

# **NORWALK PARK & RECREATION DEPARTMENT BOYS HIGH SCHOOL BASKETBALL 2021**

To: Media/ Schools  
Re: Rec. High School Basketball

The Norwalk Park & Rec. will be hosting a boys high school league for area teams such as, Norwalk, St. Paul, Monroeville, Western Reserve, Edison, Willard, New London etc. Anyone wishing to put a team together should pick up a packet at the Recreation Center front desk, or download from [www.norwalkrec.com](http://www.norwalkrec.com).

**ONLY THE FIRST 8 TEAMS WILL BE ACCEPTED.**

## **TEAM PACKET INFORMATION**

- ~Packets due Nov. 30<sup>th</sup>. Each team captain will be responsible for turning in all paperwork and all fees.
- ~A minimum of 7 players' fees and forms must be turned in by deadline.
- ~Players and parents must sign the team roster (parents sign if under 18), Lindsay's Law Sudden Cardiac Arrest form and player code of conduct, as well as pay the \$35 players fee.
- ~The team sponsor fee is \$125. If you have a team sponsor, please contact us with that information. If not, we will find one for you.

## **GAME INFORMATION**

Games will be played Thursday evenings at the Perkins Gym, beginning the week of Jan. 3<sup>rd</sup>. All games will be scheduled 5:30PM or later.

## **CAPTAIN/COACH MEETING**

A meeting for all team captains and coaches will be held on Thursday, Dec.2<sup>nd</sup> @ 4:30PM in the Recreation Center meeting room.

This will be a non-instructional, fun league. However, each team must have a designated coach/ parent that will be on the team bench.

For more information, contact Stacie at 419-663-6775, ext. 1028.



## YOUTH PLAYER EXPECTATIONS & CODE OF CONDUCT

1. No vulgar or offensive clothing may be worn by participants at Park & Recreation facilities.
2. Profanity and offensive language will not be tolerated by any player, coach or spectator.
3. Each player is expected to treat all teammates, umpires and scorekeepers with respect.
4. All Park & Recreation facilities are to be a drug and alcohol free environment.
5. Each player is expected to demonstrate fairness and sportsmanship to all players and teams.
6. Each player and coach is expected to be knowledgeable in the appropriate division rules, and to follow these rules.
7. **CONCEALED WEAPONS** are not permitted at any Park & Recreation facility by any league player, coach, or person assisting with the team.
8. If a problem or concerns arise regarding a player, he/she will be contacted. If the situation does not improve thereafter, the player may be kicked out of the league for the season.

Remember you are representing your school and the Norwalk Park & Recreation Dept. as a youth sports participant.

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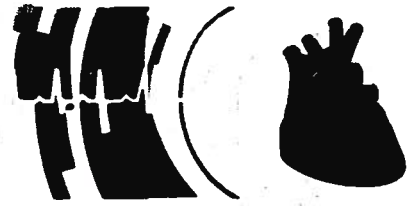
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What is a warning sign for SCA? If a family member died suddenly before age 50, or a family member has cardiomyopathy, long QT syndrome, Marfan syndrome or other rhythm problems of the heart.

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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.

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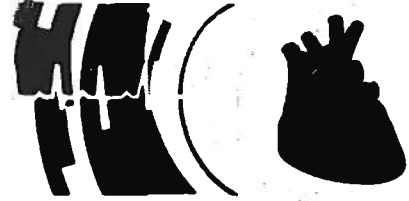
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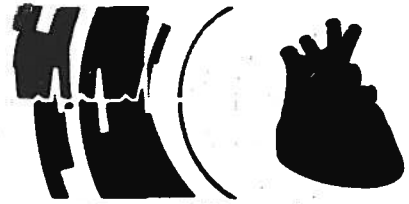
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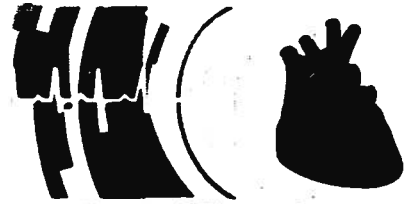
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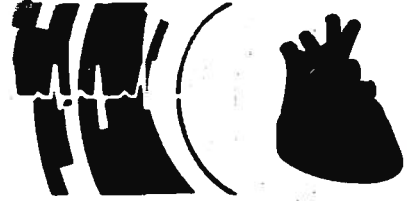
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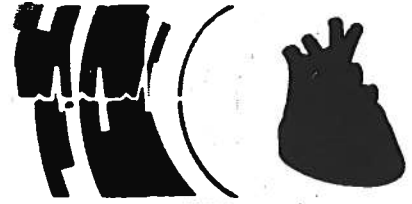
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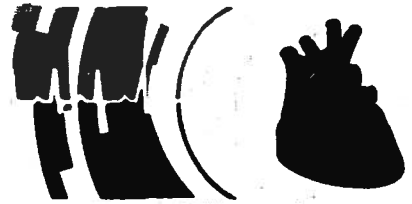
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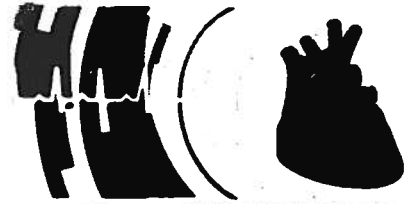
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# Sudden Cardiac Arrest and Lindsay's Law Parent/Athlete Signature Form



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) an heart electrical problem which controls the heartbeat, 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 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 review information about Sudden Cardiac Arrest, 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)

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Student Name (Print)

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Date

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Date