

Michigan State Soccer Clinics

are designed to provide youth players with an outstanding soccer learning experience during the winter months. Individuals can enroll in a single session or **all sessions at a discounted rate**. The sessions feature training in all aspects of soccer, from individual training to small and large group techniques and tactics. ***The clinics are designed so the player can benefit from attending all three sessions.***

Goalkeeper Program:

Michigan State also offers a specialized goalkeeper program at all sessions that features technical and tactical instruction in all aspects of goalkeeping from the Men's and Women's goalkeeping staff.

STAFF:

Tom Saxton - MSU Women's Head Soccer Coach. Over 34 years of experience as a soccer clinician.

Damon Rensing - MSU Men's Head Soccer Coach. Over 19 years of experience as a soccer clinician.

Tammy Farnum - MSU Women's Associate Head Coach. Over 26 years of experience as a soccer clinician.

Ben Pirmann – MSU Men's Assistant Soccer Coach. Over 9 years of experience as a soccer clinician.

Stacy DeLonge – MSU Women's Assistant Soccer Coach. Over 15 years of experience as a soccer clinician.

Cale Wassermann – MSU Men's Assistant Soccer Coach. Over 13 years of experience as a soccer clinician

Paul Gilbert – MSU Men's Assistant Soccer Coach. Over 6 year of experience as a soccer clinician

**CLINIC #1 Sunday, January 17th
11 a.m. – 2 p.m. - \$75.00**

**CLINIC #2 Monday, February 8th
6:30 p.m. – 8:30 p.m. - \$50.00**

**CLINIC #3 Monday, February 22nd
6:30 p.m. – 8:30 p.m. - \$50.00**

ALL THREE SESSIONS - \$150

BOYS AND GIRLS AGES: 7-14

All proceeds go directly to benefit the Men's and Women's Soccer Programs.

ON-LINE REGISTRATION IS

HIGHLY ENCOURAGED!!

****Note: There is a \$25 cancellation fee***

LOCATION:

All sessions held at the DUFFY DAUGHERTY INDOOR FOOTBALL FACILITY on the Michigan State campus. The facility features Pro-turf, a grass-like surface covering a full size field with four full size goals.

The Duffy Daugherty facility is located at 260 W. Shaw Lane, E. Lansing, MI 48824. South of Spartan Stadium and connected to the Skandalais Football Facility. Parking is available in the South Football stadium lot.

WHAT TO BRING:

Players **need to bring their own soccer ball**, shin-guards, soccer socks, water bottle, and acceptable footwear includes flats, turfs or regular soccer cleats.

FOR MORE INFORMATION PLEASE CALL THE SOCCER OFFICE AT:

W: (517) 432-0409

M: (517) 432-1887

REGISTER ON-LINE AT:

www.spartansoccercamps.com

2016 MSU Soccer Clinic

REGISTRATION FORM

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

E-mail: _____

Phone: (____) _____ - _____

Age: _____ M _____ F _____

Goalkeeper: _____

Please indicate which session(s) you would like to attend:

- ALL SESSIONS \$150
- CLINIC # 1 – Jan. 17th (3hr) \$75
- CLINIC # 2 – Feb. 8th \$50
- CLINIC # 3 – Feb. 22nd \$50

Total Amount Enclosed \$ _____

REGISTER ON-LINE or mail registration form, attached medical form and a check made out to: Michigan State University to the address below:

**MICHIGAN STATE SOCCER OFFICE
223 KALAMAZOO ST. - #404
JENISON FIELD HOUSE
EAST LANSING, MI 48824**

Medical Treatment Authorization Form – MSU Soccer Camps

Name: _____ DOB _____

Participants are automatically enrolled in MSU's accident insurance plan. Eligible covered expenses will be paid only if they are in excess of other valid and collectible insurance.

1. List any medical conditions that camp personnel should be aware of (use additional pages if necessary):

2. List any medications currently taking:

3. List any allergies:

In case of emergency please contact:

Name

Daytime Telephone

Evening Telephone

Name of Medical Insurance Company Telephone

Insurance Policy Numbers

_____, as parent or legal guardian of the participant named above, authorizes MSU to seek medical and/or surgical treatment which is reasonably necessary to care for the participant. I further authorize the medical facility that treats the participant to release all information needed to complete insurance claims. I acknowledge my responsibility to pay all costs associated with the participant's medical care and authorize all insurance payments, if any, to be made directly to the medical facility.

Signature (Parent or Guardian)

Date

Send, e-mail or fax the Medical Treatment Form and completed camp brochure (unless registered and paid online):

MICHIGAN STATE UNIVERSITY
MSU Soccer Camps
223 Kalamazoo St., Rm. 404
East Lansing, MI 48824-1025

Fax: 1-517-432-1047 Attn: Ben Pirmann OR
Scan and e-mail to pirmannb@ath.msu.edu

PARENT & ATHLETE CONCUSSION INFORMATION SHEET



WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury. The athlete should only return to play with permission from a health care professional experienced in evaluating for concussion.

DID YOU KNOW?

- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

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
- Can’t recall events after hit or fall

Michigan Department
of Community Health



Rick Snyder, Governor
James K. Haveman, Director

▶ **“IT’S BETTER TO MISS ONE GAME
THAN THE WHOLE SEASON”**

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

1. If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.
2. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, and playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.
3. Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

STUDENT-ATHLETE NAME PRINTED

STUDENT-ATHLETE NAME SIGNED

DATE

PARENT OR GUARDIAN NAME PRINTED

PARENT OR GUARDIAN NAME SIGNED

DATE

JOIN THE CONVERSATION  www.facebook.com/CDCHeadsUp



HEADS UP

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

Content Source: CDC's Heads Up Program. Created through a grant to the CDC Foundation from the National Operating Committee on Standards for Athletic Equipment (NOCSAE).