

**\*\*All Deadline dates are *firm*! Strict adherence to these date is necessary in order to meet Diocesan CYO team registration requirements\*\***

<b>BASKETBALL</b>	
<b>Registration Fee:</b>	<b>\$100.00</b>
<b>** teams will be determined based on # of registrations and # of coaches available (some may play for St. Anselm or may not have enough to field a team based on registrations/coaches)</b>	
<b>**REGISTRATION DEADLINE – 10/4/18**</b>	

Please send all completed forms, along with your payment to:

St. Helen Boosters  
12060 Kinsman Rd  
Newbury, Ohio 44065

Questions: Contact Anthony Montagna: [anthonyandcatie@gmail.com](mailto:anthonyandcatie@gmail.com) or cell – 440-226-7845

**YOUTH & YOUNG ADULT MINISTRY AND CYO OFFICE – CYO ATHLETIC PREPARTICIPATION FORM**

(PLEASE TYPE OR PRINT)  
 STUDENT'S NAME \_\_\_\_\_ BIRTH DATE \_\_\_\_\_ SEX \_\_\_\_\_ GRADE \_\_\_\_\_  
 LAST FIRST  
 ADDRESS \_\_\_\_\_ SCHOOL \_\_\_\_\_  
 STREET CITY ZIP  
 PARISH \_\_\_\_\_ PARISH CITY \_\_\_\_\_  
 PARENT/GUARDIAN(S) NAME \_\_\_\_\_ EMAIL \_\_\_\_\_  
 MOBILE/WORK TELEPHONE NO. \_\_\_\_\_ HOME TELEPHONE NO. \_\_\_\_\_

- Carefully complete the following questions before your physical exam. Explain "YES" answers below.
- |  |     |     |
|--|-----|-----|
|  | YES | NO  |
| 1. Has this athlete ever had hospitalization, surgery, injury, serious medical or psychological illness?.....  | ___ | ___ |
| 2. Is this athlete now under the care of a physician or taking any medication?.....  | ___ | ___ |
| 3. Has any physician ever recommended or do you feel that there should be limits placed on participation in competitive sports by this student?.....                   | ___ | ___ |
| 4. Does this athlete have any known allergies? (medication, pollen, food, stinging insects).....   | ___ | ___ |
| 5. Does this athlete wear glasses or contact lenses? Give date of last eye exam if "YES".....  | ___ | ___ |
| 6. Has this athlete ever blacked out, been knocked out, lost consciousness or been dizzy during or after physical activity?  | ___ | ___ |
| 7. Has this athlete ever had racing of the heart, skipped heart beat or heart murmur?  | ___ | ___ |
| 8. Has this athlete ever had a head injury or concussion?  | ___ | ___ |
| 9. Has this athlete ever had a seizure?  | ___ | ___ |
| 10. Does this athlete use special protective/corrective equipment that isn't usually used?<br>(For example knee brace, ankle brace, foot orthotics, hearing aid, etc.) | ___ | ___ |
| 11. Does this athlete lose weight regularly to meet weight requirements for the sport?   | ___ | ___ |
- Explain any YES answers: \_\_\_\_\_

I/we, the undersigned consent to the participation of the above-named child in CYO athletics including practice sessions, scrimmages and athletic contests. In consideration of participation in these programs, and wishing to promote and benefit this non-profit cause, I/we, the undersigned participant/parent, on behalf of myself, my heirs, legatees, and assigns, hereby agree to indemnify, save, and hold harmless the Catholic Charities Health & Human Services, Inc.(CCHHS), the Bishop of the Roman Catholic Diocese of Cleveland, the Roman Catholic Diocese of Cleveland, sponsoring Catholic Parishes/Schools and any of their agents, representatives, employees, successors or assigns for my health, safety or any injury and/or disability arising out of or resulting from: (CHECK all programs that apply)

- CROSS COUNTRY     FOOTBALL     VOLLEYBALL     SOCCER     CHEERLEADING  
 BASKETBALL     WRESTLING     BASEBALL     SOFTBALL     TRACK & FIELD

As a participant/parent in the program, I/we recognize and acknowledge that there are certain risks or physical injury and I/we agree to assume the full risk of any injuries, including loss of life, damages or loss which I/we may sustain as a result of participating in any and all activities connected with or associated with such program. The undersigned acknowledge that the participant has prepared for the sport in which participating by adequately conditioning and practicing. I/we hereby represent that I have no physical restrictions that would prohibit my participation in the sport that I have selected. The Youth & Young Adult Ministry and CYO Office has my permission to have a physician attend me if deemed necessary during my participation in this CYO program.

I/we also give permission and authorize CCHS, it agents, employees, successors and assigns to photograph or otherwise electronically or digitally record my image, or that of my child for which I am guardian participating in these athletic programs for the publication in printed or electronic form to be seen and disseminated to the general public in any media including CCHHS newsletter, poster, display, film, video or website.

I/we further agree to waive and relinquish all claims, fully release and discharge and agree to indemnify and hold harmless and defend the CCHHS, Youth & Young Adult Ministry and CYO Office and its officers, agents, servants and employees from any and all claims resulting from injuries, including loss of life, damages and losses sustained by me and arising out of, connected with, or in any way associated with activities of the program.

Participants Signature \_\_\_\_\_ Date \_\_\_\_\_  
 Parent or Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_  
 Parent or Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_  
 This athlete has family medical insurance:  YES     NO    If yes, the Child is covered by:  
 INSURANCE COMPANY: \_\_\_\_\_ POLICY NO. \_\_\_\_\_ EFFECTIVE DATE: \_\_\_\_\_

**HISTORY AND CONSENT MUST BE COMPLETED PRIOR TO PHYSICAL EXAM**

STUDENT'S HEIGHT \_\_\_\_\_ WEIGHT \_\_\_\_\_ BP \_\_\_\_\_ PULSE \_\_\_\_\_

	NORMAL	ABNORMAL FINDINGS	INITIALS*
Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart			
Pulses			
Lungs			
Abdomen			
Muscular skeletal			

**OPTIONAL TESTS**

URINALYSIS  
 ALBUMIN \_\_\_\_\_  
 SUGAR \_\_\_\_\_  
 MICRO (IF ABOVE TEST ABNORMAL) \_\_\_\_\_

BLOOD COUNT  
 (FOR FEMALES)  
 HGB. \_\_\_\_\_  
 OR  
 HCT. \_\_\_\_\_

\*Station-based examination only.  
 SHOULD THERE BE ANY LIMITATIONS PLACED ON ATHLETIC PARTICIPATION? YES \_\_\_\_\_ NO \_\_\_\_\_  
 RECOMMENDATIONS: \_\_\_\_\_

I certify that I have on this date examined this student and that, on the basis of the examination requested by the CYO authorities and the student's medical history as furnished to me, I have found no reason which would make it medically inadvisable for this student to compete in supervised athletic activities. (NOTE EXCEPTIONS IN RECOMMENDATIONS AREA)

PHYSICIAN'S NAME, ADDRESS & PHONE (STAMP OR PRINT)

PHYSICIAN'S SIGNATURE \_\_\_\_\_  
 PHYSICIAN'S TELEPHONE NO. \_\_\_\_\_ DATE \_\_\_\_\_

**EMERGENCY MEDICAL AUTHORIZATION**

\_\_\_\_\_  
**Student Name**  
\_\_\_\_\_  
**Address**  
\_\_\_\_\_  
**Telephone**  
\_\_\_\_\_

NAME: \_\_\_\_\_  
Last \_\_\_\_\_  
First \_\_\_\_\_

**Purpose:** To enable parents and guardians to authorize the provision of emergency treatment for children who become ill or injured while under school authority, when parents or guardians cannot be reached.

**PART I OR II MUST BE COMPLETED  
PART I TO GRANT CONSENT**

In the event reasonable attempts to contact me at \_\_\_\_\_ (phone number) or \_\_\_\_\_ (other parent or guardian) at \_\_\_\_\_ (phone number) have been unsuccessful, I hereby give my consent or: (1) the administration of any treatment deemed necessary by Dr. \_\_\_\_\_ (physician & phone number) or Dr. \_\_\_\_\_ (dentist & phone number), or, in the event the designated preferred practitioner is not available, by another licensed physician or dentist; and (2) the transfer of the child to \_\_\_\_\_ (hospital) or any hospital reasonably accessible.

This authorization does not cover major surgery unless the medical opinions of two other licensed physicians or dentists, concurring in the necessity for such surgery, are obtained prior to the performance of such surgery.

Facts concerning the child's medical history including allergies, medications being taken, and any physical impairments to which a physician should be alerted: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Date  
\_\_\_\_\_  
Signature of Parent or Guardian  
\_\_\_\_\_  
Address

**DO NOT COMPLETE PART II IF YOU COMPLETED PART I  
PART II REFUSAL TO CONSENT**

I do not give my consent for emergency medical treatment of my child, in the event of illness or injury requiring emergency treatment, I wish the school authorities to take no action or to:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Date  
\_\_\_\_\_  
Signature of Parent or Guardian  
\_\_\_\_\_  
Address

BIRTHDATE: \_\_\_\_\_

## Sudden Cardiac Arrest and Lindsay's Law Parent/Athlete Signature Form



**What is Lindsay's Law?** Lindsay's Law is about Sudden Cardiac Arrest (SCA) in youth athletes. It covers all athletes 19 years or younger who practice for or compete in athletic activities. Activities may be organized by a school or youth sports organization.

**Which youth athletic activities are included in Lindsay's law?**

- Athletics at all schools in Ohio (public and non-public)
- Any athletic contest or competition sponsored by or associated with a school
- All interscholastic athletics, including all practices, interschool practices and scrimmages
- All youth sports organizations
- All cheerleading and club sports, including noncompetitive cheerleading

**What is SCA?** SCA is when the heart stops beating suddenly and unexpectedly. This cuts off blood flow to the brain and other vital organs. People with SCA will die if not treated immediately. SCA can be caused by 1) a structural issue with the heart, OR 2) a heart electrical problem which controls the heart beat, OR 3) a situation such as a person who is hit in the chest or a gets a heart infection.

**What is a warning sign for SCA?** If a family member died suddenly before age 50, or a family member has cardiomyopathy, long QT syndrome, Marfan syndrome or other rhythm problems of the heart.

**What symptoms are a warning sign of SCA?** A young athlete may have these things with exercise:

- Chest pain/discomfort
- Unexplained fainting/near fainting or dizziness
- Unexplained tiredness, shortness of breath or difficulty breathing
- Unusually fast or racing heart beats

**What happens if an athlete experiences syncope or fainting before, during or after a practice, scrimmage, or competitive play?** The coach MUST remove the youth athlete from activity immediately. The youth athlete MUST be seen and cleared by a health care provider before returning to activity. This written clearance must be shared with a school or sports official.

**What happens if an athlete experiences any other warning signs of SCA?** The youth athlete should be seen by a health care professional.

**Who can evaluate and clear youth athletes?** A physician (MD or DO), a certified nurse practitioner, a clinical nurse specialist, certified nurse midwife. For school athletes, a physician's assistant or licensed athletic trainer may also clear a student. That person may refer the youth to another health care provider for further evaluation.

**What is needed for the youth athlete to return to the activity?** There must be clearance from the health care provider in writing. This must be given to the coach and school or sports official before return to activity.

All youth athletes and their parents/guardians must view the Ohio Department of Health (ODH) video about Sudden Cardiac Arrest, review the ODH SCA handout and then sign and return this form.

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Parent/Guardian Signature

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Student Signature

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Parent/Guardian Name (Print)

-----  
Student Name (Print)

-----  
Date

-----  
Date

