

REQUIRED FORMS

1. **Player Information Form**
2. **Liability Waiver**
3. **Media Release Form**
4. **Birth Certificate (Copy of BC only-Send to mightyknightsfootball@gmail.com)**
5. **Practice Conduct & Post-Practice Procedures**

Submission Guidelines

- All forms must be completed accurately and submitted by the designated deadline.
- Copies of the birth certificate should be provided in either physical or digital format.
- If assistance is needed to complete the forms or gather the necessary documents, please contact the Team Manager.

By ensuring all required forms and documents are submitted, we can provide a secure and organized environment for every participant.

Mighty Knights Player Information Form

Player Information

Full Name: _____

Date of Birth: _____

Address: _____

City, State, ZIP Code: _____

Phone Number: _____

School: _____

Grade: _____

Medical History

Allergies: _____

Current Medications: _____

Past Injuries (Please include dates):

Any known medical conditions:

Are there any restrictions on physical activity? (If yes, please specify):

Parent/Guardian Information

Parent/Guardian 1 Full Name: _____

Relationship to Player: _____

Phone Number: _____

Email Address: _____

Address (if different from player's):

Parent/Guardian 2 Full Name: _____

Relationship to Player: _____

Phone Number: _____

Email Address: _____

Address (if different from player's):

Emergency Contact Information (Other than Parent/Guardian)

Emergency Contact Full Name: _____

Relationship to Player: _____

Phone Number: _____

Email Address: _____

Physician Contact Information

Physician's Full Name: _____

Physician's Phone Number: _____

Physician's Address: _____

Consent and Agreement

I hereby give permission for my child to participate in the youth basketball program. I understand that basketball is a physical sport and there are inherent risks involved. I have provided accurate and complete information regarding my child's medical history.

Parent/Guardian Signature: _____

Date: _____

Mighty Knights Sports Liability Waiver (Informed Consent)

Liability Waiver and Informed Consent

Participant's Name: _____

Parent/Guardian's Name: _____

Address: _____

City, State, ZIP: _____

Phone: _____

Email: _____

Acknowledgment of Risk and Consent to Participate

I, the undersigned, as the parent/guardian of the above-named participant, acknowledge and understand that participation in youth basketball involves the risk of injury, including but not limited to, concussions and other head injuries. I acknowledge that:

1. Basketball is a contact sport that inherently involves a risk of injury.
2. Injuries, including concussions, can occur despite proper equipment, safe play techniques, and coaching.
3. Concussions are serious and can have long-term health consequences if not properly managed.

Assumption of Risk

I voluntarily agree to allow my child to participate in youth basketball and assume all risks, known and unknown, associated with the sport. I understand that while efforts will be made to ensure the safety and well-being of all participants, injuries can and do occur.

Consent for Medical Treatment

In the event of an injury, I consent to my child receiving appropriate medical treatment. I understand that it is my responsibility to inform the coach and medical personnel of any pre-existing medical conditions or concerns.

Concussion Awareness

I have received and read the Concussion Education Materials provided by the team. I understand:

1. The nature and risks of concussions.

2. The symptoms of concussions and the importance of recognizing them.
3. The procedures for responding to suspected concussions, including the action plan of removing the athlete from play and seeking medical attention.
4. The necessity of obtaining written clearance from a licensed physician before my child can return to play after a suspected concussion.

Liability Waiver

In consideration of allowing my child to participate in youth basketball, I, on behalf of myself and my child, hereby release, waive, and discharge the team, its coaches, volunteers, and affiliated organizations from any and all liability for injuries, including concussions, that may occur during participation in practices, games, or other activities associated with the team.

Agreement to Follow Protocols

I agree to follow all team protocols and procedures related to injury prevention, recognition, and management, including those specifically related to concussions. I understand that failure to comply with these protocols may result in my child being removed from participation for their safety.

Confirmation of Informed Consent

By signing below, I confirm that I have read and understand this waiver and the Concussion Education Materials. I acknowledge the risks involved in youth basketball and agree to the terms outlined above. I confirm that I have informed my child of these risks and the importance of following safety protocols.

Parent/Guardian Signature: _____

I have received a copy of the Concussion Education Materials for Mighty Knights Youth Basketball Team.

Parent/Guardian Initials: _____

Date: _____

Participant's Signature (if 12 years or older): _____

Date: _____

Coach's Signature: _____

Date: _____

This waiver is intended to be legally binding. If any part of this document is found to be invalid, the remaining provisions shall remain in effect.

Concussion Education Materials

Introduction

Concussions are a serious concern in youth sports, including basketball. As participants, parents, and coaches, it is essential to understand the risks, prevention methods, symptoms, and recovery process associated with concussions. This guide provides important information to help ensure the safety and well-being of our athletes.

1. Understanding Concussions

A concussion is a type of traumatic brain injury (TBI) caused by a blow to the head, a fall, or any force that causes the brain to move rapidly inside the skull. Concussions can have serious, long-term consequences if not properly recognized and managed.

Potential Consequences

- Memory problems
- Difficulty concentrating
- Mood changes or irritability
- Headaches
- Dizziness
- Sensitivity to light or noise
- Long-term cognitive impairment

2. Prevention and Preparedness

While we cannot eliminate concussion risks entirely in sports, we *can* take steps to minimize them.

a. Safe Play Techniques

- Teach and reinforce correct basketball fundamentals, such as safe rebounding and body positioning.
- Discourage dangerous or overly aggressive play (e.g., pushing, undercutting, or unsafe contact).
- Ensure players understand and follow rules designed for safety.

b. Proper Footwear & Environment

- Ensure players wear proper basketball shoes with good traction.
- Keep the gym floor clean, dry, and free from hazards.
- Inspect equipment like basketballs, goals, and benches regularly.

c. Education & Training

- Educate athletes, parents, and coaches about the risks and symptoms of concussions.

- Train coaches to recognize signs of concussion and respond appropriately.

3. Recognizing Concussion Symptoms

Symptoms may appear immediately or develop over hours. Recognizing them early is critical.

Common Symptoms

- Headache or “pressure” in the head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, foggy, or groggy
- Confusion or memory problems
- Not “feeling right” or appearing unusually emotional or quiet

4. How to Respond to a Suspected Concussion

If a concussion is suspected, the following actions must be taken:

a. Immediately Remove the Athlete

- Remove the athlete from the game, practice, or activity right away.
- Do **not** allow the athlete to return the same day.

b. Seek Medical Attention

- The athlete must be evaluated by a healthcare professional experienced in concussion care.
- Parents should follow all medical recommendations and monitor symptoms closely.

c. No Return Without Written Clearance

- The athlete must provide **written clearance** from a licensed physician before resuming sports activity.

d. Inform and Educate

- Inform parents/guardians immediately.
- Review symptoms and provide guidance on what to watch for at home.

e. Monitor Symptoms

- Track symptoms over the next several days.
- Avoid physical and cognitive activities that worsen symptoms (bright screens, loud environments, strenuous exercise, etc.).

5. Steps for Returning to Play

Returning after a concussion must be gradual and medically supervised.

a. Rest and Recovery

- Complete physical and mental rest until symptoms are gone.

b. Gradual Return-to-Play Protocol

Each step should be completed without symptoms returning:

1. **Symptom-Limited Activity** — Light daily activities that don't worsen symptoms
2. **Light Aerobic Exercise** — Walking or stationary cycling
3. **Sport-Specific Exercise** — Light basketball drills (no contact)
4. **Non-Contact Training Drills** — More intense drills, conditioning
5. **Full-Contact Practice** — Only after medical clearance
6. **Return to Play** — Full participation in games and practices

c. Monitoring & Assessment

- The athlete must be monitored throughout each step.
- Any return of symptoms requires going back to the previous step.
- Final clearance must come from a healthcare professional.

Conclusion

Understanding and managing concussion risks is vital in youth basketball. Through prevention, early recognition, proper response, and a structured return-to-play process, we can help protect our athletes. Working together, we can promote a safer environment for all Mighty Knights participants.

For More Information

- **CDC Heads Up: Concussion in Youth Sports**
- **NFHS (National Federation of State High School Associations): Concussion Resources**
- **Children's Healthcare Providers specializing in sports medicine**

By staying informed and proactive, we help ensure the safety and well-being of every athlete in the Mighty Knights Basketball Program.

Attendance Policy

Purpose

To ensure consistent attendance at practices and games, promoting team cohesion, skill development, accountability, and a strong work ethic among all Mighty Knights Basketball players.

1. Policy Overview

This policy outlines expectations for player attendance, punctuality, and communication, as well as the consequences for unexcused absences or repeated tardiness.

2. Attendance Expectations

Practices

Players are expected to attend all scheduled practices. Consistent attendance is essential for individual growth, team chemistry, and understanding plays and strategies.

Games

Players are required to attend all scheduled games. Missing a game affects team performance, rotations, and morale.

3. Reporting Absences

Excused Absences

Parents or guardians must notify the coach **at least 24 hours in advance** when possible. Excused absences may include:

- Illness
- School obligations
- Family emergencies
- Pre-approved circumstances

Unexcused Absences

Failure to notify the coach in advance will result in the absence being marked **unexcused**.

4. Consequences for Unexcused Absences

To maintain fairness and accountability, the following steps will be applied:

- **First Offense:** Verbal warning and review of the attendance policy.
- **Second Offense:** Player will be benched for the next scheduled game.

- **Third Offense:** Player will be suspended from participating in the next **two** games.
- **Fourth Offense:** A meeting will be held with the player, parents/guardians, and coaching staff to determine further disciplinary action, up to and including removal from the team for the remainder of the season.

5. Tardiness

Players must arrive on time for practices and games. Repeated tardiness affects preparation and team flow.

Consequences for repeated tardiness:

- **First Offense:** Verbal warning
- **Second Offense:** Additional conditioning or extra practice drills
- **Third Offense:** Benched for part of the next game

6. Communication and Documentation

- Coaches will document all absences and tardiness.
- Parents and players will be notified promptly of attendance concerns or consequences.
- Honest and timely communication is encouraged to prevent misunderstandings.

7. Special Circumstances

The coaching staff understands that unexpected situations may arise. Special circumstances will be reviewed on a **case-by-case basis**, and reasonable accommodations may be made when appropriate.

8. Review and Acknowledgment

This attendance policy will be reviewed with all players and parents at the beginning of each season.

Players and parents must sign an acknowledgment indicating they understand and agree to follow the attendance requirements and consequences.

Acknowledgment:

I have read and understand the East Feliciana Mighty Knights Attendance Policy. I agree to adhere to the attendance requirements and understand the consequences for unexcused absences and repeated tardiness.

Player Name: _____

Parent/Guardian Name: _____

Signature: _____

Date: _____

Code of Conduct

As a participant in the Mighty Knights organization, I agree to uphold the following standards of conduct:

1. Respect: I will show respect towards coaches, teammates, opponents, officials, and spectators at all times.
2. Sportsmanship: I will demonstrate good sportsmanship and refrain from any form of bullying, taunting, or negative behavior.
3. Commitment: I will attend all practices and games on time, fully prepared to participate.
4. Integrity: I will play fairly, follow all rules, and represent the Mighty Knights with honor.
5. Responsibility: I will take care of my equipment and respect the facilities used for practices and games.
6. Communication: I will communicate respectfully with my coaches and address any concerns appropriately.

I understand that failure to adhere to this Code of Conduct may result in disciplinary actions, including suspension or dismissal from the team.

Participant's Name: _____

Participant's Signature: _____

Date: _____

Parent/Guardian Signature: _____

Mighty Knights Media Release Form

I, the undersigned, hereby grant the Mighty Knights organization permission to use my child's name, likeness, image, voice, and/or appearance as may be embodied in any photos, videos, or audio recordings taken during Mighty Knights events or activities. This includes, but is not limited to, promotional materials, social media posts, newsletters, and website publications.

I understand and agree that:

- These materials may be used for a variety of purposes including promotional efforts and event documentation.
- I will not receive any compensation for the use of these materials.
- My child's participation and name may be revealed in descriptive text or commentary.

I further release and hold harmless the Mighty Knights organization, its representatives, and volunteers from any claims, demands, or causes of action arising out of the use of these materials.

This consent is granted indefinitely unless revoked in writing.

Child's Name: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Date: _____

Contact Information: Phone: _____

Email: _____

☐ I do not consent to the use of my child's image or likeness in any media materials produced by the Mighty Knights organization.

Practice Conduct & Post-Practice Procedures

To ensure a safe and organized environment for all participants, the following rules must be followed during and after practice:

Post-Practice Dismissal

- After practice, all players and cheerleaders must gather their personal belongings and equipment and head directly home or to their guardian.
- No lingering, horseplay, or loitering in the practice area, parking lot, or surrounding areas.
- Coaches and staff are not responsible for supervising children after practice ends.

No Horseplay Policy

- Horseplay is strictly prohibited at all times, including during water breaks.
- Players and cheerleaders should take water breaks seriously, hydrate, and return to practice promptly.
- Water bottles must be kept in designated areas and should not be left scattered around the practice field.

Late Pickup Policy

- Parents/guardians must pick up their child on time after practice.
- If a parent leaves and returns, they must arrive by the scheduled dismissal time.
- Late Pickup Fees:
 - First offense: Verbal warning
 - Second offense: \$10 late fee
 - Third offense: \$20 late fee and suspension from practice and games until the fee is paid

Tardy Policy

- Players and cheerleaders are expected to arrive on time for practice.
- After three tardies, the player or cheerleader will face disciplinary action as determined by the coaching staff.

Cell Phone Policy

- **No cell phones are allowed during practice or water breaks.**
- If a player or cheerleader brings a cell phone to practice, it must remain stored away and not used during practice.

By signing, parents and participants acknowledge these rules and agree to adhere to them.

Participant Name: _____ Date: _____

Parent/Guardian Name: _____ Signature: _____

Guest Entry Policy

Purpose:

To ensure the safety and well-being of all players, coaches, families, and spectators, the Mighty Knights Youth Basketball & Cheer program enforces the following guest entry policy at all team events, including practices, games, and fundraisers.

1. Restricted Entry & Removal

- a. Any individual with a valid restraining order or legal restriction against them in relation to a player, coach, or team member will not be allowed entry to team events.
- b. Individuals who have been involved in prior disruptions, altercations, or have been notified by team leadership that they are no longer welcome may also be denied entry.
- c. Any guest refusing to leave when asked will result in law enforcement being contacted immediately.

2. Enforcement Process

- a. Parents or guardians who have obtained a restraining order must provide a copy to team leadership before the event.
- b. Team leadership will coordinate with the venue staff, security personnel, or local law enforcement to enforce the order as needed.
- c. Gate attendants and volunteers will be given clear instructions on who is restricted from entry and how to escalate concerns.

3. General Conduct & Safety

- a. All attendees must conduct themselves respectfully.
- b. Any behavior deemed threatening, aggressive, or disruptive will result in removal from the premises.
- c. Law enforcement may be called at the discretion of team leadership for any situation that poses a safety risk.

4. Compliance with Venue Policies

- a. As we utilize facilities such as Brec facilities, all attendees must comply with Brec policies in addition to team policies.
- b. The team reserves the right to modify or enforce additional entry restrictions in coordination with venue administrators.

5. Final Authority

Decisions regarding entry and removal are at the sole discretion of the Mighty Knights Board of Directors and coaching staff in accordance with legal guidelines.

Participant Name: _____ Date: _____

Parent/Guardian Name: _____ Signature: _____